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Summer Jam #2

Date: Wednesday, July 23, 2025

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 (Or pay a $10 non-member fee!)

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

3. Entry Deadline – Sunday July 20, 2025, 11:00 PM CST.

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

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 2025: U12 Born in 2014 or later, U14 Born in 2012 or 2013

 U16 Born in 2010 or 2011, U18 Born in 2008 or 2009

 U20 Born in 2006 or 2007, Senior Born in 2005 & Earlier

 Masters 30 & 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 | Women |  |  |
|   | 400m H | Men |   | Following | Triple Jump | Men |  |  |
|   | 150m  | Boys |   | 5:30 PM | Pole Vault | Women/Men |  |   |
|   | 150m  | Girls |   | 5:30 PM | Javelin & Ball Throw | All |  |  |
|   | 200m  | Men |   | Following | Hammer | All |  |   |
|   | 200m  | Women |   | 5:30 PM | Pole Vault | Women/Men |  |   |
|   | 600m  | Boys |   |  |  |  |  |   |
|   | 600m | Girls |   |  |  |  |  |   |
|   | 800m  | Men |   |  |  |  |   |   |
|   | 800m  | Women |   |  |  |  |   |   |
|   | 2000m  | U16 Men |   |  |  |  |   |   |
|   | 2000m  | U16 Women |   |  |  |  |   |   |
|   | 3000m  | Men |   |   |   |   |   |   |
|   | 3000m | Women |   |   |   |   |   |   |
|   |  4 X 100m | Men |   |   |   |   |   |   |
|   | 4 X 100m  | Women |   |   |   |   |   |   |
|  |  |  |   |   |   |   |   |   |
|   |  |  |   |   |   |   |   |   |