DATE: **Friday and Saturday, January 19, 20, 2018**

SANCTION: **Athletics Manitoba**

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:  **Ribbons for Top Three in Age Group**

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

# $ 10.00 per event

# $ 10.00 per each relay team

# Late Fees: $16.00 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. School Entries – Team Entry $300 (Maximum of three athletes per event or regular fees) – Open to schools registered with Athletics Manitoba as member schools.
2. Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB
3. **Entry deadline** **Received by January 12, 2018**.

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.

1. Questions may be directed to: Wayne McMahon H 204-261-0467 or

email: gwaynemcmahon@gmail.com .

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 2018 :PEEWEE: BORN in 2007 & later

BANTAM: BORN in 2005 & 2006

MIDGET: BORN in 2005 & 2004

YOUTH: BORN in 2001 & 2002

JUNIOR: BORN in 1999 & 2000

SENIOR: BORN in 1998 & 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.

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 aRelay 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 attempts will be limited to **three plus one additional jump for top 8**. These decisions will be made by the meet director and/or meet manager based on time considerations.

**Bantam and PeeWee athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.**

**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.**

Other events may be added at the discretion of the meet organizers. Make early requests please.

Masters Events for Men and Women may be added if there are three or more competitors in an age group

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| **TENTATIVE Schedule** | | | |
| **\*Track Events will be run from Fastest to Slowest heats\*** | | | |
| **Friday, January 19th - TRACK** | | | |
| 5:30 PM | 60m | | Heptathlon Men |
|  | 60m | | Pee Wee & up Men |
|  | 60m | | Special Olympic Men |
|  | 60m | | Pee Wee & up Women |
|  | 60m | | Special Olympic Women |
|  | 1500m | | Youth & up Men |
|  | 1500m | | Special Olympic Men |
|  | 1500m | | Youth & up Women |
|  | 1500m | | Special Olympic Women |
|  | 1200m | | Midget Men |
|  | 1200m | | Midget Women |
|  | 1000m | | PeeWee, Bantam Men |
|  | 1000m | | PeeWee, Bantam Women |
|  | 300m | | Bantam Men & Up |
|  | 300m | | Bantam & Up Women |
|  | 400m | | Youth Men & Up |
|  | 400m | | Special Olympic Men |
|  | 400m | | Youth & Up Women |
|  | 5000m | | Open & Masters – Men & W |
|  | | | |
| **Friday, January 19th - FIELD** | |  |  |
| 5:30 PM | | Standing L,Jump | Bantam & PeeWee M & W |
| 5:30 PM | | Shot Put | Youth, Jr., Open, Men |
| 5:45 PM | | High Jump | Pee Wee/Bantam/Mid Women |
| 6:15 PM | | Long Jump | Youth, Jr., Open, Hept Men |
| 7:00 PM | | Shot Put | Hept. Men |
| 7:30 PM | | Long Jump | Pee Wee/Bantam/Midget Men |
| 7:45 PM | | High Jump | Youth, Jr., Open, Hept. Men |

Tentative Schedule

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| **Saturday, January 20th - TRACK** | | |
| 9:30 AM | 60m Hurdles | Men |
|  | 60m Hurdles | Women |
|  | 2000m | Midget Men |
|  | 2000m | Midget Women |
|  | 3000m | Youth & Up Men |
|  | 3000m | Master's Men \*numbers permitting |
|  | 3000m | Youth & Up Women |
|  | 3000m | Master's Women \*numbers permitting |
|  | 150m | Pee Wee/Bantam Men |
|  | 150m | Pee Wee/Bantam Women |
|  | 200m | Midget & Up Men |
|  | 200m | Master's Men \*numbers permitting |
|  | 200m | Midget & Up Women |
|  | 200m | Master's Women \*numbers permitting |
|  | 600m | Pee Wee & up Men |
|  | 600m | Pee Wee & up Women |
|  | 800m | Midget & Up Men |
|  | 800m | Midget & Up Women |
|  | 1000m | Heptathlon |
|  | 4x100m | All Men |
|  | 4x100m | All Women |
|  | **Saturday, January 20, 2018 - FIELD** |  |
| 9:30 AM | Long Jump | PeeWee,Bantam&Midget Women |
| 9:30 AM | Shot Put | Special Olympic Men & Women |
| 10:45 AM | High Jump | Midget & up Women & Pent W |
| 11:00 AM | Triple Jump | Midget & up Men |
| 12:15 PM | Shot Put | Midget & up Women |
| 12:30 PM | Long Jump | Midget & up Women, Pent W |
| 12:15 PM | Pole Vault | Women & Men |
| 1:00 PM | High Jump | PeeWee, Bantam Midget Men |
| 1:00 PM | Triple Jump | Midget & up Women |
| TBA | Long Jump | Special Olympic Men & Women |