



Summer Jam #2

- Date: July 31, 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 – Sunday July 28, 11:00 PM CST.
 4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba: <https://www.trackie.com/event/summer-jam-2/1008835/>
 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	200m H	Women	<u>Tentative</u>	Field Events	<u>Tentative</u>	
	200m H	Men				
	400m H	Women	5:30 PM	Triple Jump	Men	West
	400m H	Men	Following	Triple Jump	Women	
	150m	Boys				
	150m	Girls				
	200m	Men	5:30 PM	Pole Vault	Women/Men	
	200m	Women	5:30 PM	Javelin & Ball Throw	All	
	800m	Men				
	800m	Women				
	600m	Boys	Following	Hammer	All	
	600m	Girls				
	2000m	U16 Men				
	2000m	U16 Women				
	3000m	Men				
	3000m	Women				
	4 X 100m	Men				
	4 X 100m	Women				