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Summer Jam #2

Date: July 31, 2024

Sanction: Athletics Manitoba

Host: Winnipeg Optimist Athletics

Venue: University of Manitoba Stadium

Entries: 1. All participants must be registered members of Athletics Manitoba or a Provincial

Association recognised by Athletics Canada

2. Entry Fee - $15.00 per Event – entries paid online (unless clubs ask to be billed!)

3. Entry Deadline – Sunday July 28, 11:00 PM CST.

4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba:

<https://www.trackie.com/event/summer-jam-2/1008835/>

5. Late Entry - $20.00 per event if accepted.

6. Seeded Sections by time – Please submit accurate seed performances!

7. Meet Contact – Wayne McMahon –email: [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com)

Cell – 204-918-6167

Age Classes for 2024: U12 Born in 2013 or later, U14 Born in 2011 or 2010

U16 Born in 2009 or 2008, U18 Born in 2007 or 2006

U20 Born in 2005 or 2006, Senior Born in 2004 & Earlier

Masters 35 & Older

Tentative Schedule – Men first , Higher Hurdle Events First. Heats & Flights will be seeded and run by entry marks and then separated into age groups in results.

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|  | Track | **Tentative** | Fastest to Slowest Seeded Sections | | | |  |  |
| 5:30 PM | 200m H | Women |  | **Tentative** | Field Events | **Tentative** |  |  |
|  | 200m H | Men |  |  |  |  |  |  |
|  | 400m H | Women |  | 5:30 PM | Triple Jump | Men |  | West |
|  | 400m H | Men |  | Following | Triple Jump | Women |  |  |
|  | 150m | Boys |  |  |  |  |  |  |
|  | 150m | Girls |  |  |  |  |  |  |
|  | 200m | Men |  | 5:30 PM | Pole Vault | Women/Men |  |  |
|  | 200m | Women |  | 5:30 PM | Javelin & Ball Throw | All |  |  |
|  | 800m | Men |  |  |  |  |  |  |
|  | 800m | Women |  |  |  |  |  |  |
|  | 600m | Boys |  | Following | Hammer | All |  |  |
|  | 600m | Girls |  |  |  |  |  |  |
|  | 2000m | U16 Men |  |  |  |  |  |  |
|  | 2000m | U16 Women |  |  |  |  |  |  |
|  | 3000m | Men |  |  |  |  |  |  |
|  | 3000m | Women |  |  |  |  |  |  |
|  | 4 X 100m | Men |  |  |  |  |  |  |
|  | 4 X 100m | Women |  |  |  |  |  |  |