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Revised Summer Jam #1

Date: May 30, 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 – Monday, May 27, 11:59 PM CST.

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

<https://www.trackie.com/event/summer-jam-1/1008779/>

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

 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 |  |  |
| 6:00 PM | 80m H | Women |   |  **Tentative** | Field Events |  **Tentative** |   |  |
|   | 80m H  | Men |   | 6:00 PM  | **Pole Vault** |  All |   |   |
|   | 100m H  | Women/Men |   | 6:00 PM | Long Jump | Women | U16 & Older | West  |
|   | 110m H | Women |   | 6:00 PM | Long Jump | Boys All  | U14 &U12 | East  |
|   | 80m  | Boys |   | Following | Long Jump | Girls All  | U14 &U12 | East  |
|   | 80m  | Girls |   | Following | Long Jump | Men | U16 & Older | West  |
|   | 100m  | Men |   | 6:00 PM | High Jump | Men | U16 & Older |   |
|   | 100m  | Women |   | Following | High Jump | Boys All  | U14 &U12 |   |
|   | 1500m  | Men |   | Following | High Jump | Women | U16 & Older |   |
|   | 1500m  | Women |   | 6:45 PM | High Jump | Girls All  | U14 &U12 |   |
|   | 300m  | U16 Men |   | 6:00 PM | Discus | Men |   |   |
|   | 300m  | U16 Women |   | 6:00 PM | Discus | Women |   |   |
|   | 1000m  | Boys |   | Following | Shot Put  | Women |   |   |
|   | 1000m  | Girls |   | Following | Shot Put  | Men |   |   |
|   | 1200m  | U16 Men |   |   |   |   |   |   |
|   | 1200m  | U16 Women |   |   |   |   |   |   |
|   | 400m  | Men |   |   |   |   |   |   |
|   | 400m  | Women |   |   |   |   |   |   |
|   | 200m  | Men |   |   |   |   |   |   |
|   | 200m  | Women |   |   |   |   |   |   |