

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 1, 2007

FACILITIES: 6 lane banked 200m rubber synthetic surface
8 lane straightaway
change rooms and washroom facilities available
spike length: 7mm or less

EQUIPMENT: Blocks to be used for sprint races only (60m, 300m)
Throwing equipment will be provided

START: 9:00am

AGE CLASSES:

Pee Wee	- born in 1996 or later
Bantam	- born in 1994, 1995
Midget	- born in 1992, 1993
Juvenile	- born in 1990, 1991
Junior	- born in 1988, 1989
Senior	- born in 1987 or earlier
Masters	- age 35 (women and men)
Special O	

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

MARSHALLING: Will take place in a designated area. Please marshal 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 27, 2007

ENTRY FEES:

- Individual events: \$5.00/event
- Relays: \$6.00/team
- Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"

ATHLETICS MANITOBA MEMBERSHIP: All athletes must be a member of Athletics Manitoba/Athletics Canada, either as an individual or part of a school. Any entries from non-members will not be entered until Flying 'M' receives confirmation of membership from Athletics Manitoba/Canada. Membership information is available at: www.athleticsmanitoba.com

ENTRIES WILL BE GLADLY ACCEPTED BY ELECTRONICALLY – please contact Jill at the numbers or e-mail below for instructions on how to apply electronically

MAIL OR FAX ENTRIES TO: *Jill Neumann*
1210 Kildare Avenue East
Winnipeg, MB R2C 5A9
Fax (204) 925-5792

INQUIRIES: *Jill Neumann*
flyingathleticclub@hotmail.com

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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

TIME	TRACK	TIME	FIELD
9:00	60m Hurdles 1000m	9:00	Long Jump Pee Wee & Bantam Girls
9:30	60m	9:45	Long Jump Midget Girls and Special O Girls
10:30	600m	10:30	Long Jump Midget and Special O Boys High Jump Juv/Jr/Sr Women Shot Put Pee Wee & Bantam Girls
		11:00	Shot Put Pee Wee/Bantam Boys/Midget
11:30	4X100 Relay	11:30	Long Jump Pee Wee & Bantam Boys Shot Put Midget & Special O Girls High Jump Juv/Jr/Sr Men
12:00-1:00	Break on Track		
		12:30	Weight Toss 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	Shot Put Special O Boys High Jump Bantam/Midget Boys

