



**2012 Junior High School Track Attack Series**

**Sponsored & Sanctioned by Athletics Manitoba**

This grassroots track and field series is open to any school with grades 7, 8 and 9 students. Please note that registration will include school membership this year. If you register for the Track Attack series you are eligible to compete in all Athletics Manitoba sanctioned events as a member school (you only pay the membership once).

**4 Meet Series**

**Schools with 24 or under athletes:** \$300.00      **Schools with more than 24 athletes:** \$350.00

**Individual meets:** School membership of \$125.00 for schools with 24 or under or \$175.00 for schools over 24 must be included with a \$50.00 per meet entry fee.

**Meet Information**

Schools may enter as many athletes as they wish in each event. There are separate categories run for grade 7, grade 8 and grade 9. Details as to time of events will be sent out after team registration.

1. Ribbons will be awarded for the top five places.
2. \*\*\*All four meets run at the Max Bell Centre at the University of Manitoba from **11:00 a.m. to 4:00 p.m.** as follows:

Friday, January 27	Thursday, February 16	Monday, February 27	Wednesday, March 14
60m	60m Hurdles	60m	60m Hurdles
1200m	800m	1200m	800m
300m *NEW for 2012	200m	300m *NEW for 2012	200m
Triple Jump for Girls Long Jump for Boys *NEW for 2012	Long Jump for Girls Triple Jump for Boys *NEW for 2012	Triple Jump for Girls Long Jump for Boys *NEW for 2012	Long Jump for Girls Triple Jump for Boys *NEW for 2012
Shot Put Boys High Jump Girls *NEW for 2012	High Jump Boys Shot Put Girls *NEW for 2012	Shot Put Boys High Jump Girls *NEW for 2012	High Jump Boys Shot Put Girls *NEW for 2012
4 x 200m Co-Ed	4 x 100m Co-Ed	4 x 200m	4 x 100m

**Shot Put:** All girls will throw 3kg shot puts. All boys will throw a 4kg shot put.

**High Jump Minimum standards:** Grade 7 Girls: 1.15m; Grade 8 Girls: 1.20m; Grade 9 Girls: 1.20m Grade 7 Boys: 1.20m; Grade 8 Boys: 1.30m; Grade 9 Boys: 1.35m

**School Requirements**

Each school must participate in the running of the meet and will need **2 adults plus 4 to 6 students** in order to handle their function at the meet. Jobs will be assigned prior to the first event and the same job will be done at each of the 4 meets (eg. Long jump officiating, timing, etc.). A list of specific officiating rules will be sent in advance.

Due to a time frame restriction, we will have to limit the number of schools accepted. Those schools opting for participation in the full series will get preference. Parking passes are currently unavailable at the University of Manitoba. Athletics Manitoba will keep you posted of any changes closer to the time of the meet.

**Schools are asked to bring their own medical kits as there are no medical personnel at these events.**

**WE ARE SEEKING VOLUNTEERS (ADULT OR STUDENTS) WHO WOULD BE WILLING TO BE TRAINED TO ENTER RESULTS AT THE MEETS. COMPUTERS AND TRAINING WILL BE PROVIDED. IF YOU ARE INTERESTED CONTACT DIANA AT [diana\\_stevens@athleticsmanitoba.com](mailto:diana_stevens@athleticsmanitoba.com)**



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REGISTRATION/MEMBERSHIP FORM

Note: Priority given to date of registration (first come, first served) and to those entering all 4 meets. Once a school is registered an athlete roster sheet will be sent via email that must be completed prior to first competition.

School: Main Contact E-mail:

Address: City: P. Code:

Phone: Work Home Fax

Coach(es):

Entry Fees: Please mark check below.

4 Meet Series @\$300.00 for schools with 24 or under athletes

4 Meet Series @\$350.00 for schools with over 24 athletes

School membership @\$125.00 for schools wishing to compete in individual Track Attack meets with 24 or less athletes.

Meets wishing to attend (\$50.00 per meet) Track Attack #1 Track Attack #2 Track Attack #3 Track Attack #4

School membership @175.00 for schools wishing to compete in individual Track Attack meets with 25 or more athletes.

Meets wishing to attend (\$50.00 per meet) Track Attack #1 Track Attack #2 Track Attack #3 Track Attack #4

Total Fee Enclosed:

Forms & Fees are due by January 11, 2012

WAIVER

On behalf of the Athletes participating in the above mentioned meets, in consideration of your accepting it, I hereby waive their rights and claims for damages against the organizers of the meets, their representatives, successors and assigns, for any and all injuries and losses that the athletes may suffer at these meets.

Date: Coach's Signature:

Principal's Signature:



# TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5745 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## ATHLETICS MANITOBA TRACK ATTACK #1 & #3

*Please note that the meet starts at 11:00am. Please plan arrival times accordingly.*

### INFIELD

11:00	Grade 7 Boys	60m
	Grade 8 Boys	60m
	Grade 9 Boys	60m
	Grade 7 Girls	60m
	Grade 8 Girls	60m
	Grade 9 Girls	60m

### INSIDE PIT – 2 attempts each

11:00	Grade 9 Boys	LJ
	Grade 8 Boys	LJ
	Grade 7 Boys	LJ

### OUTSIDE PIT – 2 attempts each

11:00	Grade 9 Girls	TJ
	Grade 8 Girls	TJ
	Grade 7 Girls	T

### SHOT PUT – 4kg shot for all boys 2 attempts each

Grade 9 Boys	Shot put
Grade 8 Boys	Shot Put
Grade 7 Boys	Shot Put

### HIGH JUMP

Grade 9 Girls	High Jump (starting height 1.20m)
Grade 8 Girls	High Jump (starting height 1.20m)
Grade 7 Girls	High Jump (starting height 1.15m)

High Jump and shot put will take place after the 60m races are completed.

### OVAL

11:00	Grade 9 Co-ed 4x200m (#1)	Grade 9 Girls 4x200 (#3)
	Grade 8 Co-ed 4x200m (#1)	Grade 8 Girls 4x200 (#3)
	Grade 7 Co-ed 4x200m (#1)	Grade 7 Girls 4x200 (#3)
		Grade 9 Boys 4x200 (#3)
		Grade 8 Boys 4x200 (#3)
		Grade 7 Boys 4x200 (#3)

Grade 9 Girls	1200m
Grade 9 Boys	1200m
Grade 7 Girls	1200m
Grade 8 Girls	1200m
Grade 7 Boys	1200m
Grade 8 Boys	1200m

Grade 7 Girls	300m
Grade 8 Girls	300m
Grade 9 Girls	300m

Grade 7 Boys	300m
Grade 8 Boys	300m
Grade 9 Boys	300m



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## ATHLETICS MANITOBA TRACK ATTACK #2 & #4

*Please note that we start the meet at 11:00 am. Please plan arrival times accordingly.*

### INFIELD

11:00	Grade 9 Girls	60m Hurdles
	Grade 8 Girls	60m Hurdles
	Grade 7 Girls	60m Hurdles
	Grade 7 Boys	60m Hurdles
	Grade 8 Boys	60m Hurdles
	Grade 9 Boys	60m Hurdles

### OVAL

11:00	Grade 7 co-ed 4x100m (#2)	Grade 9 Boys 4x100 (#4)
	Grade 8 co-ed 4x100m (#2)	Grade 8 Boys 4x100 (#4)
	Grade 9 co-ed 4x100m (#2)	Grade 7 Boys 4x100 (#4)
		Grade 9 Girls 4x100 (#4)
		Grade 8 Girls 4x100 (#4)
		Grade 7 Girls 4x100 (#4)

**Girls:** Start to first hurdle 12m; 7.5 m between hurdles 30" high  
**Boys:** Start to first hurdle 12m; 8.0m between hurdles 30" high  
for grade 7 & 8 boys; 33" for grade 9 boys.

### OUTSIDE PIT

11:00	Grade 7 Girls	LJ	Grade 7 Boys	800m
	Grade 8 Girls	LJ	Grade 8 Boys	800m
	Grade 9 Girls	LJ	Grade 9 Boys	800m

### INSIDE PIT

11:00	Grade 9 Boys	TJ	Grade 9 Girls	800m
	Grade 8 Boys	TJ	Grade 8 Girls	800m
	Grade 7 Boys	TJ	Grade 7 Girls	800m
			Grade 7 Boys	200m
			Grade 8 Boys	200m
			Grade 9 Boys	200m

### SHOT PUT – 3kg for all girls

2 attempts each			Grade 7 Girls	200m
Grade 9 Girls	Shot Put		Grade 8 Girls	200m
Grade 8 Girls	Shot Put		Grade 9 Girls	200m
Grade 7 Girls	Shot Put			

### HIGH JUMP

Grade 9 Boys	High Jump (starting height 1.20m)
Grade 8 Boys	High Jump (starting height 1.30m)
Grade 7 Boys	High Jump (starting height 1.35m)

High Jump and shot put will take place after the 60m races are completed.