



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

Equipment Ordering

If any school is looking to purchase track & field, cross country, timing, exercise or fitness equipment, please contact:
Diana Stevens, Program Manager 925-5745 Diana_Stevens@shaw.ca

Athletics Manitoba currently works with Jones Konihowski Enterprises. This companies will send quotes quickly, are extremely knowledgeable about the equipment, have excellent customer service and fast turn-around times. If the order is placed through Athletics Manitoba, we can usually decrease your shipping costs by combining it with ours and other orders. Their equipment comes from all over the world, so they will search for the best product and the best price. The more lead time for the order, the lower the price!

They will also give discounts for multiple orders, so with combined purchasing power, we can get lower prices!

Jones – Konihowski Enterprises Inc
1428 Carlyle Rd.
Calgary, AB T2V 2V1
(403) 258-2449
(403) 258-2445 (fax)

Books, Videos & Resources

Athletics Manitoba can order Human Kinetics books & videos at a discounted rate. Some titles specific to athletics include:

- Gold Medal Track & Field Series DVD..... \$90.00
*AM Recommended: Instructions and drills for all track & field events divided into four sections: Sprints, Hurdles and Relays; Middle and Long Distances; Jumps; and Throws.
- Fundamentals of Track & Field.....29.95\$
By Gerry Carr
- Coaching Track & Field Successfully25.95\$
By Mark Guthrie
- Coaching Cross Country Successfully25.95\$
By Joe Newton
- Complete Book of Jumps.....26.95\$
By Ed Jacoby & Rob Fraley
- Training For Young Distance Runners26.95\$
By Laurence S. Greene, Russell R. Pate
- Training for Speed, Agility and Quickness.....29.95\$
By Lee E. Brown

Please visit www.humankinetics.com for other titles and descriptions. Contact Diana if you would like us to get you a price quote.

Other Athletics Manitoba Resources

- MTFOA Officials Manual.....Free for Members
Non-Members\$10.00
- Officiating Forms / Score Sheets Photocopying Charges
- Video Library – Rental Fee\$5.00 per video
of our videos available for rent.

Please visit www.athleticsmanitoba.com for a list