

2025 WINTER OPEN

JANUARY 17, 18, 2025

Host: Winnipeg Optimist Athletics

Eligibility: Age Group Competition – All entrants must be registered members of Athletics Manitoba

and/or Athletics Canada. ( or pay an additional $10.00 non-member meet fee)

# Events: 60m, 150m (Masters, U14 & U12), 200m, 300m, 400m, 600m, 1000m (U12 & U14,

# Open), 1200m U16, 1500m, 2000m (U16), 3000m, 5000m, 60m Hurdles, 4 X100m,

# 4 X 400m, Standing Long Jump (U12 & U14), Long Jump, Triple Jump (U16 & Up),

# High Jump, Pole Vault, Pentathlon (Women), Pentathlon (U16, U18 Men) Heptathlon

# (Men) Shot Put, Weight Throw ((U16 & Up)

# Entry Fees $ 15.00 per event , $ 15.00 per each relay team, $25 pentathlon, $30 Heptathlon

# Late Fees: Additional $10.00 per individual event and $10.00 per each Relay.

Late entries will only be accepted if there is room and it does not change the

schedule at the discretion of the meet director.

Cheques payable to: WINNIPEG OPTIMIST ATHLETICS CLUB or e-transfer

to [paymentswoa@gmail.com](mailto:paymentswoa@gmail.com) (include Athlete’s Name and Event(s))

Entry deadline: Received by Sunday, January 12, 2025.

Please ensure that your entries are in on time, so that we can get the final schedule out as soon as possible.

Only entries using the Trackiereg online registration system will be accepted.

Link:

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.

Questions may be directed to: Wayne McMahon at email: [gwaynemcmahon@gmail.com](mailto:gwaynemcmahon@gmail.com)

Cell 204-918-6167 .

Track events will be run as seeded timed final sections with results separated into age groups.

SHOT WEIGHTS**:** U 12 Men & Women 2.73 kg (6 lbs)

U 14 /U16/U18 Women 3 kg

U 14 Men 3kg

U 18 Men 5 kg

U 20 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.

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

Please be advised that the Preliminary Schedule is preliminary, and it will change. Final Schedule is based on the number of athletes that are entered per event.

All jump and throw athletes are required to report to their event one half hour before the start of their events for warm up.

Additional events may be added at the discretion of the meet organizers. Make early requests please.