**2020 Summer Jam Mini-Meets**

**Saturday, August 15 and Thursday, August 20, 2020**

**Selkirk Regional Secondary School**

**221 Mercy St, Selkirk, MB R1A 2C8**

Events at #1 Sat. Aug 15 Start Time - 12:30 PM

Register for Summer Jam # 1 at:

<https://www.trackie.com/online-registration/register/summer-jam-mini-meet-1/466141/>

Spectators, Volunteers, Officials and Coaches Register at: <https://www.trackie.com/online-registration/register/summer-jam-mini-meet-1-spectator-volunteer-official-coach-registration/466153/>

Entries are due August 12 by 11:59 PM)

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

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

(80mH for U14 & U16 Women& U14 Men)

100m (then 80m for U12 & U14)

Javelin (or Ball Throw U12 & U14)

Shot Put

Events at #2 Thursday Aug 20 Start Time – 6:00 PM

Register for Summer Jam # 2 at:

<https://www.trackie.com/online-registration/register/summer-jam-mini-meet-2/466142/>

Entries are due August 17 by 11:59 PM)

Intermediate H. (400mH for 18 & Older)(300m H U18)(200mH for U16 &Under)

200m (then 150m for U12 & U14)

Hammer

Long Jump

Discus (All)

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 .

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

Entry Deadlines: 3 Days Prior to Meet (i.e August 15 Meet entries are due August 12 by 11:59 PM)

\*Note\* Physical Distancing will be observed!

All participants, volunteers, officials and spectators must sign each Meet Covid waiver for that date and register online!

Event and Meets may be cancelled If there are fewer than two entries per event.