

# FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 5, 2015

- FACILITIES:** 6 lane banked 200m rubber synthetic surface  
8 lane straightaway  
change rooms and washroom facilities available  
spike length: 7mm or less
- EQUIPMENT:** Blocks to be used for sprint races only (60m, 300m)  
Throwing equipment will be provided
- START:** 9:00am
- AGE CLASSES:** All age classes from Pee Wee – Masters, including Special O
- EVENTS:** Track Events: 60m, 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4x100m  
Field Events: Long Jump, Shot Put, High Jump, Weight Toss  
\*In the 60m, 300m, 600m, 1000m and 3000m the Senior/Junior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men. All other events will be run in the following order: alternating women & men (Pee Wee, Bantam, Midget, Juvenile, Junior, Senior, Special O)  
Pee Wee athletes will compete in the 60m, 600m, Long Jump and Shot Put **only**
- MARSHALLING:** Will take place in a designated area. Please marshal promptly so as to facilitate the running of the meet. All track events will be *TIMED* sections.
- AWARDS:** Ribbons for 1st to 5th place in each category
- ENTRY DEADLINE:** All entries must be received by Tuesday, December 1, 2015
- ENTRY FEES:**
- a) Individual events: \$8.00/event
  - b) Relays: \$10.00/team
  - c) Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"
  - d) Late fees will be \$15/ event
- ATHLETICS MANITOBA MEMBERSHIP:** All athletes must be a member of Athletics Manitoba/Athletics Canada, either as an individual or part of a school. Any entries from non-members will not be entered until Flying 'M' receives confirmation of membership from Athletics Manitoba/Canada. Membership information is available at: [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)
- ELECTRONIC ENTRIES:** [www.trackie.ca](http://www.trackie.ca) to register online or view the events page on the Athletics Manitoba website
- QUESTIONS:** *Jill Seymour, Meet Director*  
[flyingmathleticclub@hotmail.com](mailto:flyingmathleticclub@hotmail.com)  
[FLYINGM.CA](http://FLYINGM.CA)

**FLYING 'M' FALL FROLIC**  
 Max Bell Centre - University of Manitoba  
 December 5, 2015  
**DRAFT SCHEDULE**

Track Events include: 60m, 60m, 300m, 600m, 1000m, 2000m, 3000m, 4x100m

Field Events include: Long Jump, Shot Put, High Jump, Weight Toss

| TIME       | TRACK                              | TIME  | FIELD  |
|------------|------------------------------------|-------|--|
| 9:00       | <b>60m Hurdles</b><br><b>1000m</b> | 9:00  | <b>Long Jump</b> (2 pits)<br>Pee Wee Women (outside pit)<br>Bantam Women (inside pit)              |
| 9:30       | <b>60m</b>                         | 10:00 | <b>Long Jump</b> (2 pits)<br>Pee Wee Men (outside pit)<br>Bantam Men (inside pit)                  |
|            |                                    | 10:30 | <b>Shot Put</b> (2 circles)<br>Pee Wee/Bantam Women (Circle 1)<br>Special O Men & Women (Circle 2) |
|            |                                    | 11:00 | <b>Long Jump</b> Midget Women/Special O Women<br><b>High Jump</b> Bantam Women                     |
| 11:00      | <b>600m</b>                        | 11:15 | <b>Shot Put</b> (2 circles)<br>Bantam Men ( Circle 1)<br>Pee Wee Men (Circle 2)                    |
|            |                                    | 12:20 | <b>High Jump</b><br>Midget/Youth/Junior/Senior Women   |
| 12:20      | <b>4X100 Relay</b>                 | 12:00 | <b>High Jump</b><br>Midget/Youth/Junior/Senior Women   |
| 12:40-1:30 | Break on Track                     | 12:30 | <b>Weight Toss</b> Women & Men<br><b>Long Jump</b> Midget/Youth & Special O Men                    |
| 1:30       | <b>300m</b>                        | 1:30  | <b>High Jump</b> Bantam /Midget Men  |
|            |                                    | 1:45  | <b>Shot Put</b> Midget/Youth/Junior/Senior Women   |
|            |                                    | 2:00  | <b>Long Jump</b> Youth/Junior/Senior Women   |
|            |                                    | 2:45  | <b>Shot Put</b> Midget/Youth Men   |
| 3:15       | <b>3000m</b>                       | 3:00  | <b>High Jump</b> Youth/Junior/Senior Men   |
|            |                                    | 3:30  | <b>Long Jump</b> Junior/Senior Men<br><b>Shot Put</b> Junior/Senior Men                            |

\*\*Please note that in the 60m, 300m, 600m, 1000m and 3000m the Junior/Senior age categories will be run first, with men following the women. After that it will be Pee Wee through to Masters women and then men.

\*\*The 1000m and possibly the 600m will be hand timed. All other races will be electronically timed.