



# 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)

## U16/U18 Provincial Team

The U16/U18 Provincial Team program is a competitive opportunity organized annually by Athletics Manitoba. The program is targeted towards athletes that fall into the U16 (2004/2005) and U18 (2002/2003) age categories. Each year the U16/U18 Team attends the Tri Province/Western Canada Challenge meet.

Standards used for potential provincial team selection are outlined below. Please note that achieving the standard allows the athlete to *enter* the selection pool; it *does not* guarantee selection. Standards in the events must be met or exceeded in an Outdoor sanctioned competition between the dates of April 1<sup>st</sup> 2019 and June 22<sup>nd</sup>, 2019.

### General Information

- This year's event will be held in Swift Current, Saskatchewan from July 12-14<sup>th</sup>, 2019.
- Team Size: 40 athlete Midget Team & 40 athlete Youth team.
- Team fee: TBD- will include transportation, accommodations, competition uniform and some meals.

### Athlete Eligibility

- Must be a registered member in good standing with Athletics Manitoba.
- Tri-Province Meets are open to Canadian citizens and permanent residents (a permanent resident is someone who has been granted permanent residency 90 days prior to the start of the meet. Permanent residents must have a Record of Landing (IMM 100), a confirmation of Permanent Residency (IMM 5292), a Permanent Resident Card, or any other document deemed eligible by Immigration Canada as proof of their status.

### Selection Process

- U16/U18 Provincial Trials will be held in conjunction with the Athletics Manitoba Age Class Provincial Championships on June 21-22<sup>nd</sup>, 2019. Athletes wanting to be selected for this team MUST compete.
- All athletes interested in being considered for the team must declare their interest for the team before June 22<sup>nd</sup>. Athletes who do not declare their interest will not be in consideration for the team. The declaration link can be found here: [www.trackiereg.com/2019\\_TriProvince](http://www.trackiereg.com/2019_TriProvince)
- As noted above the qualifying period for achieving standards will begin April 1<sup>st</sup> and includes all performances achieved at Trials.
- Final Team Selection will occur after the completion of the event with all members being contacted shortly concluding the meet.
- The process to finalize team selections will occur in the order listed in the selection criteria. Once the team size is reached, the selection process will end.

### U16/U18 Provincial Team Selection Criteria

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trails, having achieved the A standard
- 3) Appeals from an athlete who has achieved the A standard
- 4) First place at the selection trials, having achieved the B standard
- 5) Second place at the selection trails, having achieved the B standard
- 6) Appeals from an athlete who achieved the B standard
- 7) First place at the selection trials, having C standard
- 8) Second place at the selection trails, having C standard
- 9) Appeals from an athlete who achieved the C standard
- 10) Athlete has an ability to contribute to a relay
- 11) Athlete has achieved A or B standard, but placed outside of the Top 2
- 12) First place at the selection trails, with no standard
- 13) The Team manager and Event Coaches will have the authority to add an athlete into an even if there are no eligible athlete in that event after the selection date



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## 2019 Tri-Province Standards

Midget Women (2004-2005)			
Event	A	B	C
100m	12.74	12.90	13.12
200m	26.67	27.03	27.51
300m	40.87	42.34	43.01
800m	2:19.05	2:20.54	2:23.22
1200m	3:34.18	3:47.00	3:56.02
2000m	6:45.50	7:03.60	7:26.70
80m H-30'	12.65	13.24	13.89
200m H-30'	28.58	30.86	31.75
High Jump	1.52	1.49	1.42
Pole Vault	2.34	2.26	n/a
Long Jump	5.12	4.90	4.81
Triple Jump	10.66	10.34	10.15
Shot Put-3Kg	10.79	10.03	9.37
Discus-1Kg	29.39	25.88	22.77
Javelin-500g	32.57	27.62	24.22
Hammer-3Kg	37.05	33.61	27.47

Youth Women (2003-2002)			
Event	A	B	C
100m	12.60	12.77	12.92
200m	25.99	26.45	26.93
400m	58.64	1:00.19	1:01.24
800m	2:18.58	2:23.31	2:29.43
1500m	4:44.11	4:56.73	5:02.97
3000m	10:34.33	11:19.39	11:25.25
100m H-30'	15.34	16.00	16.82
400m H-30'	1:05.96	1:10.13	1:12.54
High Jump	1.55	1.48	1.45
Pole Vault	3.00	2.70	n/a
Long Jump	5.20	4.98	4.83
Triple Jump	10.88	10.61	10.30
Shot Put-3Kg	11.63	10.39	10.08
Discus-1Kg	33.17	30.21	28.42
Javelin-500g	35.27	34.67	31.89
Hammer-3Kg	41.47	38.37	29.96

Midget Men (2004-2005)			
Event	A	B	C
100m	11.54	11.68	11.93
200m	23.97	24.24	24.64
300m	37.32	37.90	38.94
800m	2:03.56	2:08.49	2:10.54
1200m	3:23.29	3:27.18	3:32.47
2000m	6:05.23	6:21.53	6:36.29
100m H-33'	14.85	15.06	16.58
200m H-30'	27.15	28.10	30.22
High Jump	1.77	1.69	1.60
Pole Vault	3.10	2.75	n/a
Long Jump	5.79	5.61	5.41
Triple Jump	11.59	11.31	10.68
Shot Put-4Kg	12.93	11.86	11.01
Discus-1Kg	39.97	34.56	33.15
Javelin-600g	38.98	34.90	32.38
Hammer-4Kg	32.88	27.30	25.73

Youth Men (2003-2002)			
Event	A	B	C
100m	11.21	11.42	11.56
200m	22.27	22.80	23.54
400m	50.24	50.96	52.06
800m	1:57.90	1:58.86	2:00.83
1500m	4:04.00	4:09.84	4:14.83
3000m	9:07.70	9:20.19	9:26.17
100m H-36'	15.20	16.07	16.64
400m H-33'	58.35	59.70	1:03.67
High Jump	1.87	1.73	1.60
Pole Vault	3.90	3.60	n/a
Long Jump	6.46	6.13	5.87
Triple Jump	13.12	12.29	11.99
Shot Put-5Kg	13.13	11.63	11.30
Discus-1.5Kg	39.31	36.56	33.14
Javelin-700g	45.84	41.74	32.38
Hammer-5Kg	42.54	31.32	28.63