



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792
www.athleticsmanitoba.com

2025 South Region Track and Field Day

Tuesday, June 3, 2025

Carman Collegiate

121 - 4th Ave SE

Carman, Manitoba

MEET INFORMATION

- All events will be run as timed finals.
- Track events take priority over field – if an athlete is involved in both a track and field event at the same time, they must register with the field event, run their track event, and immediately return to their field event.
- All athletes must be ready to marshal 15 minutes prior to their events.
- Events can run ahead of schedule, so please be sure to listen to ongoing announcements and arrive with sufficient time for warm ups.
- All schools must pre-register for this event on the required Excel roster form from Larisa Ens (lens@prsdmb.ca) and sent in to Courtney Friesen (technical@athleticsmanitoba.com)
- Individuals not part of a school team can register online and must contact Julia Loparco (development@athleticsmanitoba.com)
- **Cost is \$10 per athlete and payable at the meet (cheques payable to Athletics Manitoba).**
- **Entries must be submitted no later than Wednesday, May 28th at 4pm.**
- **All participating schools are required to provide at least one adult to assist with running an event.**
- All competitive stickers will be available for pick up upon arrival at the meet. They will be organized by school or team name. Please make arrangements to have a coach or parent pick up the package. Each individual athlete will receive 4 stickers.



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TENTATIVE SCHEDULE

Track Events

9:30 am	100m	Grade 5 & 6 Girls
9:45 am	100m	Grade 7 & 8 Girls
10:00 am	100m	Grade 5 & 6 Boys
10:15 am	100m	Grade 7 & 8 Boys
10:30 am	1200m	Grade 7 & 8 Girls
10:50 am	1200m	Grade 7 & 8 Boys
11:10 am	300m	Grade 5 & 6 Girls
11:30 am	300m	Grade 5 & 6 Boys
11:50 am	300m	Grade 7 & 8 Girls
12:10 pm	300m	Grade 7 & 8 Boys

Lunch Break

1:00 pm	600m	Grade 5 & 6 Girls
1:15 pm	600m	Grade 5 & 6 Boys
1:30 pm	800m	Grade 7 & 8 Girls
1:45 pm	800m	Grade 7 & 8 Boys
2:10 pm	4x100m relay	Grade 5 & 6 Girls
2:30 pm	4x100m relay	Grade 7 & 8 Girls
2:50 pm	4x100m relay	Grade 5 & 6 Boys
3:10 pm	4x100m relay	Grade 7 & 8 Boys

Field Events

9:30 am	Ball Throw	Grade 5 & 6 Boys
9:30 am	Long Jump	Grade 7 & 8 Boys
10:40 am	Long Jump	Grade 5 & 6 Girls
10:40 am	Discus Throw	Grade 7 & 8 Girls
10:40 am	High Jump	Grade 7 & 8 Boys
11:50 am	Ball Throw	Grade 5 & 6 Girls
11:50 am	Long Jump	Grade 5 & 6 Boys
11:50 am	High Jump	Grade 7 & 8 Girls

Lunch Break

1:00 pm	High Jump	Grade 5 & 6 Girls
1:00 pm	Long Jump	Grade 7 & 8 Girls
1:00 pm	Shot Put	Grade 5 & 6 Boys
1:00 pm	Discus Throw	Grade 7 & 8 Boys
1:45 pm	Shot Put	Grade 7 & 8 Girls
2:10 pm	High Jump	Grade 5 & 6 Boys
2:30 pm	Shot Put	Grade 7 & 8 Boys
3:15 pm	Shot Put	Grade 5 & 6 Girls

All athletes will have 3 jumps in Long Jump and 3 throws in Ball Throw/Discus. Attempts in Throws will be back-to-back.