

MANITOBA INDOOR ATHLETICS CHAMPIONSHIPS  
March 1 & 2, 2024

- DATE: **Friday and Saturday, March 1 & 2, 2024**
- SANCTION: **Athletics Manitoba**
- SPONSOR: **City of Winnipeg**
- HOST: **Winnipeg Optimist Athletics**
- VENUE: **James Daly Fieldhouse, Max Bell Centre, University of MB, Winnipeg**
- TIMING: **Fully automatic electronic timing system** – Omega Photo-timing Systems
- AWARDS: **1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medals in all events**
- MEET HOTEL: **Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy**  
Winnipeg, R3T 2G2  
Close to the University Ph - 204-269-8888  
Toll Free Reservations: 1-800-780-7234  
Book by February 14 to receive the group rate (\$148 +tax):  
[https://www.bestwestern.com/en\\_US/book/hotel-rooms.63012.html?groupId=111BC5X4](https://www.bestwestern.com/en_US/book/hotel-rooms.63012.html?groupId=111BC5X4)
- ENTRIES: **A) Eligibility** – All entrants must be registered members of Athletics Manitoba and/or Athletics Canada.
- B) Entry Fees**
- **\$ 15.00 per event**
  - **\$ 20.00 per each relay team**
  - **Late Fees: \$20.00 per individual event and \$25.00 per each Relay Team**
  - Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.
- C) Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB**
- D) Entry deadline Received by February 25, 2024.**  
Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.
- E) Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted. <https://www.trackie.com/online-registration/register/2023-boeing-indoor-classic/485254/>
- F) No telephone or fax entries will be accepted.
- G) Seeded sections – Please submit **accurate seed performances** in order to allow for the accurate seeding of track events. It is the responsibility of club and school coaches to ensure the accuracy of their entry data.
- H) Questions to Matt Blewett [mblewethome@gmail.com](mailto:mblewethome@gmail.com) or Melanie Gregg [greggmelanie@hotmail.com](mailto:greggmelanie@hotmail.com) or Wayne McMahon [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com) or 204-918-6167
- FINALS: 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant. Other track events will be run as seeded timed final sections.
- SPECTATORS: There will be a daily \$5.00 admission fee (children under 12 free).

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Athletics Canada Long Term Athlete Development Model, U14 age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and U16 age groups will compete at 300m and 1200m instead of 400m and 1500m.

	MASTERS:	Age 35 and over		
SHOT WEIGHTS:	U12 Boys & Girls	2.73 kg (6 lbs)		
	U14, U16, U18 Women	3 kg		
	U14 Men	3kg		
	U18 Men	5 kg		
	U20 Men	6 kg		
	Senior Men	7.26 kg (16 lbs)		
	All others	4 kg		
WEIGHT THROW:	U18 Men & all Women	9.09 kg (20 lbs)		
	U20 & Senior Men	15.91 kg (35 lbs)		
HURDLES:	<u>Hurdle Height</u>	<u>To 1<sup>st</sup> Hurdle</u>	<u>Between Hurdles</u>	
	Senior Men	1.067m (42")	13.72m	9.14m
	U20 Men	0.991m (39")	13.72m	9.14m
	U18 Men	0.914m (36")	13.72m	9.14m
	U16 Men	0.840m (33")	13.0m	8.5m
	U14 Men	0.762m (30")	12.0m	7.5m
	Senior & U20 Women	0.840m (33")	13.0m	8.5m
	U18 Women	0.762m (30")	13.0m	8.5m
	U16 Women	0.762m (30")	12.0m	8.0m
	U14 Women	0.762m (30")	12.0m	7.0m

Hurdle races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3. Athletes may enter an individual event in **only one age class**. Athletes may move up to compete in an older age group event or to complete a Relay Team, but may not run an event or a relay in two different age groups or on two separate teams.

RELAYS: **All team members must be from the same Club or School.**

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts **may** be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

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Events	U12	U14	U16	U18	U20	Senior	Special Olympic	Wheel Chair
	Boys/Girls	Boys/Girls	Boys/Girls	Men/Women	Men/Women	Men/Women	Men/Women	Men/Women
Year of Birth	2013 & later	2011/2012	2009/2010	2007/2008	2005/2006	2004 & before		
60m	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
150m	Yes	Yes	NO	NO	NO	NO	NO	NO
200m	NO	NO	Yes	Yes	Yes	Yes	Yes	No
300m	NO	Yes	Yes	NO	NO	NO	NO	NO
400m U18 & Up	NO	NO	NO	Yes	Yes	Yes	Yes	No
600m U12 only	Yes	No	No	No	No	No	No	No
800m	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1000m	Yes	No	No	No	No	No	No	No
1200m	No	Yes	Yes	NO	NO	NO	NO	NO
1500m	No	NO	NO	Yes	Yes	Yes	Yes	Yes
2000m	No	No	Yes	No	NO	NO	No	No
3000m	No	No	NO	Yes	Yes	Yes	No	No
60m Hurdle	No	Yes	Yes	Yes	Yes	Yes	No	No
4x100m Relay	No	Yes	Yes	Yes	Yes	Yes	Yes	No
4x200m Relay	No	Yes	Yes	No	No	No	No	No
4x400m Relay	No	No	No	Yes	Yes	Yes	No	No
Shot Put	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Long Jump	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
High Jump	No	Yes	Yes	Yes	Yes	Yes	No	No
Triple Jump	No	No	Yes	Yes	Yes	Yes	No	No
Pole Vault	No	No	No	Yes	Yes	Yes	No	No
Weight Toss	No	No	Yes	Yes	Yes	Yes	No	No

- Other events may be added at the discretion of the meet organizers. Make early requests please.
- Masters Events for Men and Women may be added if there are three or more competitors in an age group.
- **U14 and U12 athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.**