

 **TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY**

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**2016 Athletics Manitoba Age Class Championship**

Date: Saturday, June 25 & Sunday, June 26, 2016

Sanction: Athletics Manitoba

Hosted by: Stride Ahead Tough Track Club

Venue: University of Manitoba Outdoor Track

Timing: Omega Photo Timing System

**Entries:**

* All participants must be members of Athletics Manitoba to participate and be recognized for medals; those who are members of another provincial association must indicate their membership number and will receive ribbons if they place in the top three
* Entries must be done online using Trackiereg.ca
* The link to the online registration is posted on the Athletics Manitoba website Event Page
* All events **should submit a seed performance to ensure fair seeded sections**
* Entries must be submitted no later than Tues. June 21st (midnight) to avoid late charges
* Entry fees: $10.00 for first individual event and $7.00 for each subsequent individual event

$10.00 for relays

$25.00 for Multiple Events (Pentathlon, Decathlon or Heptathlon)

*\* Multiple event will only be held if there are three or more athletes competing in age appropriate category\**

**AGE CLASSES FOR 2016:** PEE WEE: BORN IN 2005 & LATER

BANTAM: BORN IN 2003 & 2004

MIDGET: BORN IN 2001 & 2002

YOUTH: BORN IN 1999 & 2000

JUNIOR: BORN IN 1997 & 1998

SENIOR: BORN IN 1996 & OLDER

MASTERS: BORN IN 1981 AND EARLIER

**TECHNICAL SPECIFICATIONS:**

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| **Women’s Hurdles** |
| **Age Class** | **Distance** | **# of Hurdles** | **Height of Hurdles** | **To 1st Hurdle** | **Between hurdles** |
| Bantam | 80m | 8 | 0.762 metres (30″) | 12 metres | 7.5 metres |
| Midget | 80m | 8 | 0.762 metres (30″) | 12 metres | 8.0 metres |
| Youth | 100m | 10 | 0.762 metres (30″) | 13 metres | 8.5 metres |
| Junior | 100m | 10 | 0.840 metres (33″) | 13 metres | 8.5 metres |
| Senior | 100m | 10 | 0.840 metres (33″) | 13 metres | 8.5 metres |
| Midget | 200m | 5 | 0.762 metres (30″) | 50 metres | 35 metres |
| Youth | 300m | 7 | 0.762 metres (30″) | 45 metres | 35 metres |
| Junior | 400m | 10 | 0.762 metres (30″) | 45 metres | 35 metres |
| Senior | 400m | 10 | 0.762 metres (30″) | 45 metres | 35 metres |

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| **Men’s Hurdles** |
| **Age Class** | **Distance** | **# of hurdles** | **Height of hurdles** | **To first hurdle** | **Between hurdles** |
| Bantam | 80m | 8 | 0.762 metres (30″) | 12 metres | 7.5 metres |
| Midget | 100m | 10 | 0.840 metres (33″) | 13 metres | 8.5 metres |
| Youth | 110m | 10 | 0.914 metres (36″) | 13.72 metres | 9.14 metres |
| Junior | 110m | 10 | 0.991 metres (39″) | 13.72 metres | 9.14 metres |
| Senior | 110m | 10 | 1.067 metres (42″) | 13.72 metres | 9.14 metres |
| Midget | 200m | 5 | 0.762 metres (30″) | 50 metres | 35 metres |
| Youth | 300m | 7 | 0.840 metres (33″) | 45 metres | 35 metres |
| Junior | 400m | 10 | 0.914 metres (36″) | 45 metres | 35 metres |
| Senior | 400m | 10 | 0.914 metres (36″) | 45 metres | 35 metres |

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| **Steeplechase** |
| **Age Class** | **Race Length** | **# of Barriers** | **Height of barriers** |   |
| Midget | 1500m | 12 | 0.762m | no water jump |
| Youth Women | 2000m | 23 | 0.762m | water jump |
| Youth Men | 2000m | 23 | 0.914m | water jump |

Jr/Sr Women 30000m 28 0.762m  water jump

Jr/Sr Men 3000m 28 0.914m water jump

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| **Women’s Outdoor Throw Events** |
| **Age Class** | **Shot Put** | **Discus** | **Javelin** | **Hammer** |
| Pee Wee | 2.73kg | - | Ball Throw | - |
| Bantam | 3kg | 1kg | 500g | - |
| Midget | 3kg | 1kg | 500g | 3kg |
| Youth | 3kg | 1kg | 500g | 3kg |
| Junior | 4kg | 1kg | 600g | 4kg |
| Senior | 4kg | 1kg | 600g | 4kg |

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| **Men’s Outdoor Throw Events** |
| **Age Class** | **Shot Put** | **Discus** | **Javelin** | **Hammer** |
| Pee Wee | 2.73kg | - | Ball Throw | - |
| Bantam | 3kg | 1kg | 500g | - |
| Midget | 4kg | 1kg | 600g | 3kg |
| Youth | 5kg | 1.5kg | 700g | 5kg |
| Junior | 6kg | 1.75kg | 800g | 6kg |
| Senior | 7.26kg | 2kg | 800g | 7.26kg |

**2016 Provincial Age Class Championships**

**Tentative Schedule**

***\*\* Final schedule will be set upon receipt of entries \*\****

**Saturday, June 25, 2016**

**TRACK**

10:00 am **Event #1 100m** Decathlon Men

10:10 am **Event #1 100mh** Heptathlon Women

10:20 am 100m Timed Finals (Midget Men**)**

10:30 am 100m Timed Finals (Midget Women)

10:40 am 100m Heats (Youth & older Men)

11:00 am 100m Heats (Youth & older Women)

11:20 am 80m Timed Final Pee Wee/Bantam Men

11:30 am 80mTimed Final Pee Wee/Bantam Women

11:45 am 1500m Timed Final (Youth & older Men)

12:00 pm 1500m Timed Final (Youth & older Women)

12:15 pm 1200m Timed Finals (Bantam/Midget Men)

12:25 pm 1200m Timed Finals (Bantam/Midget Women)

12:40 pm 300m Timed Final (Bantam/Midget Men)

12:50 pm 300m Timed Final (Bantam/Midget Women)

1:10 pm 100m Finals (Youth & older Men)

1:25 pm 100m Finals (Youth & older Women)

1:45 pm **Event #4 200m** Heptathlon Women

2:00 pm 400m Timed Finals (Youth & older Men)

2:15 pm 400m Timed Finals (Youth & Older Women)

2:30 pm **Event #5 400m** Decathlon Men

* 100m Heats for Youth and older will become Timed Finals if entry numbers are under 8

**FIELD**

10:00 am Shot Put (Pee Wee/Bantam Men & Women)

10:30 am **Event #2 Long Jump** Decathlon Men

10:30 am Pole Vault Men

10:30 am Discus (Midget Men & Older)

10:40 am **Event #2 High Jump** Heptathlon Women

11:00 am Shot Put (Midget & Older Women)

11:00 am Standing Long Jump (Pee Wee/Bantam Men & Women)

11:45 am Triple Jump (Midget & Older Men)

11:45 am Pole Vault Women

12:00 pm **Event #3 Shot Put** Decathlon Men

12:30 pm **Event #3 Shot Put** Heptathlon Women

1:00 pm **Event #4 High Jump** Decathlon Men

1:30 pm Discus (Midget & older Women)

1:30 pm Triple Jump (Midget & Older Women)

2:00 pm Shot Put (Midget & Older Men)

**Sunday, June 26, 2016**

**TRACK**

9:10 am **Event #1** 80mh Pentathlon Women ( Midget)

9:20 am **Event #1** 100mh Pentathlon Men (Midget)

9:30 am **Event #6** 110mh Decathlon

9:30 am 110mh Timed Final (Junior & older Men )

9 40 am 100mh Timed Final (Midget Men)

9:45 am 100mh Timed Final (Youth & Older Women)

9:50 am 80mh Timed Final (Bantam Men, Bantam, Midget Women)

10:00 am 3000m Timed Final (Youth & older Men)

10:15 am 3000m Timed Final (Youth & older Women)

10:30 am 200m Timed Final (Midget Men)

10:45 am 200m Timed Final (Midget Women)

11:00 am 200m Heats (Youth & older Men)

11:15 am 200m Heats (Youth & older Women)

12:00 pm **Event #7** 800m Heptathlon Women

Lunch Break will be inserted once final entry numbers are in.

12:10 pm 600m Timed Finals (Pee Wee Men & Women)

12:20 pm 1500m Steeplechase Midget Men & Women

12:30 pm 2000m Steeplechase Youth Men & Youth & Junior Women

12:40 pm 3000m Steeplechase Junior & older Men & Senior Women

1:00 pm 4x100m Relays (M) (W)

1:30 pm 200mh Timed Final (M) (W)

1:40 pm 300mh Timed Final (M) (W)

1:50 pm 400mh Timed Final (M)

2:00 pm **Event #5** 800m Pentathlon Midget Women

2:10 pm **Event #5** 1000m Pentathlon Midget Men

2:15 pm **Event # 10** 1500m Decathlon

2:25 pm 150m Timed Final (Pee Wee, Bantam Men)

2:35 pm 150m Timed Final (Pee Wee, Bantam Women)

2:50 pm 200m Finals (Youth & older Men)

2:55 pm 200m Finals (Youth & older Women)

3:05 pm 800m Timed Final (Bantam, Midget Men)

3:15 pm 800m Timed Final (Youth & up Men)

3:25 pm 800m Timed Final (Bantam, Midget Women)

3:35 pm 800m Timed Final (Youth & up Women)

3:45 pm 2000m Timed Final (Bantam, Midget Men)

4:00 pm 2000m Timed Final (Bantam, Midget Women)

4:15 pm 4x400m Relays (M) (W)

* 200m Heats for Youth and older will become Timed Finals if entry numbers are under 8

**FIELD**

9:00 am Ball Throw (Pee Wee/Bantam Men & Women)

9:30 am **Event #2** High Jump – Midget Women Pentathlon

9:30 am **Event #5** Long Jump Heptathlon Women

**Event# 2** Long Jump Pentathlon Men

10:00 am **Event #7** Discus Decathlon Men

10:15 am High Jump (Pee Wee/Bantam Women)

10:15 am Long Jump (Pee Wee & Bantam Men)

10:30 am **Event #6** Javelin Heptathlon Women & Midget & Older Women

10:45 am **Event #3** Shot Put Pentathlon Women

**Event #3** Shot Put Pentathlon Men

11:00 am High Jump (Pee Wee & Bantam Men)

11:00 am **Event #8** Pole Vault Decathlon Men

11:15 am Long Jump (Pee Wee/Bantam Women)

12:00 pm **Event #4** High Jump Pentathlon Men

12:15 pm **Event #4** Long Jump Pentathlon Women

12:15 pm Long Jump (Midget & Older Women)

12:30 pm **Event #9** Javelin Decathlon MenJavelin Midget & Older Men )

1:00 pm High Jump (Midget & Older Women)

1:00 pm Long Jump (Midget & Older Men)

1:30 pm Hammer (M) (W)

2:15 pm High Jump (Midget & Older Men )