DATE: **Friday and Saturday, March 3, 4, 2017**

SANCTION: **Athletics Manitoba**

SPONSOR: **BOEING OF CANADA**

HOST: **Winnipeg Optimist Athletics**

VENUE: **James Daly Fieldhouse**, **Max Bell Centre, University of MB, Winnipeg**

TIMING**: Fully automatic electronic timing system** – Omega Photo-timing Systems

AWARDS: **1st, 2nd, & 3rd place medals in all events including Elementary Relays**

MEET HOTEL: **Best Western Plus, Pembina Inn & Suites, 1714 Pembina Hwy** -Winnipeg, R3T 2G2

Close to the University Ph - 204-269-8888 Fax - 204-269-8889

Toll Free Reservations: 1-877-269-8811

ENTRIES: A) Eligibility – All entrants must be registered members of Athletics Manitoba

and/or Athletics Canada.

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# and/or Athletics Canada.

# B) Entry Fees

# $ 8.00 per event

# $ 10.00 per each relay team

# Late Fees: $15.00 per individual event and $14.00 per each Relay Team

* + - Late entries will only be accepted if there is room and it does not change the schedule at the discretion of the meet director.

1. Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB
2. **Entry deadline** **Received by February 25, 2017**.

Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.

1. Only entries using the Hy-Tek system or the Trackie.ca Registration online system will be accepted.

F) No telephone or fax entries will be accepted.

G) Seeded sections – Please submit **accurate seed performances** in order to allow for the

accurate seeding of track events. It is the responsibility of club and school coaches to

ensure the accuracy of their entry data.

I) Questions may be directed to Larry Switzer at 204-885-5714.

FINALS**:** 60m, 60mh, 150m & 200m will proceed from heats to finals if entry numbers warrant.

Other track events will be run as seeded timed final sections.

SPECTATORS: There will be a daily $2.00 admission fee.

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, Bantam age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and Midget age groups will compete at 300m and 1200m instead of 400m and 1500m.

AGE CLASSES FOR 2017:PEEWEE: BORN in 2006 & later

BANTAM: BORN in 2004& 2005

MIDGET: BORN in 2002 & 2003

YOUTH: BORN in 2000 & 2001

JUNIOR: BORN in 1998 & 1999

SENIOR: BORN in 1997 & earlier

MASTERS: Age 35 and over

SHOT WEIGHTS**:** PeeWee Bantam 2.73 kg (6 lbs)

Bantam /Midget/Youth Women 3 kg

Bantam Men 3kg

Youth Men 5 kg

Junior Men 6 kg

Senior Men 7.26 kg (16 lbs)

All others 4 kg

WEIGHT THROW: Youth Men & all Women 9.09 kg (20 lbs)

Junior & Senior Men 15.91 kg (35 lbs)

HURDLES**:** Hurdle Height To 1st Hurdle Between Hurdles

Senior Men 1.067m (42”) 13.72m 9.14m

Junior Men 0.991m (39”) 13.72m 9.14m

Youth Men 0.914m (36”) 13.72m 9.14m

Midget Men 0.840m (33”) 13.0m 8.5m

Bantam Men 0.762m (30”) 12.0m 7.5m

Senior & Junior Women 0.840m (33”) 13.0m 8.5m

Youth Women 0.762m (30”) 13.0m 8.5m

Midget Women 0.762m (30”) 12.0m 8.0m

Bantam Women 0.762m (30”) 12.0m 7.0m

* Races will only be run at these standard distances.

EVENTS: See accompanying chart on page 3.Athletes may enter an individual event in

**only one age class**. Athletes may move up to compete in an older age group event or to complete a

Relay Team, but may not run an event or a relay in two different age groups or on two separate teams**.**

RELAYS: **All teams members must be from the same Club or School.**

Entries will be accepted on a first come first served basis. Some field events may have the number of athletes competing capped, or the number of attempts will be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

**Please be advised that the Preliminary Schedule is exactly that, preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event. We will produce and post the final schedule as soon as possible, once the entries are received.**

**All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Events | PeeWee | Bantam | Midget | Youth | Junior | Senior | Special | Wheel |
|  | Boys/Girls | Boys/Girls | Boys/Girls | Men/Women | Men/Women | Men/Women | Olympic Men/Women | Chair  Men/Women |
| Year of Birth | 2006 & later | 2004&2005 | 2002/2001 | 1998/1999 | 1996/97 | 1995 & before |  |  | |
| 60m | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| 150m | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** | **NO** |
| 200m | **NO** | **NO** | Yes | Yes | Yes | Yes | Yes | No |
| 300m | **NO** | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** |
| 400m Youth & Up | **NO** | **NO** | **NO** | Yes | Yes | Yes | Yes | No |
| 600m PeeWee only | Yes | **No** | **No** | **No** | **No** | **No** | **No** | **No** |
| 800m | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 1000m | Yes | No | No | No | No | No | No | No |
| 1200m | No | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** |
| 1500m | No | **NO** | **NO** | Yes | Yes | Yes | Yes | Yes |
| 2000m | No | No | **Yes** | No | **NO** | **NO** | No | No |
| 3000m | No | No | Yes | Yes | Yes | Yes | No | No |
| 5000m | No | No | No | No | No | Yes | No | No |
| 60m Hurdle | No | Yes | Yes | Yes | Yes | Yes | No | No |
| 4x100m Relay | No | Yes | Yes | Yes | Yes | Yes | Yes | No |
| 4x200m Relay | No | Yes | Yes | No | No | No | No | No |
| 4x400m Relay | No | No | No | Yes | Yes | Yes | No | No |
| Shot Put | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| Long Jump | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| High Jump | No | Yes | Yes | Yes | Yes | Yes | No | No |
| Triple Jump | No | No | Yes | Yes | Yes | Yes | No | No |
| Pole Vault | No | No | No | Yes | Yes | Yes | No | No |
| Weight Toss | No | No | No | Yes | Yes | Yes | No | No |

* Other events may be added at the discretion of the meet organizers.
* Masters Men and Women Events may be added if there are three or more competitiors in an age group.
* Other events may be added

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Friday March 3, 2017 Field Events Morning** | | | **Friday, March 3, 2017 Field Evening Session** | | | | | |
| 8:45 AM | Long Jump | Midget Women | **Tentative** | | | |  | |
| 8:45 AM | High Jump | Midget Men | 6:00 P.M. | | Long Jump | | Peewee Women – Three trials | |
| 11:00 A.M. | Long Jump | Bantam Women | 7:00 P.M. | | Long Jump | | Youth Women | |
| 2:00 P.M. | Long Jump | Bantam Men | 7:00 P.M. | | Shot Put | | Peewee Women – Three trials | |
| 4:00 P.M. | Long Jump | Youth Men | 7:00 P.M. | | Shot Put | | Peewee Men – Three trials | |
| 4:45 P.M. | Shot Put | Youth Men | 8:15 P.M. | | Long Jump | | Junior + Open Men+Spec O | |
| **Friday, March 3, 2017 Track** | | **Tentative** |  | | **Friday, March 3, 2017** | | | |
| 8:45 AM | 300m Time Final | Bantam Women | 5:45 PM | | **Tentative** | | **Evening Session** | |
|  | 300m Time Final | Bantam Men |  | | 60m Hurdle Final | | Junior Men | |
|  | 300m Time Final | Midget Women |  | | 60m Hurdle Final | | Open Men | |
|  | 300m Time Final | Midget Men |  | | 60m Hurdle Final | | Junior Women | |
|  | 4x100m Time Final | Bantam Women |  | | 60m Hurdle Final | | Open Women | |
|  | 4x100m Time Final | Bantam Men |  | | 60m Final | | Youth Women | |
|  | 4x100m Time Final | Midget Women |  | | 60m Final | | Youth Men | |
|  | 4x100m Time Final | Midget Men |  | | 60m Heats | | Peewee Women | |
|  | 60m Heats | Bantam Women |  | | 60m Heats | | Peewee Men | |
|  | 60m Heats | Bantam Men |  | | 60m Heats | | Junior Women | |
|  | 60m Heats | Midget Women |  | | 60m Heats | | Open Women | |
|  | 60m Heats | Midget Men |  | | 60m Heats | | Junior Men | |
| 11:55 PM | Lunch |  |  | | 60m Heats | | Open Men | |
| 12:55 PM | 60m Hurdle Heats | Bantam Women |  | | 60m Final | | Peewee Women | |
|  | 60m Hurdle Heats | Midget Women |  | | 60m Final | | Peewee Men | |
|  | 60m Hurdle Heats | Bantam Men |  | | 60m Final | | Special Olympic Women | |
|  | 60m Hurdle Heats | Midget Men |  | | 60m Final | | Special Olympic Men | |
|  | 1200m Time Finals | Bantam Women |  | | 60m Final | | Junior Women | |
|  | 1200m Time Finals | Bantam Men |  | | 60m Final | | Junior Men | |
|  | 60m Final | Bantam Women |  | | 60m Final | | Open Women | |
|  | 60m Final | Bantam Men |  | | 60m Final | | Open Men | |
|  | 60m Final | Midget Women |  | | 400m Time Final | | Junior Women | |
|  | 60m Final | Midget Men |  | | 400m Time Final | | Junior Men | |
|  | 60m Heats | Youth Women |  | | 400m Time Final | | SO Women/Open Women | |
|  | 60m Heats | Youth Men |  | | 400m Time Final | | SO/Open Men | |
|  | 1200m Time Finals | Midget Women |  | | 1500m Time Final | | Junior + Open Women | |
|  | 1200m Time Finals | Midget Men |  | | 1500m Time Final | | Junior + Open Men | |
|  | 1500m Time Final | Youth Women |  | | 5000m Final | | Open Men and Women | |
|  | 1500m Time Final | Youth Men |  | |  | |  | |
|  | 60m Hurdle Finals | Bantam Women |  | |  | |  | |
|  | 60m Hurdle Finals | Midget Women |  | |  | |  | |
|  | 60m Hurdle Finals | Bantam Men |  | |  | |  | |
|  | 60m Hurdle Finals | Midget Men |  | |  | |  | |
|  | 60m Hurdle Finals | Youth Women |  | |  | |  | |
|  | 60m Hurdle Heats | Junior Women |  | |  | |  | |
|  | 60m Hurdle Heats | Open Women |  | |  | |  | |
|  | 60m Hurdle Finals | Youth Men |  | |  | |  | |
|  | 60m Hurdle Heats | Junior Men |  | |  | |  | |
|  | 60m Hurdle Heats | Open Men |  | |  | |  | |
|  | 400m Time Final | Youth Women |  | |  | |  | |
|  | 400m Time Final | Youth Men |  | |  | |  | |
|  | 600m Time Final | PeeWee Women |  | |  | |  | |
|  | 600m Time Final | PeeWee Men |  | |  | |  | |
| **Saturday, March 4, 2017- Field Events Tentative** | | | | **Saturday, March 4, 2017 - Field Events Tentative** | | | | |
| 9:00 AM | Long Jump | Midget Men | | 1:00 PM | | Triple Jump | | Midget Women |
| 9:00 AM | Shot Put | Bantam Men - Circle 1 | | 2:00 PM | | High Jump | | Bantam Women - Pit 1 |
| 9:00 AM | High Jump | Midget Women - Pit 2 | | 2:30 PM | | Shot Put | | Special Olympic Women/Men C2 |
| 9:00 AM | Shot Put | Midget Women Circle 2 | | 2:30 PM | | Triple Jump | | Midget/Youth Men |
| 10:00 AM | High Jump | Youth Jr Open Women | | 2:45 PM | | Pole Vault | | Women |
| 10:45 AM | Long Jump | Peewee Men -3 Trials | | 3:30 PM | | Shot Put | | Jr/Open Women C1 |
| 10:45 AM | Shot Put | Midget Men - Circle 1 | | 3:30 PM | | Shot Put | | Youth Women |
| 10:45 AM | Shot Put | Bantam Women Circle2 | | 4:00 PM | | Pole Vault | | Men |
| 11:30 AM | Long Jump | Junior/ Open Women | | 4:00 PM | | Triple Jump | | Junior/Open Men **( Or earlier )** |
| 11:30 AM | High Jump | Bantam Men - Pit 2 | | 5:30 PM | | Weight Throw | | Youth/Junior/Open Men |
| 11:45 AM | Weight Throw | Youth/Jr/Open Women | | 7:00 PM | | Shot Put | | Junior + Open Men |
|  |  |  | | 7:00 PM | | Triple Jump | | Youth/Jr/Sr Women |
|  |  |  | | 7:00 PM | | High Jump | | Youth/Junior/Open Men |
| **Saturday, March 4, 2017 - Track Events Tentative** | | | |  | |  | |  |
| 8:45 AM | 150m Heats | Bantam Women | | **5:00 pm** | | **Supper** | |  |
|  | 150m Heats | Bantam Men | | 6:00 PM | | 200m Final | | Youth Women |
|  | 150m Time Final | PeeWee Women | |  | | 200m Final | | Youth Men |
|  | 150m Time Final | PeeWee Men | |  | | 200m Heats | | Open Women |
|  | 200m Heats | Midget Women | |  | | 200m Heats | | Open Men |
|  | 200m Heats | Midget Men | |  | | 200m Final | | Junior Women |
|  | 800m Time Finals | Bantam Women | |  | | 200m Final | | Junior Men |
|  | 800m Time Finals | Bantam Men | |  | | 3000m Finals | | Youth Women |
|  | 800m Time Finals | Midget Women then Men | |  | | 3000m Time Finals | | Youth Men |
|  | 1000m Time Finals | PeeWee Girls then Men | |  | | 4x100m Time Final | | Youth Women |
|  | 150m Finals | Bantam Women | |  | | 4x100m Time Final | | Youth Men |
|  | 150m Finals | Bantam Men | |  | | 4x100m Time Final | | Junior/Senior Women |
|  | 200m Finals | Midget Women | |  | | 4x100m Time Final | | Junior /Senior Men |
|  | 200m Finals | Midget Men | |  | | 200m Final | | Open Women |
|  | 200m Time Finals | Special O Women | |  | | 200m Final | | Open Men |
|  | 200m Time Finals | Special O Men | |  | | 3000m Finals | | Junior/Open Women |
|  | 4x200m Time Final | Bantam Women | |  | | 3000m Final | | Junior Men |
|  | 4x200m Time Final | Bantam Men | |  | | 3000m Final | | Open Men |
|  | 4x200m Time Final | Midget Women | |  | | 4 x 400m Final | | Youth Women |
|  | 4x200m Time Final | Midget Men | |  | | 4 x 400m Final | | Youth Men |
| **12:00 Noon** | **Lunch** |  | |  | | 4 x 400m Final | | Junior/Open Women |
| 12:55 PM | 4x100m Time Final | Special Olympic Coed | |  | | 4 x 400m Final | | Junior /Open Men |
|  | 200m Heats | Youth Women | |  | |  | |  |
|  | 200m Heats | Youth Men | |  | |  | |  |
|  | 200m Heats | Junior Women | |  | |  | |  |
|  | 200m Heats | Junior Men | |  | |  | |  |
|  | 200m Time Final | Special O Women | |  | |  | |  |
|  | 200m Time Final | Special Olympic Men | |  | |  | |  |
|  | 800m Time Finals | Youth Women | |  | |  | |  |
|  | 800m Time Finals | Youth Men | |  | |  | |  |
|  | 800m Time Finals | Junior/Open Women | |  | |  | |  |
|  | 800m Time Finals | Junior Men | |  | |  | |  |
|  | 800m Time Finals | Open Men | |  | |  | |  |
|  | 800m Sp. Olympic | Women/Men | |  | |  | |  |
|  | 2000m Final | Midget Women | |  | |  | |  |
|  | 2000m Final | Midget Men | |  | |  | |  |