



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5744 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Junior High Championships

### 2023 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIP

Thursday, June 15th

University of Manitoba Stadium

9:30 am - 4:30 pm

- Athletes must advance from their school/divisional meets. Athletes who place first, second or third are automatically invited, as well as anyone who meets or exceeds the outlined standards.
- The medley relay will be 800 - 200 - 200 - 400. Teams may qualify for the relay through their zone meets or otherwise may enter one team per school for the championships.
- Athletes will be allowed to advance in up to **three events and a relay for the Championship**.
- Medals for top 3 in each event will be awarded.
- **ENTRY FEES:**
  - Entry fees for Athletics Manitoba member schools will be \$6.00 an athlete, up to a maximum of \$150.00 per school.
  - Entry fees for non-Athletics Manitoba member schools will be \$6.00 an athlete with the maximum of \$150.00; however, they will also be assessed an additional \$50-day membership. If there are less than 5 athletes attending from a non-member school, these athletes must pay the \$10-day membership along with their \$6.00 entry fee.
  - There is no additional cost for relays.
- School entries must be received by Monday, June 12<sup>th</sup>, 2023
  - **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline, arrangements **MUST** be made in advance. Any late entries that are not made in advance will be assessed late fees.
- Any entries received after the June 12<sup>th</sup> deadline will be subject to late registration fees at a cost of \$10 per athlete up to a maximum of \$250.
- **Each school is responsible for providing volunteers to assist in running the meet.** For every 10 athletes, the school must provide one volunteer. 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.
- Medical personnel will be on site.
- Athletics MB School Membership Registration form is available – [HERE](#)
- Team Entry spreadsheet will be available online - [HERE](#)
  - Online Registration Link for individual entries - [HERE](#)
- There will be NO registrations accepted on site the day of the meet.

Program questions should be directed to Courtney Friesen at [technical@athleticsmanitoba.com](mailto:technical@athleticsmanitoba.com)



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AUTOMATIC QUALIFICATION STANDARDS						
Event	Women			Men		
	Grade 7	Grade 8	Grade 9	Grade 7	Grade 8	Grade 9
100m	14.07	13.91	13.80	13.44	12.69	11.83
300m	47.25	46.14	45.09	44.71	41.95	40.03
800m	2:50.01	2:44.07	2:36.75	2:35.70	2:22.16	2:05.57
1200m	4:23.86	4:21.63	4:19.44	4:02.88	3:50.93	3:45.25
80mh/100mh	15.58	15.25	14.30	14.85	18.38	16.58
Long Jump	4.15	4.24	4.50	4.82	5.22	5.35
Triple Jump	N/A	6.30	7.50	N/A	10.46	11.25
High Jump	1.33	1.36	1.40	1.41	1.55	1.65
Shot put	8.05	8.20	8.45	10.07	10.93	12.61
Discus	18.82	21.93	23.50	24.86	26.41	28.66

**SCHEDULE OF EVENTS – Events may run ahead of schedule – listen for announcements!  
Unless otherwise noted all track events are timed finals!!**

If an athlete is competing in both a track and field event at the same time; they must check in at the field event and then go 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 in that event).

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 near the competition area so that they can hear when the next group of athletes is being called.



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## TRACK

9:30	Grade 9 Girls	80mh (12m;7.5m space 30")
	Grade 8 Girls	80mh (12m; 7.5m space 30")
	Grade 7 Girls	80mh (12m;7.5m space 30")
	Grade 7 Boys	80mh (12m;8.0m space 30")
	Grade 8 Boys	100mh (12m;8.0m space 30")
	Grade 9 Boys	100mh (12m;8.0m space 33")
10:30	Grade 9 Boys	100m Heats
	Grade 8 Boys	100m Heats
	Grade 7 Boys	100m Heats
	Grade 9 Girls	100m Heats
	Grade 8 Girls	100m Heats
	Grade 7 Girls	100m Heats
11:30	Grade 9 Boys	1200m
	Grade 8 Boys	1200m
	Grade 7 Boys	1200m
	Grade 9 Girls	1200m
	Grade 8 Girls	1200m
	Grade 7 Girls	1200m
12:35	Grade 9 Boys	100m Final
	Grade 8 Boys	100m Final
	Grade 7 Boys	100m Final
	Grade 9 Girls	100m Final
	Grade 8 Girls	100m Final
	Grade 7 Girls	100m Final
1:30	Grade 9 Boys	800m
	Grade 8 Boys	800m
	Grade 7 Boys	800m
	Grade 9 Girls	800m
	Grade 8 Girls	800m
	Grade 7 Girls	800m
2:30	Grade 9 Boys	300m
	Grade 8 Boys	300m
	Grade 7 Boys	300m
	Grade 9 Girls	300m
	Grade 8 Girls	300m
	Grade 7 Girls	300m
3:15	Grade 9 Boys	Medley
	Grade 8 Boys	Medley
	Grade 7 Boys	Medley
	Grade 9 Girls	Medley
	Grade 8 Girls	Medley
	Grade 7 Girls	Medley

## FIELD

9:30	Grade 7 Boys	High Jump (start 1.20 North)
	Grade 8 Girls	Long Jump (North)
	Grade 8 Boys	Triple Jump (South)
	Grade 7 Girls	Shot Put (3kg)
	Grade 9 Boys	Discus
10:30	Grade 8 Boys	High Jump (start 1.25m South)
	Grade 9 Girls	Long Jump (South)
	Grade 9 Boys	Triple Jump (North)
	Grade 8 Girls	Shot Put (3kg)
	Grade 7 Boys	Discus
11:30	Grade 9 Boys	High Jump (start 1.30m North)
	Grade 7 Girls	Long Jump (North)
	Grade 9 Girls	Shot Put (3kg)
	Grade 8 Boys	Discus
12:35	Grade 7 Girls	High Jump (start 1.15m South)
	Grade 8 Boys	Long Jump (South)
	Grade 8 Girls	Triple Jump (North)
	Grade 7 Boys	Shot Put (4kg)
	Grade 9 Girls	Discus
1:30	Grade 8 Girls	High Jump (start 1.20m North)
	Grade 9 Boys	Long Jump (North)
	Grade 9 Girls	Triple Jump (South)
	Grade 8 Boys	Shot Put (4kg)
	Grade 7 Girls	Discus
2:30	Grade 9 Girls	High Jump (1.25m South)
	Grade 7 Boys	Long Jump (South)
	Grade 9 Boys	Shot Put (4kg)
	Grade 8 Girls	Discus