DATE: **Friday and Saturday, March 3,4, 2023**

SANCTION: **Athletics Manitoba**

SPONSOR: **BOEING OF CANADA**

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: **1st, 2nd, & 3rd place medals in all events**

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.

#  B) Entry Fees

# $ 12.00 per event

# $ 12.00 per each relay team

# Late Fees: $18.00 per individual event and $18.00 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 February 25, 2023**.

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. https://www.trackie.com/online-registration/register/2023-boeing-indoor-classic/485254/

F) No telephone or fax entries will be accepted.

1. 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.

1. Questions to Larry Switzer email: larry.switzer@shaw.ca or 204-510-5714.

 Or Wayne McMahon email: gwaynemcmahon@gmail.com or 204-918-6167

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 $2.00 admission fee.

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 2023 : U12: BORN in 2012 & later

 U14: BORN in 2010 & 2011

 U16: BORN in 2008 & 2009

 U18: BORN in 2006 & 2007

 U20: BORN in 2004 & 2005

 SENIOR: BORN in 2003 & earlier

 MASTERS: Age 35 and over

SHOT WEIGHTS**:** U12 Boys & Girls 2.73 kg (6 lbs)

 U14, U16, U18 Women 3 kg

 U14 Men 3kg

 U18 Men 5 kg

 U20 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 **may** be limited to **three**. These decisions will be made by the meet director and/or meet manager based on time considerations.

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 U12 athletes will receive three attempts and the top 8 one additional attempt in the Long Jump and Shot Put.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Events | U12 | U14 | U16 | U18 | U20 | Senior | Special | Wheel |
|   | Boys/Girls | Boys/Girls | Boys/Girls | Men/Women | Men/Women | Men/Women | Olympic Men/Women | ChairMen/Women |
| Year of Birth | 2012& later | 2010/2009 | 2008/2009 | 2006/2007 | 2004/2005 | 2003 & before |  |  |
| 60m  | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| 150m  | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** | **NO** |
| 200m | **NO** | **NO** | Yes | Yes | Yes | Yes | Yes | No |
| 300m  | **NO** | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** |
| 400m U18 & Up | **NO** | **NO** | **NO** | Yes | Yes | Yes | Yes | No |
| 600m U12 only | Yes | **No** | **No** | **No** | **No** | **No** | **No** | **No** |
| 800m | No | Yes | Yes | Yes  | Yes | Yes | Yes | Yes |
| 1000m | Yes | No | No | No | No | No | No | No |
| 1200m | No | Yes | Yes | **NO** | **NO** | **NO** | **NO** | **NO** |
| 1500m | No | **NO** | **NO** | Yes | Yes | Yes | Yes | Yes |
| 2000m  | No | No | **Yes** | No | **NO** | **NO** | No | No |
| 3000m  | No | No | **NO** | Yes | Yes | Yes | No | No |
| 60m Hurdle  | No | Yes | Yes | Yes | Yes | Yes | No | No |
| 4x100m Relay | No | Yes | Yes | Yes | Yes | Yes | Yes | No |
| 4x200m Relay | No | Yes | Yes | No | No | No | No | No |
| 4x400m Relay | No | No | No | Yes | Yes | Yes | No | No |
| Shot Put  | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| Long Jump  | Yes | Yes | Yes | Yes | Yes | Yes | Yes | No |
| High Jump  | No | Yes | Yes | Yes | Yes | Yes | No | No |
| Triple Jump  | No | No | Yes | Yes | Yes | Yes | No | No |
| Pole Vault  | No | No | No | Yes | Yes | Yes | No | No |
| Weight Toss  | No | No | Yes | Yes | Yes | Yes | No | No |
|  |  |  |  |  |  |  |  |  |

* 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.**

* Other events may be added