2019 WINTER OPEN

JANUARY 18, 19, 2019

DATE: **Friday and Saturday, January 18, 19, 2019**

SANCTION: **Athletics Manitoba**

SPONSOR:

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:

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 $16.00 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 Monday, January 14, 2019**.

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 .

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 ??? admission fee.

Event Change Reminder: Adopting the Athletics Canada Long Term Athlete Development Model, U14 age groups will compete at 150m, 300m, and 1200m instead of 200m, 400m and 1500m, and U16 age groups will compete at 300m and 1200m instead of 400m and 1500m.

AGE CLASSES FOR 2018 :U 12: BORN in 2007 & later

 U 14: BORN in 2005 & 2006

 U 16: BORN in 2005 & 2004

 U 18: BORN in 2001 & 2002

 U 20: BORN in 1999 & 2000

 SENIOR: BORN in 1998 & earlier

 MASTERS: Age 35 and over

SHOT WEIGHTS**:** U 12 Me & Women 2.73 kg (6 lbs)

U 14 /U16/U18 Women 3 kg

U 14 Men 3kg

U 18 Men 5 kg

U 20 Men 6 kg

 Senior Men 7.26 kg (16 lbs)

 All others 4 kg

WEIGHT THROW: U18 Men & all Women 9.09 kg (20 lbs)

U20 & Senior Men 15.91 kg (35 lbs)

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

Senior Men 1.067m (42”) 13.72m 9.14m

U20 Men 0.991m (39”) 13.72m 9.14m

U18 Men 0.914m (36”) 13.72m 9.14m

U16 Men 0.840m (33”) 13.0m 8.5m

U14 Men 0.762m (30”) 12.0m 7.5m

Senior & U20 Women 0.840m (33”) 13.0m 8.5m

U18 Women 0.762m (30”) 13.0m 8.5m

U16 Women 0.762m (30”) 12.0m 8.0m

U14 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.**

**U14 and U12athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.**

* 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.

* **U14 and U12 athletes will receive three attempts and the top 8 one additional**

**attempt in the Long Jump and Shot Put.**

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| 2019 WINTER OPENJANUARY 18, 19, 2019**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 & Master M & WMedlay Relay (400m, 200m, 200m, 800m) | Women then Men  |
|  |
| **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 |

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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 |