



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 – Monday July 21, 2025, 8:00 PM CST.
4. Entries must be done on Trackiereg. The link is posted on Athletics Manitoba: <https://www.trackie.com/event/summer-jam-2/1022249/>
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.

Track **Tentative** Fastest to Slowest Seeded Sections

5:30 PM	200m H	Women	<u>Tentative</u>	Field Events	<u>Tentative</u>		
	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					