



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 www.athleticsmanitoba.com

2023 Athletics Manitoba Elementary Relays

Tentative DATE: Tuesday, February 7th, 2023

JAMES DALY FIELDHOUSE – UNIVERSITY OF MANITOBA

Awards: Participation Certificates for all student competitors
Ribbons for top five
Award of Recognition for school with most points in each grade category

Entry Fees: Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee. **Volunteers must be available for the entire time and should be at least 15 years of age.**
NOTE: We are requesting that Schools send 2 adults to attend the volunteer training – [details here](#)

Registration: Please complete the [School Membership Registration form](#). Please indicate your intent to participate in the program, once the registration form has been received you will receive an Invoice.

Member Schools with 2 Volunteers: \$115.50 (\$110 +GST)

Member Schools with No Volunteers: \$210.00 (\$200 + GST)

REMEMBER - YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE!

Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x100 Lap Relay – 4 team members each run half a lap around the oval

Events will run from 10:00 AM to approximately 2:30 PM

Entries are due Tuesday, January 31st, 2023

Elementary Relays – [Team Entry Form](#)

Drop off Instructions – Please provide this information to your bus drivers!

To unload athletes and coaches safely and minimize the disruption of traffic flow on campus, the following process must be followed for athlete and coach drop offs when attending Track Attack Meets.

Buses will stage in Q lot and come into I lot 2 at a time near the garage door located at the north end of the Max Bell Field House. Athletes and coaches will then proceed into the open doors to the left of the garage door. Once inside coaches and athletes will proceed up the stairs and onto the mezzanine level of the track where they can access the stands.

Buses are asked to unload in a horseshoe at the back of I Lot and return out of I lot turning right onto Sidney Smith Street and then left onto Ralph Campbell Road where they will proceed past the parkade and merge onto Sifton Road, which can be followed back to University Crescent.



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 www.athleticsmanitoba.com

SCHEDULE

NOTE: The schedule may need to be altered during the meet - please listen for announcements throughout the day.

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

<u>10:00 a.m.</u>	4x100m Relay	Grade 6 Boys	<u>10:00 a.m.</u>	4x Standing LJ	Grade 4 Boys
	4x100m Relay	Grade 5 Boys		4x Standing LJ	Grade 4 Girls
	4x100m Relay	Grade 4 Boys		4x Standing LJ	Grade 5 Boys
	4x100m Relay	Grade 6 Girls		4x Standing LJ	Grade 5 Girls
	4x100m Relay	Grade 5 Girls		4x Standing LJ	Grade 6 Boys
	4x100m Relay	Grade 4 Girls		4x Standing LJ	Grade 6 Girls

<u>10:00 a.m.</u>	8 x 40m Shuttle	Grade 6 Girls
	8 x 40m Shuttle	Grade 5 Girls
	8 x 40m Shuttle	Grade 4 Girls
	8 x 40m Shuttle	Grade 6 Boys
	8 x 40m Shuttle	Grade 5 Boys
	8 x 40m Shuttle	Grade 4 Boys

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

Grade 6 Girls
 Grade 5 Girls
 Grade 4 Girls
 Grade 6 Boys
 Grade 5 Boys
 Grade 4 Boys

(1st = 7 points, 2nd = 5 points, 3rd = 3 points, 4th = 2 points, 5th = 1 point)

All participation ribbons, award ribbons and team banners will be delivered to schools by the end of March.

Additional Elementary Relay Competitions

The Boeing Classic Elementary Relays are put on by Winnipeg Optimist Athletics. The event is scheduled to take place Thursday, March 2nd. More information will be sent out at a later date.