



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			All athletes use the 1kg discus
	Grade 8 Boys	300m			
	Grade 7 Boys	300m			
	Grade 9 Girls	300m			
	Grade 8 Girls	300m			
	Grade 7 Girls	300m			