

# FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 2, 2006

**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 Midget, Juvenile, Junior and Senior athletes only and for sprint races only (60m, 300m)

**START:**

9:00am

**AGE CLASSES:**

Pee Wee	- born in 1995 or later
Bantam	- born in 1993, 1994
Midget	- born in 1991, 1992
Juvenile	- born in 1989, 1990
Junior	- born in 1987, 1988
Senior	- born in 1986 or earlier
Masters	- age 35 (women and men)
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**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 28, 2006

**ENTRY FEES:**

- Individual events: \$5.00/event or \$4.00 with Hy-Tek discount
- Relays: \$6.00 per team or \$5.00 with Hy-Tek discount
- 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](http://www.athleticsmanitoba.com)

**ENTRIES WILL BE GLADLY ACCEPTED BY HY-TEK** – please e-mail Jill at the address below for the file

**MAIL OR FAX ENTRIES TO:**

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

**INQUIRIES:**

*Jill Neumann  
[flyingathleticclub@hotmail.com](mailto:flyingathleticclub@hotmail.com)*

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 Max Bell Centre - University of Manitoba  
 December 2, 2006

**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

# FLYING 'M' FALL FROLIC

Please **PRINT** or **TYPE** all information

COACH:			CLUB/SCHOOL:		
LAST NAME/FIRST NAME	SEX	YOB	CTFA #	EVENTS	ENTRY FEE

*On behalf of the athletes listed on this entry from, in consideration of your accepting it, I hereby waive their rights and claims for damage against Athletics Canada, Athletics Manitoba, the Organizers of the meet, their agents, representatives, successors and assign for any and all injuries that the athletes may suffer in this competition.*

Date \_\_\_\_\_ Signature \_\_\_\_\_

Club/School Contact: \_\_\_\_\_ Phone # \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
 \_\_\_\_\_

\*\* To insure that you receive your results promptly, please fill in the information accurately. \*\*

**DO NOT SEND CASH IN THE MAIL !!!!!!!**

RELAYS: *Please enter as teams (ex) Midget Girls 4X100M*