

FLYING 'M' FALL FROLIC

Max Bell Centre - University of Manitoba

Sanctioned by *Athletics MB*

Saturday, December 3, 2011

- 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 and Special O
- EVENTS:** Track Events: 60m, 600m, 1500m, 4x100m and 4x400m
Field Events: Long Jump, Shot Put, High Jump
*In the 60m, 600m the 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. All other events will be run in the following order: alternating women & men (Pee Wee, Bantam, Midget, Juvenile, Junior, Senior, Special O)
Pee Wees will compete in the 60m, 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, November 29, 2011
- ENTRY FEES:**
- a) Individual events: \$5.00/event
 - b) Relays: \$8.00/team
 - c) Please make cheques payable to "*FLYING 'M' ATHLETIC CLUB*"
 - d) Late fees will be \$10/individual event and \$12/relay team
- 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
- ELECTRONIC ENTRIES:** Please register online at www.directathletics.com or view the Track & Field current events page on the Athletics Manitoba website for the link. (www.athleticsmanitoba.com)
- MAIL OR FAX ENTRIES TO:** *Jill Seymour*
1210 Kildare Avenue East
Winnipeg, MB R2C 5A9
Fax (204) 925-5792
- INQUIRIES:** *flyingmathleticclub@hotmail.com*

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Please **PRINT** or **TYPE** all information

COACH:			CLUB/SCHOOL:		
LAST NAME/FIRST NAME	SEX	YOB	CTFA #	EVENTS	ENTRY FEE

On behalf of the athletes listed on this entry from, in consideration of your accepting it, I hereby waive their rights and claims for damage against Athletics Canada, Athletics Manitoba, the Organizers of the meet, their agents, representatives, successors and assign for any and all injuries that the athletes may suffer in this competition.

Date _____ Signature _____

Club/School Contact: _____ Phone # _____

Mailing Address: _____

** To insure that you receive your results promptly, please fill in the information accurately. **

DO NOT SEND CASH IN THE MAIL !!!!!!!

RELAYS: *Please enter as teams (ex) Midget Girls 4X100M*

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DRAFT SCHEDULE

Track Events include: 60m, 600m, 1500m, 4x100m and 4x400m

Field Events include: Long Jump, Shot Put, and High Jump

TIME	TRACK	TIME	FIELD
9:00	60m Senior W+M, PeeWee W+M, Bantam W+M, Youth W+M, Junior W+M	9:00	Long Jump Pee Wee Girls (outfield) Long Jump Youth/Jr/Sr Women (infield)
10:30	600m	10:30	Long Jump Bantam Girls Midget Girls & Special O Girls Shot Put Pee Wee & Bantam Boys
11:15	4X100 Relay	11:15	Long Jump Pee Wee Boys Shot Put Pee Wee & Bantam Girls & Special O Girls High Jump All men
		11:30	Shot Put Midget/Youth/Jr/Sr/Mst Women
11:45	1500m	12:00	Long Jump Bantam/Midget/Special O Boys
12:30	4X400 Relay	12:30	Shot Put Midget, Youth & Special O Boys
		1:30	High Jump All women Long Jump Youth/Jr/Sr Men Shot Put Junior/Senior Men

**Please note that in the 60m, and 600m, the 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.