



Summer Jam #1

- Date: May 30, 2024
 Sanction: Athletics Manitoba
 Host: Winnipeg Optimist Athletics
 Venue: University of Manitoba Stadium
 Entries: 1. All participants must be registered members of Athletics Manitoba or a Provincial Association recognised by Athletics Canada
 2. Entry Fee - \$15.00 per Event – entries paid online (unless clubs ask to be billed!)
 3. Entry Deadline – Monday, May 27, 11:59 PM CST.
 4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba: <https://www.trackie.com/event/summer-jam-1/1008779/>
 5. Late Entry - \$20.00 per event if accepted.
 6. Seeded Sections by time – Please submit accurate seed performances!
 7. Meet Contact – Wayne McMahan –email: gwaynemcmahon@gmail.com
 Cell – 204-918-6167

Age Classes for 2024: U12 Born in 2013 or later, U14 Born in 2011 or 2010
 U16 Born in 2009 or 2008, U18 Born in 2007 or 2006
 U20 Born in 2005 or 2006, Senior Born in 2004 & Earlier
 Masters 35 & Older

Tentative Schedule – Men first , Higher Hurdle Events First. Heats & Flights will be seeded and run by entry marks and then separated into age groups in results.

Track	<u>Tentative</u>		Fastest to Slowest Seeded Sections					
5:30 PM	80m H	Women		<u>Tentative</u>	Field Events	<u>Tentative</u>		
	80m H	Men						
	100m H	Women/Men		5:30 PM	Long Jump	Women	U16 & Older	West
	110m H	Women		5:30 PM	Long Jump	Boys All	U14 & U12	East
	80m	Boys		Following	Long Jump	Girls All	U14 & U12	East
	80m	Girls		Following	Long Jump	Men	U16 & Older	West
	100m	Men		5:30 PM	High Jump	Men	U16 & Older	
	100m	Women		Following	High Jump	Boys All	U14 & U12	
	1500m	Men		Following	High Jump	Women	U16 & Older	
	1500m	Women		6:15 PM	High Jump	Girls All	U14 & U12	
	300m	U16 Men		5:30 PM	Discus	Men		
	300m	U16 Women		5:30 PM	Discus	Women		
	1000m	Boys		Following	Shot Put	Women		
	1000m	Girls		Following	Shot Put	Men		
	1200m	U16 Men						
	1200m	U16 Women						
	400m	Men						
	400m	Women						