2020 Bison Athletic Club Twilight Meets

# Thursday, July 30 and Saturday August 8

# Selkirk Regional Secondary School

Selkirk, Manitoba

\*\* We do not know at this time whether there will be officials available to help with the competition

\*\* It should be noted that if there are officials, there is no guarantee that we will have photo timing

\*\* All participants will be required to sign a waiver before competing

Eligibility: Age Group Competition

Meet adjustments: These are to help with minimizing risk.

* Sprint events will be run using alternate lanes (2, 4, 6 & 8).
* Middle Distance events will be seeded by performance with a maximum of 5 athletes per heat
* 800m races will start in lanes and run on a one turn stagger
* For relay races, the baton will be sanitized prior to each race and each competitor will be required to use hand sanitizer just prior to receiving the baton for their leg of the relay
* Heats will be seeded based on entry marks and then separated into the appropriate age groups when results are produced

Entry Fee: Entry fees will be $ 5.00 per event

Entries: Entries are to be done using the Trackie.reg site.

* The entry deadline for Bison Twilight # 1 will be 11:59pm Monday, July 27th

<https://www.trackie.com/online-registration/register/2020-bison-twilight-1/466052/>

* The entry deadline for Bison Twilight # 2 will be 11:59pm Wednesday, August 5th

<https://www.trackie.com/online-registration/register/2020-bison-twilight-2/466054/>

Meet Contact: Please direct all questions regarding these meets to:

Claude Berube at: Claude.Berube@umanitoba.ca

Schedule: A Tentative Schedule for the meet is pasted below.

 A Final Schedule will be set once all entries have been received

Thurs. July 30

6:00pm - 100m (followed by 80m U12 & U14)

6:30pm - 1500m (followed by 1000m for U12 and 1200m for U14 & U16)

7:00pm - 400m (followed by 300m for U14 & U16)

7:30pm - 4 x 800m Relay

 Sat. August 8

12:00pm - 800m (followed by 600m for U12)

12:30pm - 200m (followed by 150m for U12 & U14)

1:00pm - 3000m (followed by 2000m U16 & younger)

1:30pm - 4 x 400m Relay or Distance Medley Relay (whichever coaches

 would prefer)