

## WESTMAN TRACK AND FIELD MEET

**Where:** Brandon Sportsplex Track

**When:** Monday, May 4, 2026

**Cost:** \$6 per athlete + Trackie admin fee

**Absolutely no late Field entries on the day of.  
Please note that Javelin will be offered instead of Discus!!!!**

**Entries:** For this invitational track and field meet, we will be accepting entries 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.

Locate the Westman track and field meet and then register your athlete's events and relays.

**For TRACK EVENTS:** Enter all your athletes under the category of **Discus:** **We are not offering discus but this will ensure your athletes are in the data base so Stickers can be printed and can be used at the meet to enter Track Events only.**

**For FIELD EVENTS** enter your athletes directly on the Trackie website.

1. Athletes may register for a max of 3 individual events. If the athlete does a relay, this does not count towards the total.
  - a. Pentathletes may compete in their five events. (register your pent athletes on trackie) Pent athletes will compete on the same schedule as the regular long jump, shot put etc.) Pent athletes will be on a separate results sheet but will compete at the same time.
2. The athletes in track events **must marshal with a sticker**. Stickers will be in the coaches packages upon entry to the meet.

**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!!!!

**Deadline for Entries: Friday, April 24th 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, JVB, VB
3000 m	JVG, VG, 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.

**Throws**

- the first two throws will be thrown one after the other, with the furthest being measured and recorded.
- After the 1st 2 rounds the scratch line comes into play and only throws exceeding the line will be measured. If an athlete faults their 1st 2 throws and then has a legal 3rd throw, it will be measured, even if it does not reach the scratch line.

**Long & Triple**

- A scratch line will be marked. Athletes will have their 1st legal jump measured, subsequent jumps not reaching the scratch line will not be measured.

**High jump** will have starting heights of, moving up by 5cm each round.:

Junior girls - 1.20

Senior girls - 1.25

Junior Boys - 1.45

Senior Boys - 1.50

**Field Events Schedule** (it is the responsibility of the athlete to get to the event within the allotted time period to complete their throws/jumps.)

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

## Other Information:

1) The Sportsplex track is a rubber surface, spikes are recommended. There will also be electric timing supplied by Athletics Manitoba. High Jump will hopefully be run by Athletics MB, but they will need helpers. If you want to learn how to run high jump, then please sign up for this event so that you can supply the workers and, at the same time, learn how to run high jump.

2) Call or e-mail Paul Koshel at William Morton Collegiate (204-385-2845) or [pkoshel@pcsdonline.ca](mailto:pkoshel@pcsdonline.ca) **OR** Marvin Gundrum at Prairie Mountain High School (204-744-2751) or [mgundrum@prspirit.org](mailto: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 may be an outdoor canteen set up with gatorade, snack food and pizza by the slice being sold on site. This will be emailed out closer to the date of the meet.

5) Meet results will be uploaded as soon as possible on the MHSAA .

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.