

## 2013 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Wednesday, June 5th

University of Manitoba Stadium

9:30 am - 4:30 pm

Thank you to all the schools that provided feedback following last year's championships. There were a number of concerns raised following the event and we hope to provide a much better experience in 2013.

Due to the difficulty in securing sufficient registered officials and volunteers we are asking that each school bring along two adult volunteers who are willing to assist in the officiating of events. Due to the large number of athletes competing, especially in the field events, we have made changes to the schedule to facilitate the completion of these events. We ask for cooperation from schools in listening for ongoing announcements as to marshalling of events and awards.

- **New for 2013! Each school is responsible for providing 2 adult volunteers to assist in running the meet. Schools will be contacted with their job allocation along with instructions and officiating rules prior to the meet. Where possible we will still have Manitoba Track and Field Officials present with school volunteers assisting.**
- Athletes advance from their school and divisional meets. All those who place first, second or third at a school meet automatically are invited as well as anyone who meets or exceeds the outlined standards.
- Athletes will be allowed to advance in up to **three events for the Championship.**
- Medals for top three in each event will be awarded.
- Medical personnel will be on site.
- The Championships will be used as identification for provincial team opportunities including: Hershey's Track and Field Provincial Championships & Midget Provincial Team.
- School entries must be received no later than May 31, 2013. Registration must be done using the Excel spreadsheet, that will be on the Athletics Manitoba website ([www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)) under Programs/School Programs
- \$5.00 per athlete to a maximum of \$75.00 per school.

Further information: Athletics Manitoba – [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)  
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### 2013 JUNIOR HIGH STANDARDS

- Discus - 1kg for all athletes
- Shot Put – Grade 9 Boys 4kg; all other athletes 3kg

EVENT	WOMEN			MEN		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100 meters	15.0	14.5	14.0	14.5	14.0	13.5
200 meters	31.0	30.0	29.5	30.0	29.0	28.5
300 meters	46.0	44.5	43.5	44.5	43.0	42.0
800 meters	2:50	2:45	2:40	2:42	2:35	2:32
1200 meters	4:40	4:35	4:30	4:20	4:18	4:15
1500 meters	5:25	5:20	5:15	5:25	5:15	5:10
80mh/100mh	16.7	16.3	16.0	16.5	18.0	18.0
Long Jump	3.60	3.80	4.00	3.85	4.00	4.20
High Jump	1.20	1.25	1.30	1.25	1.30	1.35
Shot Put	6.80	7.00	7.50	7.50	8.00	8.25
Discus	17.00	18.00	19.00	20.00	21.00	22.00



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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## 2013 ATHLETICS MANITOBA JUNIOR HIGH CHAMPIONSHIPS

University of Manitoba Outdoor Stadium

Wednesday, June 5, 2013 9:30 am – 4:30 pm

**SCHEDULE OF EVENTS – Events may run ahead of schedule – listen for announcements!**

**ALL TRACK EVENTS ARE TIMED FINALS!!**

If an athlete is competing in both a track and a field event at the same time; they must check in at the field event and then go to compete in their track event. They must return to the field event as soon as possible following the track event and check back in with the official. If they do not return within a reasonable time, they will not be allowed to continue to compete.

In the throwing events, due to time restraints and the volume of athletes competing, each athlete will complete three throws in succession and only the longest throw will be measured. In the long jump, both pits will be used and each athlete will be allowed three jumps. A flight (10 athletes at a time) will complete their jumps and then the next flight will be called. Athletes will need to remain in close proximity to the competition area so that they can hear when the next group of athletes is being called.

TRACK			FIELD		
9:30	Grade 9 Girls	80mh (12m;8.0m space 30")	9:30	Grade 9 Boys	Shot Put (4kg)
	Grade 8 Girls	80mh (12m; 8.0m space 30")		Grade 8 Boys	Shot Put (4kg)
	Grade 7 Girls	80mh (12m;7.5m space 30")		Grade 7 Boys	Shot Put (3kg)
	Grade 7 Boys	80mh (12m; 7.5m space 30")	PM	Grade 9 Girls	Shot Put (3kg)
	Grade 8 Boys	100mh (13m; 8.5m space 33")		Grade 8 Girls	Shot Put (3kg)
	Grade 9 Boys	100mh (13m;8.5m space 33")		Grade 7 Girls	Shot Put (3kg)
11:00	Grade 9 Girls	1200m	9:30	Grade 7 Girls	Long Jump
	Grade 8 Girls	1200m		Grade 8 Girls	Long Jump
	Grade 7 Girls	1200m		Grade 9 Girls	Long Jump
	Grade 7 Boys	1200m	PM	Grade 9 Boys	Long Jump
	Grade 8 Boys	1200m		Grade 8 Boys	Long Jump
	Grade 9 Boys	1200m		Grade 7 Boys	Long Jump
12:15	Grade 9 Boys	100m	9:30	Grade 8 Boys	High Jump (start 1.25m)
	Grade 8 Boys	100m		Grade 9 Boys	High Jump (start 1.30m)
	Grade 7 Boys	100m		Grade 7 Boys	High Jump (start 1.20m)
	Grade 9 Girls	100m	PM	Grade 7 Girls	High Jump (start 1.15m)
	Grade 8 Girls	100m		Grade 8 Girls	High Jump (start 1.20m)
	Grade 7 Girls	100m		Grade 9 Girls	High Jump (start 1.25m)
2:00	Grade 9 Boys	800m	9:30	Grade 7 Girls	Discus
	Grade 8 Boys	800m		Grade 8 Girls	Discus
	Grade 7 Boys	800m		Grade 9 Girls	Discus
	Grade 9 Girls	800m	PM	Grade 7 Boys	Discus
	Grade 8 Girls	800m		Grade 8 Boys	Discus
	Grade 7 Girls	800m		Grade 9 Boys	Discus
3:00	Grade 9 Boys	300m			<b>All athletes use the 1kg discus</b>
	Grade 8 Boys	300m			
	Grade 7 Boys	300m			
	Grade 9 Girls	300m			
	Grade 8 Girls	300m			
	Grade 7 Girls	300m			