

WESTMAN TRACK AND FIELD MEET

Where: Brandon Sportsplex Track

When: Monday, May 5, 2025

Cost: \$6 per athlete

Absolutely no late Field entries or Field entries on the day of. Scratches for Field events only will be permitted

NEW THIS YEAR***

Entries: For this invitational track and field meet, we will be accepting **ONLY THE FIELD EVENTS** are entered through **Trackie**. If you have not used this website, you will need to create an account and log in. After this, you must enter all athletes' names and year in school. After this, you will locate the Westman track and field meet and then register your athlete's events and relays.

1. Athletes may register for a max of 3 individual events. If the athlete does a relay, this does not count towards the total. Pentathletes may compete in their five events.
2. The **200m and 4 x 100m** track event will be done with the registration in Trackie first. **However**, once at the meet, the athletes for these events **must marshall with a sticker**. Stickers will be in the coaches packages upon entry to the meet.

Thus, all athletes planning to run in the **200m and the 4 x 100m** must marshall themselves as the event is called and bring one of the stickers with their name on it to the marshall so that heats can be created at that time.

Please make sure that you click JV events for JV athletes and Varsity events for varsity athletes.

There will be no additions or substitutions of athletes or events at the meet!!!!

All pentathletes will sign up for the regular event and must let the adult running the event, to put a 'P' beside their name to indicate the Pentathlon.

Deadline for Entries: Friday, April 25th at 11:59PM

Only scratches permitted after that date.

Schedule of Events:

The first track and field events will begin at 9:30 a.m. and will continue one after another until the meet is finished (approximately 6 p.m.) All individual track events will be run in the order of junior girls, senior girls, junior boys, and then senior boys unless otherwise indicated.

TRACK EVENTS

9:30 a.m.

200m	all categories
Hurdles	JVG, VG
3000 m	JVG, VG
Hurdles	JVB & VB
3000m	JVB & VB
100 m (timed final)	all categories
800 m	all girls then all boys
4 x 100 m Relay	all categories

FIELD EVENTS

- a maximum of three jumps/throws will be permitted at each event except HJ.
- the first two throws will be thrown one after the other, with the furthest being measured and recorded.
- All three jumps for Long jump and Triple jump will be measured and recorded.
- High jump will have starting heights of:
 Junior girls - 1.20
 Senior girls - 1.25
 Junior Boys - 1.45
 Senior Boys - 1.50
- it is the responsibility of the athlete to get to the event within the allotted time period to complete their throws/jumps.

Category	9:30 a.m	11:00a.m	12:30 p.m	2:00 p.m	3:30 p.m	
Junior Girls	Long Jump	Shot Put	Triple Jump	Discus	High Jump (2 pits)	
Senior Girls	Discus	Triple Jump	High Jump (2 pits)	Long Jump	Shot Put	
Junior Boys	High Jump (2 pits)	Long Jump	Discus	Shot Put	Triple Jump	
Senior Boys	Triple Jump	High Jump (2 pits)	Shot Put	Long Jump	Discus	

Other Information:

1) The Sportsplex track is a rubber surface, spikes are recommended. There will also be electric timing supplied by Athletics Manitoba.

2) Call or e-mail Paul Koshel at William Morton Collegiate (204-385-2845) or pkoshel@pcsdonline.ca OR Marvin Gundrum at Prairie Mountain High School (204-744-2751) or mgundrum@prspirit.org for further information.

3) In the event that there is a conflict between times in the track and field events it is the responsibility of the athlete to ensure that they get to their track event first, then to their field event.

4) There is no canteen in the sportsplex as it is under construction. There will be an outdoor canteen set up with gatorade, snack food and pizza by the slice being sold on site.

5) Meet results will be emailed to competing teams as soon as possible and listed on both the MHSAA and Athletics Manitoba Website.

6) Upon registration, you will be assigned a section of a jump or throw to officiate and your school will need to supply the **student workers at each field event as well**. If there is a certain field event that you are more comfortable officiating, please email this directly to Paul so that we can assign you to that field event.

A workers list will be emailed out in the week prior to the meet.