

## FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 3, 2005

### **FACILITIES:**

6 lane banked 200m rubber synthetic surface  
8 lane straightaway  
change rooms and washroom facilities available  
spike length: 6mm or less

### **EQUIPMENT:**

Blocks to be used by Juvenile, Junior and Senior athletes only and for sprint races only (60m, 300m)

### **START:**

9:00am

### **AGE CLASSES:**

Pee Wee - born in 1994 or later  
Bantam - born in 1992, 1993  
Midget - born in 1990, 1991  
Juvenile - born in 1988, 1989  
Junior - born in 1986, 1987  
Senior - born in 1985 or earlier  
Masters - age 35 (women), age 40 (men) will run with Juveniles

### **EVENTS:**

Will be run in the following order: alternating women & men  
(Pee Wee, Bantam, Midget, Juvenile, Junior, Senior)  
Pee Wees will compete in the 60m, 300m, Long Jump and Shot Put **only**

### **MARSHALLING:**

Will take place in a designated area. Please marshall promptly so as to facilitate the running of the meet. All track events will be *TIMED* sections.

### **AWARDS:**

Ribbons for 1st to 5th place in each category.

### **ENTRY**

### **DEADLINE:**

Entries must be received by Tuesday, November 29, 2005

### **ENTRY FEES:**

- a) Individual events:  
\$4.00/event for *Athletics MB* members  
\$6.00/event for non-members
- b) Relays:  
\$5.00 per team for *Athletics MB* members  
\$7.00 per team for non-members
- c) Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"

### **MAIL OR FAX ENTRIES TO:**

*Jill Neumann*  
*c/o Athletics MB*  
*200 Main St.*  
*Winnipeg, MB R3C 4M2*  
*Fax (204) 925-5792*

\*\*Please contact Jill at the number below, if you are interested in submitting your entries through Hy-Tek.

### **INQUIRIES:**

*Jill Neumann*  
*489-7361(h)*  
*flyingathleticclub@hotmail.com*

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 Max Bell Centre - University of Manitoba  
 December 3, 2005

**NOTE:** *Please make photocopies of your entry form if you expect to have more than one page of entries.  
 Please note also that this is a **Tentative Schedule**.*

A final schedule will be produced at the meet, when total entries are known.

**TENTATIVE SCHEDULE**

<b>TIME</b>	<b>TRACK</b>	<b>TIME</b>	<b>FIELD</b>
9:00	60m Hurdles 1000m	9:00	Long Jump Pee Wee & Bantam Girls (outfield) Long Jump Midget Girls (infield)
9:30	60m		
10:30	600m	10:30	Long Jump Midget Boys (infield) High Jump Juv/Jr/Sr Men (Pit 1) High Jump Juv/Jr/Sr Women (Pit 2) Shot Put Pee Wee & Bantam Girls
11:30	4X100 Relay	11:30	Long Jump Pee Wee & Bantam Boys (outfield) Shot Put Midget Girls & Boys
12:00-1:00	Break on Track		
		12:30	Weight Toss (men & women) Long Jump Juv/Jr/Sr Women
1:00	300m		
		1:30	Long Jump Juv/Jr/Sr Men Shot Put Juv/Jr/Sr Women
2:30	3000m	2:30	High Jump Bantam/Midget Boys Shot Put Pee Wee & Bantam Boys
3:30	4X400M Relay	3:30	High Jump Bantam/Midget Girls Shot Put Juv/Jr/Sr Men

