**2019 Summer Jam Mini-Meets**

Events at #1 Wed. May 22 Start Time - 5:30 PM End time 7:30 PM

Intermediate Hurdles (400mH for 18 & Older)(200mH for U16 &Under)

100m (80m for U12 & U14)

1500m (1000m for U 12) (1200m for U14 & U16)

400m (300m for U14 & U16)

2000m S/C (U18 & Older)

Triple Jump (U16 & Older), Pole Vault, Shot Put, Hammer(U16 & Older)

Standing Long Jump (U14 & U12)

Events at #2 Wed. June 12 Start Time - 5:30 PM End time 7:30 PM

Sprint Hurdles (110m Hurdles for U18 & Older Men)

(100mH for U16 Men& U18 and Older Women)

(80mH for U14 & U16 Women)

100m (80m for U12 & U14)

1500m (1000m for U 12) (1200m for U14 & U16)

400m (300m for U14 & U16)

3000m S/C (U18 & Older)

Long Jump, High Jump, Discus (U14 & Older), Javelin (U14 & Older)

Ball Throw (U12)

Events at #3 Wed. July 17 Start Time - 5:30 PM End time 7:30 PM

Sprint Hurdles (80mH for U14 & U16 Women)

(100mH for U16 Men& U18 and Older Women)

(110m Hurdles for U18 & Older Men)

800m (600m for U 12)

200m (150m for U 12 &U14)

3000m (2000m for U14 &U16)

Long Jump, High Jump, Discus (U14 & Older), Javelin (U14 & Older)

Ball Throw (U12)

Meet Operation: \*\*Heats & Flights will be seeded based on entry marks and then separated

into appropriate Age Groups when results are produced\*\*

Eligibility: Competitors must be Members of Athletics Manitoba, Athletics Canada or pay an additional day meet fee of $10.00 to Athletics Manitoba.

Entry Fee: Entry Fees are: $10.00 per event. Entries are made through Trackiereg.

Entry Deadlines: Summer Jam Mini-Meet #1, May 19th at 23:59 *(Central Time)*

<https://www.trackie.com/online-registration/register/summer-jam-mini-meet-1/33013/>

Summer Jam Mini-Meet #2, June 9th at 23:59 *(Central Time)*

<https://www.trackie.com/online-registration/register/summer-jam-mini-meet-2/33253/>

Summer Jam Mini-Meet #3, July 17th at 23:59 *(Central Time)*

<https://www.trackie.com/online-registration/register/summer-jam-mini-meet-3/33014/>

\*Note\* We are sharing the time on the Track and Stadium. There will be registered members of Athletics Manitoba engaged in training during the conduct of this competition. They will not interfere with the competition. and will be in areas of the track and stadium that are not in use at the time. We ask that everybody be aware, courteous and respectful!