



**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](mailto:athleticsmb@shaw.ca) [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

**Athletics Manitoba Ranking Form**

Please send to: **Athletics Manitoba**  
214-200 Main Street  
Winnipeg, MB R3C 4M2  
Email: [athleticsmb@shaw.ca](mailto:athleticsmb@shaw.ca)

Tel: 204-925-5745  
Fax: 204-925-5792  
[www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of Birth (dd/mm/yy): \_\_\_\_\_ Club: \_\_\_\_\_

Athletics Manitoba #: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_ Tel: \_\_\_\_\_

City, Prov, PC: \_\_\_\_\_ Email: \_\_\_\_\_

Event: \_\_\_\_\_ Indoor/Outdoor: \_\_\_\_\_

Performance: \_\_\_\_\_ Weight/Wind: \_\_\_\_\_

Competition: \_\_\_\_\_ Venue: \_\_\_\_\_

City, Country: \_\_\_\_\_ Date: \_\_\_\_\_

Website where results are posted: \_\_\_\_\_

Please send in ranking updates using this form, we will not accept performances over the telephone. If the performance is an Athletics Manitoba record, please fill out the Athletics Manitoba Record Application for INSTEAD.

Thank you