



## **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

145 Pacific Ave. Winnipeg, MB. R3B 2Z6 • Tel: 204-925-5744 • Fax: 204-925-5792  
www.athleticsmanitoba.com

### **TRI PROVINCE – Midget & Youth Provincial Team**

The Midget & Youth Tri Province team program is a provincially focused competition opportunity run by Athletics Manitoba. The program targets athletes born in 2003/2004 (Midget) and 2001 2002 (Youth). The overall goal of the program is twofold; to provide an out of province competitive opportunity for our top athletes and to serve as a means of identifying and engaging new talent in the performance pathway of track and field.

The Midget & Youth provincial teams will be competing in Sherwood Park, AB on the weekend of July 27-29<sup>th</sup> and competing against athletes from Saskatchewan, and Alberta.

The standards that will be used for athlete identification are outlined below. Please note that achieving the standard places the athlete in the selection pool; it does NOT guarantee selection. Standards in the events must have been met or exceeded at a sanctioned competition between the dates of January 1<sup>st</sup> 2018 and June 23<sup>rd</sup> 2018.

Team consideration will ONLY be taken into account for athletes who compete at the Age Class Provincial meet on June 22<sup>nd</sup>-23<sup>rd</sup>, have exceeded the standards listed below, OR completed the online team declaration form online (<https://www.trackie.com/online-registration/event/midget-youth-team-declaration-manitoba/23334/#.Wv3dKogvyM8>). If an athlete is unable to attend Age Class Provincials, they must either engage in the latter two options, or appeal. Only under extenuating circumstances will an appeal for selection be allowed (see below).

#### **General Information**

Maximum Team Size: 100 athletes - 50 athletes Midget Team & 50 athletes Youth team

Provincial team fee: TBD. This team fee will include a competitive singlet, costs for the Saturday meal provided by the host Province, as well as a team gear package.

Coaching Staff: 10

Trials: Age Class Provincials – June 22<sup>rd</sup> & 23<sup>th</sup>

Team Practice: All Team Members will be expected to attend scheduled practices. Practice dates will be announced shortly after naming the coaching staff.

Meet Date: Friday July 27<sup>th</sup> – Sunday July 29<sup>th</sup>

#### **Selection Criteria**

- ONLY athletes who compete at the Age Class Provincial meet on June 22<sup>nd</sup>-23<sup>rd</sup>, have exceeded the standards listed below, OR completed the online team declaration form online (<https://www.trackie.com/online-registration/event/midget-youth-team-declaration-manitoba/23334/#.Wv3dKogvyM8>) will be considered for selection to the Team.
- Team Selection will be based around performances achieved during the 2017 competitive season (January 1<sup>st</sup>, 2018 – June 23<sup>rd</sup>, 2018).
- Athletes are expected to have competed in at least 3 Athletics Manitoba sanctioned meets during the selection period (a minimum of 1 must be from the outdoor season).
- Top performances in each event will be considered as a primary means of selection with all efforts being made to have athlete representation in each event.
- Selection efforts will also assume a team split of 25 male and 25 female athletes per team (Midget and Youth). In the case where there are insufficient eligible athletes of one gender or age group, those spots will be reallocated (first within the age group, and then within the team as a whole).
- An athlete's ability to contribute to relays will also be considered during the selection process.
- All athletes must attend the Provincial Age Class Championships on June 22<sup>nd</sup> and 23<sup>rd</sup> as this competition will serve as the key identification for selection.
- In alignment with the program's overall mandate, and to continue the development of rural programs, the goal will be to allocate approximately 20% of team spots to rural athletes who have achieved standard.



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All athletes interested in selection must apply online here <https://www.trackie.com/online-registration/event/midget-youth-team-declaration-manitoba/23334/#.Wv3dKogvyM8>

All athletes will be notified before **June 29<sup>th</sup>** if they have been selected to the Team. Athletes who have not been selected will also be notified.

The process to finalize team selections will occur in the order listed below. Once the team size is reached based on going through each of the steps, the selection process will end.

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trials, having achieved the A standard
- 3) First place at the selection trials, having achieved the B standard
- 4) Second place at the selection trials, having achieved the B standard
- 5) First place at the selection trials, having no standard
- 6) Second place at the selection trials, having achieved no standard
- 7) Appeals from an athlete who has achieved the A standard (see Appeals section)
- 8) Appeals from an athlete who has achieved the B standard (see Appeals section)
- 9) Athlete has an ability to contribute to a relay
- 10) The Team Manager and Event Coaches will have the authority to add an athlete into an event if there are no eligible athletes in that event after the selection date.

### **APPEALS:**

Only athletes who are eligible to be considered for selection (i.e. have met the athlete eligibility requirements) and who have achieved a standard in 2018 (Jan 1<sup>st</sup> and onward) may submit an appeal for selection to the Midget & Youth Team. Appeals are only accepted if an athlete is not able to compete in their event at the trials. All appeals whether medical or extenuating circumstances must be submitted with supporting documentation indicating that the athlete will be competition ready by the Tri Province Competition.

### **COMPETITIVE READINESS REQUIREMENTS:**

Once selected to the team, athletes with questionable competitive readiness due to lack of fitness, injury or illness may be removed from the team at any time. Athletes will be required to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level at the Games. Notification must be sent to the Team Manager, Noelle Merkel at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)

Failure to report injury or illness prior to the event may result in the athlete being deselected from the team. "Competitive readiness" is the ability of the athlete to achieve equal or superior performance(s) at the Tri Province Competition in Sherwood Park, AB, using the same level of ability that was used when qualifying for the team. If an athlete's competitive readiness is in question, a performance test involving the Personal Coach, Team Coaches or Team Manager will be arranged. This test will vary in accordance with the event, injury or illness. Failure to demonstrate adequate health, fitness, and/or readiness an appropriate time before the 2018 Tri Province Competition may result in removal from the team.



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## 2018 Standards

### 2018 Midget Women (2003/2004 YOB)

Events	A	B
100m	12.95	13.91
200m	27.00	28.91
300m	42.25	46.84
400m	N/A	N/A
800m	2:24.19	2:37.24
1200m	3:56.56	4:22.22
2000m	7:10.28	8:04.9
80m Hurdles - 30'	13.45	16.16
200m Hurdles - 30'	30.78	33.94
1500m Steeple - 30'	5:52.83	7:05.06
High Jump	1.52	1.35m
Pole Vault	2.55m	1.50m
Long Jump	4.92m	4.35m
Triple Jump	10.17m	9.16m
Shot Put -3kg	10.13m	8.31m
Discus - 1kg	28.00m	19.37m
Javelin -500g	29.05m	20.81m
Hammer -3kg	29.13m	17.20m

### 2018 Youth Women (2001/2002 YOB)

Events	A	B
100m	12.56	13.63
200m	25.91	28.38
300m	N/A	N/A
400m	58.04	1:05.10
800m	2:21.64	2:38.44
1500m	4:52.11	5:27.98
3000m	10:40.11	11:54.68
100mHurdles - 30'	15.50	17.33
400m hurdles - 30'	1:08.14	1:18.14
2000mSteeple - 30'	8:07.09	8:50.64
High Jump	1.60m	1.40m
Pole Vault	2.80m	1.55m
Long Jump	5.08m	4.57m
Triple Jump	10.50m	9.77m
Shot Put - 3kg	12.00m	8.50m
Discus - 1kg	32.66m	23.30m
Javelin -500g	36839m	23.98m
Hammer - 3kg	38.78m	24.28m

### 2018 Midget Men (2003/2004 YOB)

Events	A	B
100m	11.95	12.70
200m	24.25	25.97
300m	39.00	41.39
400m	N/A	N/A
800m	2:06.30	2:15.75
1200m	3:25.06	3:44.80
2000m	6:11.24	7:05.48
100m Hurdles -33'	17.00	19.76
200m Hurdles- 30'	27.27	30.63
1500m Steeple -30'	4:56.66	6:10.39
High Jump	1.73m	1.45m
Pole Vault	3.00	1.90m
Long Jump	5.65m	4.74m
Triple Jump	11.65m	10.25m
Shot Put - 4kg	12.50m	9.77m
Discus -1kg	40.00m	26.61m
Javelin -600g	37.21m	26.26m
Hammer - 4kg	33.44	21.62

### 2018 Youth Men (2001/2002 YOB)

Events	A	B
100m	11.30	11.99
200m	22.86	24.45
300m	N/A	N/A
400m	51.00	54.63
800m	1:57.76	2:07.44
1500m	4:06.16	4:28.74
3000m	9:09.81	10:22.95
110m Hurdles - 36'	15.86	17.04
400m Hurdles -33'	1:03.48	1:15.60
2000mSteeple - 33'	6:38.60	7:18.69
High Jump	1.85m	1.65m
Pole Vault	3.30m	1.95m
Long Jump	6.27m	5.59m
Triple Jump	13.00m	12.00m
Shot Put -5kg	13.00m	10.40m
Discus -1.5kg	39.11m	27.16m
Javelin -700g	44.00m	35.15m
Hammer - 5kg	37.92	21.16