**2025 South Region Track and Field Day  
Tuesday, June 3, 2025**Carman Collegiate  
121 - 4th Ave SE  
Carman, Manitoba

**MEET INFORMATION**

* All events will be run as timed finals.
* Track events take priority over field – if an athlete is involved in both a track and field event at the same time, they must register with the field event, run their track event, and immediately return to their field event.
* All athletes must be ready to marshal 15 minutes prior to their events.
* Events can run ahead of schedule, so please be sure to listen to ongoing announcements and arrive with sufficient time for warm ups.
* All schools must pre-register for this event on the required Excel roster form from Larisa Ens ([lens@g.prsdmb.ca](mailto:lens@g.prsdmb.ca)) and sent in to Courtney Friesen ([technical@athleticsmanitoba.com](mailto:technical@athleticsmanitoba.com))
* Individuals not part of a school team can register online and must contact Julia Loparco ([development@athleticsmanitoba.com](mailto:development@athleticsmanitoba.com))
* **Cost is $10 per athlete and payable at the meet (cheques payable to Athletics Manitoba).**
* **Entries must be submitted no later than Wednesday, May 28th at 4pm.**
* **All participating schools are required to provide at least one adult to assist with running an event.**
* All competitive stickers will be available for pick up upon arrival at the meet. They will be organized by school or team name. Please make arrangements to have a coach or parent pick up the package. Each individual athlete will receive 4 stickers.

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**TENTATIVE SCHEDULE**

**Track Events** **Field Events**

9:30 am 100m Grade 5 & 6 Girls  
9:45 am 100m Grade 7 & 8 Girls  
10:00 am 100m Grade 5 & 6 Boys  
10:15 am 100m Grade 7 & 8 Boys   
10:30 am 1200m Grade 7 & 8 Girls  
10:50 am 1200m Grade 7 & 8 Boys  
11:10 am 300m Grade 5 & 6 Girls  
11:30 am 300m Grade 5 & 6 Boys  
11:50 am 300m Grade 7 & 8 Girls 12:10 pm 300m Grade 7 & 8 Boys

**Lunch Break**

1:00 pm 600m Grade 5 & 6 Girls  
1:15 pm 600m Grade 5 & 6 Boys  
1:30 pm 800m Grade 7 & 8 Boys  
1:45 pm 800m Grade 7 & 8 Boys   
2:10 pm 4x100m relay Grade 5 & 6 Girls  
2:30 pm 4x100m relay Grade 7 & 8 Girls  
2:50 pm 4x100m relay Grade 5 & 6 Boys  
3:10 pm 4x100m relay Grade 7 & 8 Boys 9:30 am Ball Throw Grade 5 & 6 Boys  
 9:30 am Long Jump Grade 5 & 6 Girls  
 10:40 am Discus Throw Grade 7 & 8 Girls  
 10:40 am Long Jump Grade 7 & 8 Boys  
 11:50 am Ball Throw Grade 5 & 6 Girls  
 11:50 am Long Jump Grade 5 & 6 Boys

11:50 am High Jump Grade 7 & 8 Boys

11:50 am Shot Put Grade 7 & 8 Girls

**Lunch Break**

1:00 pm Long Jump Grade 7 & 8 Girls  
 1:00 pm Discus Throw Grade 7 & 8 Boys

1:00 pm High Jump Grade 5 & 6 Girls

1:00 pm Shot Put Grade 5 & 6 Boys  
 2:10 pm High Jump Grade 5 & 6 Boys  
 2:10 pm Shot Put Grade 7 & 8 Boys

3:20 pm High Jump Grade 7 & 8 Girls

3:20 pm Shot Put Grade 5 & 6 Girls

**All athletes will have 3 jumps in Long Jump and 3 throws in Ball Throw/Discus. Attempts in Throws will be back-to-back.**