



*TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY*

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

---

# Athletics Manitoba

## Annual Information Package

---

2022-2023



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

*Athletics Manitoba is the sport governing body for track and field, cross country and road running in the province of Manitoba. Athletics Manitoba is a volunteer driven, athlete focused, not-for-profit organization that operates programs in all regions of the province. The programs offered represent the full range of skill development from early entry through developmental and high performance for athletes, coaches, and officials.*

*Athletics Manitoba is located at the Sport for Life Centre at 145 Pacific Ave - Room 416.*

*Athletics Manitoba would like to recognize the privilege of operating the business of our Association on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.*

*We want people of all gender identities, abilities, ages, cultures, and sexualities to feel welcome in our spaces and to participate in our programs. Therefore, any form of discrimination is not acceptable.*

### **\*COVID-19 Updates and Annual Information Package Implications:**

Athletics Manitoba will be following any regulations laid out by the province of Manitoba and the facilities that our events take place. This includes the University of Manitoba, who's current Covid-19 regulations and protocols can be found her: <https://umanitoba.ca/community/sport-recreation/um-sport-and-recreation-facilities-and-covid-19>

We plan on offering a full meet schedule this upcoming season and will make sure that our membership is promptly updated with any changes to capacity or schedule.



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Athletics Manitoba Staff

Alanna Boudreau	Executive Director	<a href="mailto:execdirector@athleticsmanitoba.com">execdirector@athleticsmanitoba.com</a>	204-925-5744
Michael Kananoja	Program Manager	<a href="mailto:programs@athleticsmanitoba.com">programs@athleticsmanitoba.com</a>	204-925-5743
Ming Pu Wu	Provincial Coach	<a href="mailto:provcoach@athleticsmanitoba.com">provcoach@athleticsmanitoba.com</a>	email only
Shirley Allan-Boudreau	Membership Manager	<a href="mailto:admin@athleticsmanitoba.com">admin@athleticsmanitoba.com</a>	204-925-5745
Brooke-Lynn Boyd	Community Development Coordinator	<a href="mailto:communitydev@athleticsmanitoba.com">communitydev@athleticsmanitoba.com</a>	email only

### Individual Membership Fees - <https://www.trackie.com/members/UN-MB.php>

U12/U14 Athlete Membership	\$75.60	(72.00 +GST)
U16-Masters Athlete Membership	\$78.75	(75.00 +GST)
Coach + Official Membership	\$26.25	(25.00 +GST)

### School Membership Registration Form [HERE](#)

- Schools with an Athletics Manitoba membership will provide their athletes with the opportunity to compete at all sanctioned meets throughout the school year. *(This includes AM Last Chance, Elementary Relays, Track Attack, High School Series, Junior High Championships, AM Spring Open, and Age Class).*
  - Entry fees are not included with the purchase of a membership
- In addition, an Athletics Manitoba Memberships includes insurance coverage for the full school year, free Hy-Tek training (if required) for athlete and meet registration, and [assistance with spring training](#).

Please complete the School Membership Registration form (link above). Save the file and using Adobe Acrobat Reader complete the fillable form and submit to [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com). Once your school's registration form has been received Invoices will be distributed.

Elementary School Membership <u>Only</u> :	\$126.00	(120.00 +GST)
Small School Membership (14 athletes or less)	\$183.75	(175.00 +GST)
Large School Membership (15 athletes or more)	\$236.25	(225.00 +GST)

Schools may request additional support/documentation if you require approval from your school administration to run a program.

#### Additional services for Member Schools

- Individual athletes from member schools can compete at any AM sanctioned event up until June 30<sup>th</sup> 2023.
- Access to Athletics Manitoba Outreach Programs, including indoor and outdoor clinics, instructional videos, para-athletics resources, and training programs.



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Exclusive Use

Each year Athletics Manitoba coordinates access to the Jim Daly Field House for specific training time for our Clubs; 5:15pm-7:30pm Monday-Thursday, 11am-2pm on Saturday and 12pm-2pm on Sundays.

Anyone wishing to access the Jim Daly Fieldhouse during exclusive hours MUST be registered member of a club or member school, as well as Athletics Manitoba. School groups and other external user groups who are interested in training during these hours must contact Athletics Manitoba to make special requests for access. These requests are only granted on a case-by-case basis and are strictly limited for traffic and safety reasons.

Additional limits may be enforced during the 2022-2023 indoor season based on facility capacity restrictions.

### Club Membership Information

Additional training opportunities for athletes exist through our member Clubs. These clubs provide certified coaching for athletes looking to become more involved with track and field. They also provide the opportunity for athletes to train at the University of Manitoba on a regular basis. For more information about the clubs and registration, please head to our website: <http://athleticsmanitoba.com/resources/clubs/>

<i>Bison Athletic Club</i>	<i>Claude Berube</i>	<i>204-955-8989</i>	<a href="mailto:claudio.berube@umanitoba.ca">claudio.berube@umanitoba.ca</a>
<i>Bulldogs (Special Olympics)</i>	<i>Ian Cook</i>	<i>204-668-2228</i>	<a href="mailto:icook7@shaw.ca">icook7@shaw.ca</a>
<i>Flying M Athletics</i>	<i>Jillian Seymour</i>	<i>204-489-7361</i>	<a href="mailto:flyingmathleticclub@hotmail.com">flyingmathleticclub@hotmail.com</a>
<i>Last Mile Track Club (Carman)</i>	<i>Laurel Jorundson</i>	<i>204-218-3529</i>	<a href="mailto:lastmileathletics@gmail.com">lastmileathletics@gmail.com</a>
<i>Navvies Track Club (Special O)</i>	<i>Janice Howe</i>	<i>204-612-7365</i>	<a href="mailto:navviestcsom@gmail.com">navviestcsom@gmail.com</a>
<i>Prairie Storm Athletics (Neepawa)</i>	<i>Bryce Koscielny</i>		<a href="mailto:coachkoscielny@gmail.com">coachkoscielny@gmail.com</a>
<i>Predator Athletics Club (Beausejour)</i>	<i>Donna Harris</i>		<a href="mailto:predathleticsclub@gmail.com">predathleticsclub@gmail.com</a>
<i>Tough Track</i>	<i>Andy Tough</i>	<i>204-963-2502</i>	<a href="mailto:toughtrack11@shaw.ca">toughtrack11@shaw.ca</a>
<i>Winnipeg Optimist Athletics</i>	<i>Larry Switzer</i>	<i>204-885-5714</i>	<a href="mailto:larry.switzer@shaw.ca">larry.switzer@shaw.ca</a>
	<i>Wayne McMahon</i>	<i>204-918-6167</i>	<a href="mailto:gwaynemcmahon@gmail.com">gwaynemcmahon@gmail.com</a>

### Athletics Manitoba Annual Awards Gala

The Athletics Manitoba Awards Gala will be held on November 18<sup>th</sup>, 2022 at the Park Theater.

Nominees will be notified in late October/Early November.

Tickets for nominees are \$20.00 and general admission tickets are \$40.00. These tickets will be available to purchase online through our website.

More details will be published soon!



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Tentative 2022-2023 Schedule

*Please check the Athletics Manitoba website for further updates to the schedule*

*All dates are tentative and to be confirmed. Certain program specific adjustments have been noted on each program page.*

### September

Tuesday, September 13	Bison Time Trial	Churchill Drive, Winnipeg MB
Sunday, September 25	Sport Coach Theory Module	University of Manitoba
Wednesday, September 28	Milk Cross Country Championships	La Barrière Park

### October

Sunday October 2	Sport Coach Technical Module	University of Manitoba
Saturday, October 22	Chris McCubbins Provincial Championships	Kilcona Park, Winnipeg MB
Saturday, October 29	Canada West XC Championships	Trinity Western University

### November

Saturday, November 12	U Sports Cross Country Championships	Dalhousie University / St. Mary's University
Friday, November 18	Athletics Manitoba Awards Banquet	The Park Theatre, Winnipeg, MB
Friday, November 25	Brown & Gold Intrasquad Meet	James Daly Fieldhouse, U of Manitoba
Saturday, November 26	Canadian Cross Country Championships	Ottawa ON

### December

Saturday, December 3	George Tanner Memorial	James Daly Fieldhouse, U of Manitoba
Monday, December 5	Indoor Program Coach/Officials Education Night	Sport for Life Centre – 145 Pacific Ave
Friday/Saturday, December 9-10	Athletics Manitoba Last Chance	James Daly Fieldhouse, U of Manitoba

### January

Tuesday, January 10	High School Series #1	James Daly Fieldhouse, U of Manitoba
Wednesday, January 11	Bison Grand Prix #1	James Daly Fieldhouse, U of Manitoba
Tuesday, January 17	Track Attack #1	James Daly Fieldhouse, U of Manitoba
Friday/Saturday, January 20-21	WOA Winter Open	James Daly Fieldhouse, U of Manitoba
Wednesday, January 25	High School Series #2	James Daly Fieldhouse, U of Manitoba
Tuesday, January 31	Track Attack #2	James Daly Fieldhouse, U of Manitoba

### February

Friday/Saturday, February 3-4	Jim Daly Bison Classic	James Daly Fieldhouse, U of Manitoba
Monday, February 6	High School Series #3	James Daly Fieldhouse, U of Manitoba
Tuesday, February 7	Athletics Manitoba Elementary Relays	James Daly Fieldhouse, U of Manitoba
Wednesday, February 15	Bison Grand Prix #2	James Daly Fieldhouse, U of Manitoba
Friday, February 17	High School Series #4	James Daly Fieldhouse, U of Manitoba



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Wednesday, February 15  
Friday/Saturday, February 24-25

Track Attack #3  
Can West Championship

James Daly Fieldhouse, U of Manitoba  
University of Saskatchewan

### March

Thursday, March 2  
Friday/Saturday, March 3-4  
Tuesday, March 7  
Thursday/Saturday, March 9-11  
Monday, March 20

Boeing Classic Elementary Relays  
Boeing Indoor Classic  
Track Attack #4  
U Sports Track and Field  
Championship  
High School Series Championship

James Daly Fieldhouse, U of Manitoba  
James Daly Fieldhouse, U of Manitoba  
James Daly Fieldhouse, U of Manitoba  
University of Saskatchewan  
James Daly Fieldhouse, U of Manitoba

## Tentative Outdoor 2023 Schedule

### May

Friday-Saturday, May 12-13	AM Spring Open	U of M
TBD	Tough Track Open	U of M

### June

Wednesday, June 7	Jr. High Provincials	U of M
Thursday-Saturday, June 8-10	MHSAA Provincials	Brandon
Friday-Saturday, June 23-24	Age Class Provincial Championships	U of M

### July

Thursday-Sunday, July 27-30	Canadian Track & Field Championships	Langley, BC
-----------------------------	--------------------------------------	-------------

### August

Friday July 28-Sunday August 6	2023 World Fire and Police Games	Winnipeg, Manitoba
Friday-Sunday, August 11-13	Legion National Youth Track and Field Championships	Sherbrooke, QC



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

Programs have been broken down into 4 different sections; Funding, Athlete Development (i.e. Training opportunities), Competitions, and Coach Development.

The document can still be viewed traditionally by scrolling through each section, but this page also acts as a modified table of contents as you can click on the program in question and jump directly to the relevant page.

Funding	Elementary Programs	Junior High Programs	High School Programs
	<a href="#">Diana Stevens Fund</a>	<a href="#">Diana Stevens Fund</a>	<a href="#">Diana Stevens Fund</a>
Athlete Development	Elementary Programs	Junior High Programs	High School Programs
	<a href="#">Run Jump Throw Wheel</a>		
	<a href="#">Outreach Program</a>	<a href="#">Outreach Program</a>	<a href="#">Outreach Program</a>
	<a href="#">Club Programs</a>	<a href="#">Club Programs</a>	<a href="#">Club Programs</a>
	<a href="#">Para Athletics Opportunities</a>	<a href="#">Para Athletics Opportunities</a>	<a href="#">Para Athletics Opportunities</a>
	<a href="#">Stars Athletics Academy</a>	<a href="#">Stars Athletics Academy</a>	
Competitions	Elementary Programs	Junior High Programs	High School Programs
	<a href="#">Milk Cross Country Challenge</a>	<a href="#">Milk Cross Country Challenge</a>	<a href="#">Milk Cross Country Challenge</a>
	<a href="#">Elementary Relays</a>	<a href="#">Track Attack</a>	<a href="#">High School Series</a>
	Indoor Age Class Competitions	Indoor Age Class Competitions	Indoor Age Class Competitions
	Regional Competitions	Regional Competitions	MHSAA Championships
	<a href="#">Outdoor Age Class Competitions</a>	<a href="#">Junior High Championships</a>	<a href="#">Outdoor Age Class Competitions</a>
		<a href="#">Outdoor Age Class Competitions</a>	<a href="#">U16/U18 Provincial Team - Tri Province</a>
		<a href="#">U16/U18 Provincial Team - Tri Province</a>	<a href="#">Legion Nationals</a>
		<a href="#">Legion Nationals</a>	
Coach Development	Elementary Programs	Junior High Programs	High School Programs
	<a href="#">Regional Coach Clinics</a>	<a href="#">Regional Coach Clinics</a>	<a href="#">Regional Coach Clinics</a>
	<a href="#">NCCP Training - RJTW</a>	<a href="#">NCCP Training - Sport Coach, Club Coach</a>	<a href="#">NCCP Training - Sport Coach, Club Coach</a>
	<a href="#">Elementary Relays Volunteer Training</a>	<a href="#">Track Attach Volunteer Training</a>	<a href="#">Volunteer Training - TBD</a>
		<a href="#">Student Volunteer and Leadership Opportunities</a>	<a href="#">Student Volunteer and Leadership Opportunities</a>



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **Diana Stevens Legacy Fund**

Diana Stevens had a deep and passionate love of grassroots Track and Field in Manitoba. She loved what the sport could do for all children, how it encouraged healthy living, developed confidence in athletes, and gave athletes of any ability or age the opportunity to be a part of a team. Diana was an enormous supporter of the many Athletics Manitoba's school-based programs and the children that these programs impacted. Her passion to create a positive environment, help young athletes learn to train for Track and Field, and grow through sport were paramount in all the programs that she developed.

The Diana Stevens Fund supports school-based programs in the province. Elementary and middle years schools are encouraged to apply for this funding which is designed to help offset the cost participating in Track and Field; removing barriers to participation. The Diana Stevens Legacy fund will help a minimum of one school a year continue to live out Diana's passion of reaching children through Track and Field (please note that to assist as many programs as possible, schools will not be awarded the funding in successive years).

For the 2022/23 school year up to 2 schools will receive the funding through the Diana Stevens Legacy fund in the amount of \$400.00

Application information should include:

- Name of School based program
- Coach/program coordinator's name
- Coaching certification level of head and assistant coaches
- Number of athletes in program
- Age/Grade of athletes affected
- Indication of whether the program is an indoor or outdoor program or both
- Description of the population of your school (new Canadians, inner city, etc)
- An explanation of why these funds are needed
- Outline how this donation will be used and what the projected benefits of this program are to the school and community

A staff committee will review the applications and select a recipient based on program impact and indication of need as expressed in the application.

Application deadline is December 10<sup>th</sup> and should be submitted to:

Alanna Boudreau, Executive Director  
[execdirector@athleticsmanitoba.com](mailto:execdirector@athleticsmanitoba.com)  
204 925 5744





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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **Run Jump Throw Wheel**

Run, Jump, Throw, Wheel (RJTW) is Athletics Canada's official grassroots program of physical activity for children and youth. RJTW contributes to the development of fundamental motor skills such as running, jumping, and throwing through a series of lessons that focus on skill acquisition, sport education and participatory/team competition.

The program is designed to give elementary school aged children a strong background in sport skills that will serve them well in other sports and throughout their lives. No matter what sport or physical endeavor children attempt in their lifetime, the mechanics of running, jumping, and/or throwing will inevitably come into play.

No matter what sport or physical endeavor children attempt in their lifetime, the mechanics of running, wheeling, jumping, and/or throwing will inevitably come into play.

This training program fits perfectly into a school's existing physical education program.

#### **The NCCP RJTW Instructor Course:**

The NCCP RJTW Instructor Course trains Instructors to develop fundamental motor skills such as running, jumping and throwing in children ages 7 through 12. Following the course Instructors will be able to:

- Plan a practice
- Use progressions to teach fundamental motor skills to children
- Understand and apply the progressions used to teach basic track and field skills
- Apply Run, Jump, Throw, Wheel activities to other sport programs (soccer, basketball, etc)
- Use resources in ongoing physical education school programs
- Coach grassroots track and field athletes in a track club or school program
- Work as a Run, Jump, Throw, Wheel Instructor

For more information regarding the NCCP RJTW Instructor Course, please contact: Michael Kananoja – [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Stars Athletics Academy

Stars Athletics Academy is a free program that allows kids to explore track and field in a safe and inclusive space. Participants can attend drop-in practices and compete in all Athletics Manitoba run track and field events, where they get a chance to experience our track and field community firsthand.

Historically, there has been no accessible Athletics programming for new Canadians, Indigenous youth, and others who live in the inner city. Lack of access to facilities, transportation and financial costs are barriers that have made it difficult for young athletes to access Track and Field programs. Stars Athletics Academy launched in October of 2021 at the University of Winnipeg, with the goal of creating an accessible and sustainable track club in downtown Winnipeg.

In an effort to eliminate the transportation barrier that many face, transportation to and from the practices is available for athletes upon request. We have a bus route within the inner city, and we will do our best to accommodate everyone. We also provide healthy snacks for the athletes, as most participants are coming straight from school, and do not have an opportunity to eat beforehand. This allows us to create a safe and inclusive environment for our athletes.

Our experienced coaches are able to offer a comprehensive track and field experience. We welcome athletes ages 8-17 of any skill level, our coaches work with the athletes to find the event right for them.

This program is made possible by the support of our partners. We would like to thank Sport Manitoba, Athletics Canada, and Jumpstart for helping fund the program. Our partnership with the [Rising Stars Foundation](#) has been integral to the success of the program. Not only have they encouraged athlete involvement but they have specifically played a role in the recruitment of coaches and program leaders. The Academy has grown over the last year with over a dozen competitive Athletics Manitoba members, who competed at local track meets throughout the summer.

The program returns this October! First practice date will be announced in September.

**Dates:** Tuesday and Thursday evenings

**Time:** 5:30pm-7:15pm

**Location:** University of Winnipeg Rec Plex

**Cost:** Free



Learn more on our website: <http://athleticsmanitoba.com/events/programs/starsathleticsacademy/>

Stars Athletics Academy is accepting new participants! If you or someone you know would be interested in joining the program or you would like to find out more, please contact Brooke-Lynn at [Communitydev@athleticsmanitoba.com](mailto:Communitydev@athleticsmanitoba.com).



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **Athletics Manitoba School Outreach 2022-2023**

Athletics Manitoba is pleased to offer an outreach program to schools to help assist with training and competition for the 2022-23 Indoor and Outdoor Track Seasons. The long-term goal of this program is to develop and support a strong feeder system for Manitoba Games and other regional and provincial competitions.

The program is targeted at grades 5 through 11 (U14, U16 and U18 athletes) as an introduction to further Athletics training and running, jumping, and throwing events; however, depending on the size of the school and the number of athletes, high school students can be engaged in the program as well. The resources from this program are designed to help athlete's transition from an introductory Run Jump Throw Wheel program into more advanced technical program.

We are offering in-person clinics from our clinicians for interested schools throughout the school year, with a focus on getting athletes ready for the outdoor season. All participants are welcome, the basics taught in these programs translate well to most sports! Interested schools will also be able to access instructional videos that can be used as a teaching tool.

**There is no fee for this programming, but all schools MUST HAVE AN ATHLETICS MANITOBA MEMBERSHIP.** (Complete the school registration form!).

Following the clinic(s), athletes and/or teams will be encouraged to compete at Age Class Championships in June 2022.

#### **How do we get in? How does the program work?**

1. Registration is done by completing the Outreach request form - [HERE](#)
2. Once your request is received, Athletics Manitoba will email you to coordinate schedules and confirm staff availability.

If you have any questions about programming, please contact Brooke-Lynn at [Communitydev@athleticsmanitoba.com](mailto:Communitydev@athleticsmanitoba.com).



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Athletics Manitoba Para Athletics

Athletics prides itself on being an inclusive sport, with competitive opportunities available for all participants. Events are available for individuals with physical disabilities – both wheelchair and standing – individuals with visual impairments and individuals with an intellectual disability.

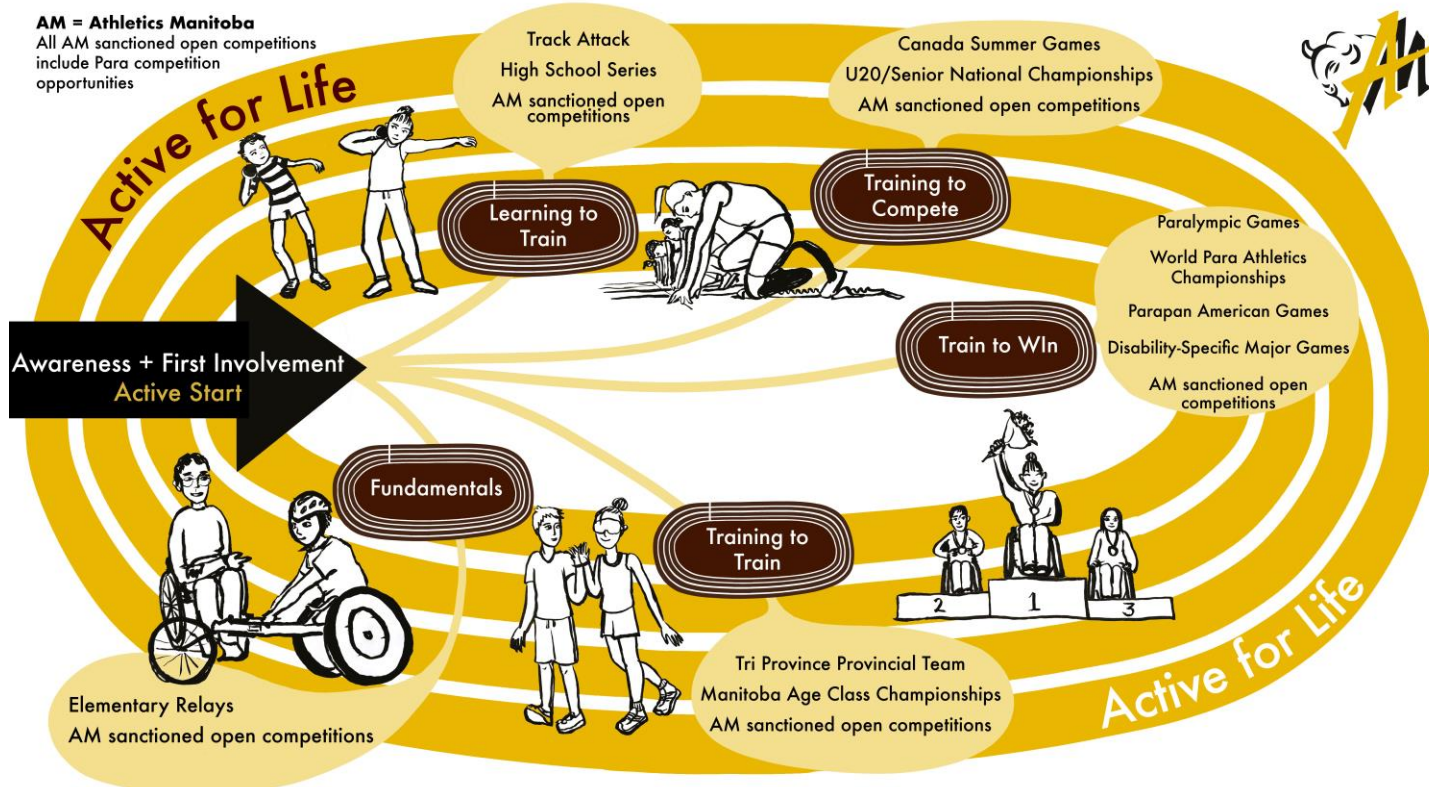
**Athletes at ANY level may participate in our competitions, and we have a large variety of events to choose from. This includes our school-based events. If you have any questions, or need assistance with accommodations, please let us know.**

This Fall, Athletics Manitoba would love to come to your school to show your students and staff what opportunities are available in Para-Athletics. These presentations will come from athletes, coaches, and administrators, including former Paralympians and current Paralympic coaches. With these presentations, we would also help set-up a "try-it" day, supplying the necessary equipment, for interested students.

If your school is interested in a presentation and a chance to try out para-athletics or wants to learn more, please contact Brooke-Lynn at [communitydev@athleticsmanitoba.com](mailto:communitydev@athleticsmanitoba.com)

### Available events:

- Track events: Sprint (100m, 200m, 400m), Middle Distance (800m, 1500m), Long Distance (5,000m, 10,000m), and Relay races (4x100m, 4x400m)
- Road event: Marathon
- Jumping events: High Jump, Long Jump, and Triple Jump
- Throwing events: Discus, Shot Put, Club Throw and Javelin





## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### 2022 MILK Cross Country Challenge

September 28<sup>th</sup>, 2022 - La Barrière Park

#### Tentative Schedule

10:00am	Grade 4 Girls	2km
10:30am	Grade 4 Boys	2km
10:50am	Grade 5 Girls	2km
11:10am	Grade 5 Boys	2km
11:30am	Grade 6 Girls	2km
11:50am	Grade 6 Boys	2km
12:10pm	Grade 7 Girls	2km
12:30pm	Grade 7 Boys	2km
12:50pm	Grade 8 Girls	2km
1:10pm	Grade 8 Boys	2km
1:40pm	Grade 9/10 Girls (JV)	3km
1:55pm	Grade 9/10 Boys (JV)	4km
2:10pm	Varsity Girls	4km
2:25pm	Varsity Boys	5km

Sanctioned by:



Sponsored by:



**VOLUNTEERS:** Each school must provide one volunteer for this event. Volunteer names must be submitted to Michael at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com) prior to the event. Roles will be assigned and distributed via e-mail.

#### Entry Fees:

- Entry fee of \$15.75 per team (per age group) to a maximum of \$157.50 per school.
- Individual entries \$10.50 per person.
- Cheques can be made payable to Athletics Manitoba.

#### ENTRY DEADLINE:

- **Tuesday, September 20<sup>th</sup>, 2022**
- Entries can be compiled either online through Trackie – <http://www.trackiereg.com/2022-MilkXC>
- Or with an entry template (Download [HERE](#)). Completed templates must be sent to [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)

**LATE ENTRIES:** Any entries received after the September 20<sup>th</sup> deadline will be \$26.25 per team & \$15.75 for individuals; up to a maximum of \$257.50 per school.

- **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline, arrangements MUST be made in advance with Michael. **There will be NO onsite registration.**

#### SCORING

A team will consist of a maximum of 6 and a minimum of 4 athletes of one gender with the best 4 performances counting in the team score. Athletes must belong to the same school. Coaches must complete and submit their scoring forms at the end of each race.

#### AWARDS

Banner for Top Team, (Male and Female) in each Grade  
Top 10 athletes in each age category receive award ribbons.  
All athletes receive a participation ribbon and a carton of chocolate milk.



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Chris McCubbins Age Class Cross Country Championships

DATE: Saturday October 22<sup>nd</sup>, 2022  
LOCATION: Kilcona Park / Harbourview Golf Club  
HOSTED BY: Athletics Manitoba / Bison Athletics Club  
SANCTIONED BY: Athletics Manitoba

### Tentative Schedule

**Races can run up to 15 min. ahead**

9:30 am	U12 Girls (2011 and later)	2km
9:50am	U12 Boys (2011 and later)	2km
10:10 am	U14 Girls (2009-2010)	2km
10:30 am	U14 Boys (2009-2010)	2km
10:50 am	U16 Girls (2007-2008)	3km
11:40 am	U16 Boys (2007-2008)	3km
12:15 pm	U18 Girls (2005-2006)	3km
1:00 pm	U18 Boys (2005-2006)	5km
1:45 pm	U20 Women (2003-2004)	5km
	Masters Women (35 years of age & older on day)	5km
2:30 pm	U20 Men (2003-2004)	8km
	Masters Men (35 years of age & older on day)	8km
3:15 pm	Senior Women (2002 and earlier)	6km
4:00 pm	Senior Men (2002 and earlier)	8km

### AWARDS

Top three individuals in each age group (male / female) will receive medals.

### ENTRY INFORMATION

**Team Entries:** A team will consist of a minimum of 4 and a maximum of 6 athletes of one gender with the best 4 performances will count in the team score. Athletes must belong to the same club or school.

**Entry Deadline:** Entries must be received no later than **Monday, October 17th by midnight**. All entries must be done online at **Trackie.Reg**. **No Late entries will be accepted.**

Team entry (per Age Group):	\$40.00
Late Entry Fee Team:	\$60.00
Individual Entry (AM Members + School Members):	\$10.00
Individual Entry (Non-AM Members):	\$10.00 + \$10.00 day membership fee
Late Entry Fee Indiv (AM Members + School Members):	\$20.00
Late Entry Fee Indiv (Non-AM Members):	\$20.00 + \$10.00 day membership fee

### MEET INFORMATION

- The final schedule will be sent out no later than Wednesday, October 20th. It may look different than the tentative schedule above.
- Washrooms will be available on site
- If you have questions at this time, please email Claude Berube ([Claude.Berube@umanitoba.ca](mailto:Claude.Berube@umanitoba.ca))





## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### 2023 Athletics Manitoba Elementary Relays

Tentative DATE: Tuesday, February 7<sup>th</sup>, 2023

#### JAMES DALY FIELDHOUSE – UNIVERSITY OF MANITOBA

##### Awards:

Participation Certificates for all student competitors  
Ribbons for top five  
Award of Recognition for school with most points in each grade category

##### Entry Fees:

Schools providing volunteer assistance for the meet will be given a significant discount on their entry fee. **Volunteers must be available for the entire time and should be at least 15 years of age.**  
NOTE: We are requesting that Schools send 2 adults to attend the volunteer training – [details here](#)

##### Registration:

Please complete the [School Membership Registration form](#). Please indicate your intent to participate in the program, once the registration form has been received you will receive an Invoice.

**Member Schools with 2 Volunteers:** \$115.50 (\$110 +GST)

**Member Schools with No Volunteers:** \$210.00 (\$200 + GST)

**REMEMBER - YOU MUST BE A MEMBER SCHOOL OF ATHLETICS MANITOBA TO PARTICIPATE!**

#### Event Information

Top two teams per school will be used in point tabulation.

1. 4x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4x Long Jump – total distance of 1 jump each of 4 team members.
3. 8x 40M Shuttle Relay – 8 team members run 40M each (back & forth shuttle style)
4. 4x100 Lap Relay – 4 team members each run half a lap around the oval

**Events will run from 10:00 AM to approximately 2:30 PM**

Entries are due Tuesday, January 31<sup>st</sup>, 2023

Elementary Relays – [Team Entry Form](#)

#### Drop off Instructions – Please provide this information to your bus drivers!

To unload athletes and coaches safely and minimize the disruption of traffic flow on campus, the following process must be followed for athlete and coach drop offs when attending Track Attack Meets.

Buses will stage in Q lot and come into I lot 2 at a time near the garage door located at the north end of the Max Bell Field House. Athletes and coaches will then proceed into the open doors to the left of the garage door. Once inside coaches and athletes will proceed up the stairs and onto the mezzanine level of the track where they can access the stands.

Buses are asked to unload in a horseshoe at the back of I Lot and return out of I lot turning right onto Sidney Smith Street and then left onto Ralph Campbell Road where they will proceed past the parkade and merge onto Sifton Road, which can be followed back to University Crescent.



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### SCHEDULE

*NOTE: The schedule may need to be altered during the meet - please listen for announcements throughout the day.*

There will be a separate category of events for each gender in grades 4, 5 and 6.

Athletes may only participate in one of each of the events (not on multiple teams in the same event) unless alternate arrangements have been made with Athletics Manitoba. Students may move up a grade class to field a team.

<u>10:00 a.m.</u>	4x100m Relay	Grade 6 Boys	<u>10:00 a.m.</u>	4x Standing LJ	Grade 4 Boys
	4x100m Relay	Grade 5 Boys		4x Standing LJ	Grade 4 Girls
	4x100m Relay	Grade 4 Boys		4x Standing LJ	Grade 5 Boys
	4x100m Relay	Grade 6 Girls		4x Standing LJ	Grade 5 Girls
	4x100m Relay	Grade 5 Girls		4x Standing LJ	Grade 6 Boys
	4x100m Relay	Grade 4 Girls		4x Standing LJ	Grade 6 Girls
<u>10:00 a.m.</u>	8 x 40m Shuttle	Grade 6 Girls			
	8 x 40m Shuttle	Grade 5 Girls			
	8 x 40m Shuttle	Grade 4 Girls			
	8 x 40m Shuttle	Grade 6 Boys			
	8 x 40m Shuttle	Grade 5 Boys			
	8 x 40m Shuttle	Grade 4 Boys			

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

Grade 6 Girls  
Grade 5 Girls  
Grade 4 Girls  
Grade 6 Boys  
Grade 5 Boys  
Grade 4 Boys

(1<sup>st</sup> = 7 points, 2<sup>nd</sup> = 5 points, 3<sup>rd</sup> = 3 points, 4<sup>th</sup> = 2 points, 5<sup>th</sup> = 1 point)

All participation ribbons, award ribbons and team banners will be delivered to schools by the end of March.

### Additional Elementary Relay Competitions

The Boeing Classic Elementary Relays are put on by Winnipeg Optimist Athletics. The event is scheduled to take place Thursday, March 2nd. More information will be sent out at a later date.





## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### 2023 Junior High School Track Attack Series

This grassroots track and field competition series is open to any school with grades 7, 8 and 9 students.

#### Registration Process

1. Complete and submit the [school membership registration form](#) and indicate your interest in the event.
2. Once the office has received the registration form, we will distribute Invoices and instructions for submitting school competitive rosters.

#### Program Fees:

Schools with less than 15 athletes:	\$367.50	(350.00 + GST)
Schools with 15 or more athletes:	\$420	(400.00 + GST)
Individual meets:	\$105	(100 + GST, per meet)
Individual athletes:	\$26.25	(25.00 + GST, per meet)

**\*Individual athletes must be a full Athletics Manitoba Member (\$78.75), and their school cannot already be entered in the meet.**

Each school is responsible to provide volunteers to assist in running these meets. For every 10 athletes, the school must provide one volunteer. Schools will be contracted with their job allocation along with instructions and officiating rules prior to the meet. Volunteers must be available the entire time and should be at least 15 years of age.

NOTE: We are requesting that Schools send 2 adults to attend the volunteer training – [details here](#)

Schools are asked to bring their own basic medical kits but please note we WILL have medical staff onsite.

#### Competition Dates

Meet 1 – Tuesday, January 17<sup>th</sup>

Meet 2 – Tuesday, January 31<sup>st</sup>

Meet 3 – Wednesday, February 15<sup>th</sup>

Meet 4 – Tuesday, March 7<sup>th</sup>

#### Meet Information

- Ribbons will be awarded for the top five places.
- Athletes may enter a maximum of 3 individual events and 1 relay.
- Schools will receive 5 relay stickers per race/category
- Athletes will receive 2 attempts in Shot Put, Long Jump and Triple Jump.
- Triple Jump will be contested by Grade 8 and Grade 9 athletes only.

**\*\*\*All four meets run at the James Daly Fieldhouse at the University of Manitoba from 10:30 AM to 3:30PM \*\*\***

**All teams must be out of the James Daly Fieldhouse by 3:45 PM at the latest.**



# TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## Technical Notes

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

**High Jump Starting Heights:** Will be determined through email communication with the coaches.

### Hurdles:

All Girls: Start to first hurdle 12m; 7.5m spacing between hurdles; 30" height  
Grade 7 & 8 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 30" height  
Grade 9 Boys: Start to first hurdle 12m; 8.0m spacing between hurdles; 33" height

We must remind everyone that student supervision is the responsibility of the schools. We acknowledge the difficulties involved with an event of this type but damages to University property will not be tolerated. Code of conduct warnings will be issued to schools if necessary and multiple incidents may result in a penalty fee or a removal from future events.

## TENTATIVE SCHEDULES

### Meet #1

INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m	10:30am 4x200m Relay co-ed	10:30am LJ Girls
1:00pm HJ Girls	1:00pm 150m	TJ Boys
Shot Put Boys	2:30pm 1200m	
Meet #2		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles	10:30am 4x100m Relay co-ed	10:30am LJ Boys
12:30pm HJ Boys	1:00pm 300m	TJ Girls
Shot Put Girls	2:30pm 800m	
Meet #3		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m	10:30am 1200m	10:30am LJ Girls
1:00pm HJ Girls	11:30am 4x200m Relay	TJ Boys
Shot Put Boys	3:00pm 150m (dependent on time)	
Meet #4		
INFILED	OVAL	HORIZONTAL JUMPS
10:30am 60m Hurdles	10:30am 800m	10:30am LJ Boys
12:30pm HJ Boys	11:30am 4x100m Relay	TJ Girls
Shot Put Girls	3:00pm 300m (dependent on time)	



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### High School Championships Series

#### Eligibility:

Entry is open to all high school teams in Manitoba. **Please register as a school with Athletics Manitoba** (see below). Individual entries from schools will be accepted on a case-by-case basis (based on supervision of athletes and payment of entries)

#### Cost:

The High School Series Entries must be given to the University of Manitoba.

Cheques are made out to "University of Manitoba". This fee can be brought to the first meet or can be mailed in advance to:

206 Max Bell Centre  
University of Manitoba  
Wpg, MB R3T 2N2

**\$525.00** for school registering 15 or more athletes for the series

**\$400.00** for schools registering less than 15 athletes for the series

Registration in the High School Series includes the school membership fee! Member schools may also register athletes for any other Athletics Manitoba sanctioned event up until June 30<sup>th</sup> 2023 (Grand Prix's, Flying M, Boeing Classic etc).

Registration fees for these events are separate.

Individual entries from schools will be accepted on a case by case basis (based on supervision of athletes and payment of entries)

#### Athletics MB Membership:

The Athletics Manitoba membership fee is an additional cheque that must be paid separately to Athletics Manitoba.

Please submit the Athletics Manitoba Schools Registration Form (available [HERE](#)) to Michael at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com). Once submitted, an Invoice will be sent to confirm payment amount. (We will verify that it has been filled in correctly to avoid over/incorrect payment amounts).

#### Categories: (High School Eligibility Rules)

Junior Girls	Varsity Girls
Junior Boys	Varsity Boys

As per MHSAA rules to qualify for the junior varsity competition, athletes must meet the following requirements:

1. Participating athletes must be under the age of 17 as of midnight of the current school year, August 31.
2. Students are eligible to participate in junior varsity for two years.
3. In determining the two-year clause, member schools must count grade 9 as the first year. The athlete's eligibility begins upon enrolment in grade 9 and is allowed two consecutive years of competition from time of enrolment in grade 9

Note: JV Athletes competing in any events in the Varsity category, must then compete in all their events in the Varsity category



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Technical Information:

Junior Varsity Girls <u>Hurdles</u>	30"	12m to the first hurdle	7.5m spacing between hurdles.
Varsity Girls <u>Hurdles</u>	33"	13m to the first hurdle	8.0m spacing between hurdles.
Junior Varsity Boys <u>Hurdles</u>	33"	13m to the first hurdle	8.5m spacing between hurdles.
Varsity Boys <u>Hurdles</u>	36"	13m to the first hurdle	8.5m spacing between hurdles.
Junior Varsity & Varsity Girls <u>Shot Put</u>		4kg	
Junior Varsity Boys <u>Shot Put</u>		4kg	
Varsity Boys <u>Shot Put</u>		5kg	

### Volunteer Officials:

We will try to provide as many of the volunteer officials from within our own team, however we may need some extra officials at times. If you have students from your school who would like to volunteer, please let us know when you arrive for the meet.

### Entries:

Entries will need to be submitted on a specially formatted excel spread sheet. If you are interested in participating in the series, please contact Claude Berube at [Claude.Berube@umanitoba.ca](mailto:Claude.Berube@umanitoba.ca) and a copy of the template will be sent to you.

### Meet Information

- 1) Track Race Order – Junior Varsity Girls, Varsity Girls, Junior Varsity Boys, Varsity Boys
- 2) Relays –School may enter up to three teams per category. (Listed as “A”, “B” and “C”).
- 3) Points Scoring: 12, 10, 9, 8, 7, 6, 5, 4, 3, 3, 3, 3.
  - a) The category championship banners (Junior Varsity Girls, Varsity Girls, Junior Varsity Boys and Varsity Boys) will be based on the four qualification meets and not the Championship meet.
- 4) Schools may enter as many athletes as they wish per event but only three athletes per school will score.
- 5) Athletes may enter a maximum of two events plus a relay per meet. (Two events equate to: two track or two field or one track and one field event). This will also apply to the entries for the Championship Meet.
- 6) The use of starting blocks for sprint races will be left to the discretion of the meet directors depending on the meet staying on time
- 7) Mementos / gifts will be given to all athletes who participated in the meets. These will be handed out at the Championship Meet.
- 8) A teacher from each school must be present during each competition.
- 9) Athletes must wear school uniforms or plain t-shirts (No club uniforms will be allowed).
- 10) All meet communication will be by email.
- 11) The Athletics Manitoba website will be used for posting of results and updating of individual standings and team results.
  - a) Qualification:
    - i) Top 12 in all track events including relays
    - ii) Top 12 in all field events
    - iii) Schools must confirm a qualifying athlete's entry for the championship final by noon, Monday, March 9th. In the case that an athlete who qualifies for a final is not able to complete, the next highest ranked qualifier will be moved in to the Championship Final.
- 12) Championship Meet:
  - a) Medals for 1st, 2nd, and 3rd.
  - b) There will be an “A” and “B” Final for all track events, including relays. The finalists in the Long Jump, Triple Jump and Shot Put will have three attempts only



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **Boeing Indoor Classic**



The Boeing Indoor Classic was first staged in a hanger in Gimli in 1981. After two years of competition in Gimli, the meet was held in the Minto Armories (with a portable track) before moving into the present James Daly Fieldhouse (Max Bell). Winnipeg Optimists Athletics (WOA) has hosted this meet for the past 40 years with its corporate sponsor Boeing Canada Technology.

The Boeing Indoor Classic also serves as the Manitoba Indoor Provincial Age Class Championships and is a great opportunity for club and school athletes alike to compete against athletes from outside of the province.

We are excited that the Boeing Indoor Classic will return in 2023. More information will be posted on [boeingtrackandfield.com](http://boeingtrackandfield.com) when it becomes available and will be shared to Athletics Manitoba Members.

Any questions regarding the Boeing Indoor Classic and the Manitoba Indoor Provincial Age Class Championships should be directed to Larry Switzer – [Larry.Switzer@shaw.ca](mailto:Larry.Switzer@shaw.ca)



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### 2023 Junior High Championships

#### 2023 ATHLETICS MANITOBA PROVINCIAL JUNIOR HIGH CHAMPIONSHIPS

Wednesday, June 7th

University of Manitoba Stadium

9:30 am - 4:30 pm

- This meet is a sticker meet; coaches must send in their team roster so that competitor numbers can be assigned, and athlete stickers can be printed prior to the event.
- There will be **NO** registrations accepted on site the day of the meet.
- Athletes are eligible to compete at Junior High Championships by placing first, second, or third from their school/divisional meets or by meeting the standards (these will be posted on our website [HERE](#) at a later date).
- Athletes will be allowed to compete in the events that they qualified for from their school/divisional meets. If an event from divisional is not offered at Provincial Championships, contact [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com) for alternative event arrangements.
- Athletes will be allowed to advance in up to **three events and a relay for the Championship**.
- Medals for top 3 in each event will be awarded.
- **ENTRY FEES:**
  - Entry fees for Athletics Manitoba member schools will be \$6.00 an athlete, up to a maximum of \$150.00 per school.
  - Entry fees for non-Athletics Manitoba member schools will be \$6.00 an athlete with the maximum of \$150.00; however, they will also be assessed an additional \$50-day membership. If there are less than 5 athletes attending from a non-member school, these athletes must pay the \$10-day membership along with their \$6.00 entry fee.
  - There is no additional cost for relays.
- **Each school is responsible for providing volunteers to assist in running the meet.** For every 10 athletes, the school must provide one volunteer. Schools will be contacted with their job allocation along with instructions and officiating rules prior to the meet. Where possible we will still have Athletics Manitoba Officials present with school volunteers assisting.
- Medical personnel will be on site.
- The Championships may be used as identification for provincial team opportunities including the U16 Provincial Team.
- Athletics MB School Membership Registration form is available [HERE](#)
- Team Entry spreadsheet will be available online at [HERE](#)

Program questions should be directed to Michael Kananoja at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com) or 204-925-5743



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### 2023 Age Class Provincial Championships

The Athletics Manitoba Age Class Provincial Championships are **tentatively** scheduled to take place Friday June 24<sup>th</sup> and Saturday June 25<sup>th</sup>, 2023. This two-day event is open to all athletes in all age categories, with medals being awarded for the top 3 finishers in each event who reside in Manitoba.

All participants must be full Athletics Manitoba members or School members. All other participants will be required to pay an additional \$10.50-day membership for **each day** of competition.

Please note School Memberships expire June 30<sup>th</sup>, 2023

### 2023 Athletics Manitoba U16/U18 Provincial Team

The U16/U18 Provincial Team program is a competitive opportunity organized annually by Athletics Manitoba. The program is targeted towards athletes that fall into the U16 (14 or 15 years of age) and U18 age categories (16 or 17 years of age). Each year the U16/U18 Team attends the Tri Province meet.

Standards used for potential provincial team selection are outlined below. Please note that achieving the standard or being named to the Prep Squad allows the athlete to enter the selection pool; it does not guarantee selection. Standards in the events must be met or exceeded in an Outdoor sanctioned competition between the dates of April 1<sup>st</sup> 2023 and the end of trials (June 24<sup>th</sup>-25<sup>th</sup>).

#### General Information

- Team Size:
  - o 40-athlete U16 Team & 40-athlete U18 team.
  - o A minimum of 2 Male Para Athletes & 2 Female Para Athletes
- Team fee: TBD- will include transportation, accommodations, competition uniform and some meals.

#### Athlete Eligibility

- Must be a registered member in good standing with Athletics Manitoba.
- Tri-Province Meets are open to Canadian citizens and permanent residents (a permanent resident is someone who has been granted permanent residency 90 days prior to the start of the meet). Permanent residents must have a Record of Landing (IMM 100), a confirmation of Permanent Residency (IMM 5292), a Permanent Resident Card, or any other document deemed eligible by Immigration Canada as proof of their status.



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Selection Process

- U16/U18 Provincial Team will be selected based on performances achieved at Age Class Provincial Championships.
- All athletes interested in being considered for the team must submit a declaration of interest form by **before June 24<sup>TH</sup>, 2023**. This declaration will be made available in early May on [TrackieReg](#).
- As noted above, the qualifying period for achieving standards will begin April 1<sup>st</sup> and includes all performances achieved at Trials.
- Final Team Selection will occur after the completion of the event with all members being contacted shortly concluding the meet.
- Standards will be based off the last 4-years of results at the Tri-Province Challenge.
  - o A Standard is compiled of averaged 2<sup>nd</sup> place results, B Standard is from the 4<sup>th</sup> place average, and C Standard is from the 6<sup>th</sup> place average.
- The process to finalize team selections will occur in the order listed in the selection criteria.

### U16/U18 Provincial Team Selection Criteria

- 1) First place at the selection trials, having achieved the A standard
- 2) Second place at the selection trails, having achieved the A standard
- 3) Third Place at the selection trials, having achieved the A standard
- 4) Appeals from an athlete who has achieved the A standard
- 5) First place at the selection trials, having achieved the B standard
- 6) Second place at the selection trails, having achieved the B standard
- 7) Third Place at the selection trials, having achieved the B standard
- 8) Appeals from an athlete who achieved the B standard
- 9) First place at the selection trials, having C standard
- 10) Second place at the selection trails, having C standard
- 11) Third Place at the selection trials, having achieved the C standard
- 12) Appeals from an athlete who achieved the C standard
- 13) First place at the selection trails, with no standard
- 14) Athlete has achieved A or B standard, but placed outside of the Top 2
- 15) Athlete has an ability to contribute to a relay
- 16) The Team manager and Event Coaches will have the authority to add an athlete into an event if there are no eligible athlete in that event after the selection date





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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **Legion National Championships**

For over fifty years The Royal Canadian Legion has supported Canada's youth through training and competition in track and field. The Legion Nationals are Canada's premier and only nationwide competition for the U16 and U18 category and are truly national in scale as the Legion supports provincial teams from all provinces and territories in Canada. This support is provided exclusively through funding provided by the members of the Legion.

A total of 36 athletes will be selected to attend the 2023 Legion U16/U18 National Championships held August 11-13<sup>th</sup>, 2023 in Sherbrooke, Quebec. This is an all-expenses paid trip.

THE CHAMPIONSHIPS ARE OPEN TO BOTH BOYS AND GIRLS IN THE FOLLOWING AGE CATEGORIES:

- a) 15 years and under, as of 31 December in the year of the championships; and
- b) 17 years and under, as of 31 December in the year of the championships.

For more information, please visit the [Legion Website](http://www.legion.ca)



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Community Planning Meetings

To increase and improve the dialogue between the office and our membership, we will be hosting 2 meetings over the course of the year, one in the fall and one in the spring. These meetings will serve as an opportunity to review competition calendars; coach education plans as well as any other topics brought forward by those in attendance. These meetings will be attended (at a minimum) by one member of the office staff and one member of the board of directors.

The goal is casual and honest discussion where a variety of opinions may be voiced and used to help further our programs. General minutes of the meetings will be taken and distributed.

The first meeting will be in late October.

Individuals who are unable to attend but would like to suggest topics for discussion are welcome to submit them in advance to Alanna Boudreau at [execdirector@athleticsmanitoba.com](mailto:execdirector@athleticsmanitoba.com)

### Indoor Program Coach/Officials Education Night

This year, we are once again offering a short refresher clinic for all teachers and coaches assisting with any of our Indoor School Track and Field competitions. It is also a great opportunity for anyone interested in getting involved with the officiating community to get started!

This will be a 1-night training session that will be held at the Sport for Life Centre 145 Pacific Ave on Monday, December 5<sup>th</sup>. Dinner will be provided.

5:30pm - 6:00pm	All Attendees	
	Welcome, Review evening plan and officiating information, Dinner	
6:00pm - 7:00pm Attendees will pick one of the following sessions	Elementary	Track Attack
	Marshalling/Start Line/Finish Line Shot Put/Long Jump	Marshalling/Start Line/Finish Line Horizontal Jump/Shot Put
7:00pm - 7:15pm	All Attendees	
	Break and switch to second session	
7:15pm - 8:15pm Attendees will pick one of the following sessions	Elementary	Track Attack
	Marshalling/Start Line/Finish Line Shot Put/Long Jump	Marshalling/Start Line/Finish Line High Jump

We are also working on additional Officials training sessions. Potential topics for these sessions include, Laser Measuring, specific training session for High School teachers and Meet Convenors, as well as the Flash Timing Photo Finish software.

More details to follow!



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### Community Development, Leadership, and Volunteer Opportunities

Athletics Manitoba has hired a Community Development Coordinator to help support the growth of the sport. The objective of this position is to establish accessible and sustainable programs and opportunities for young athletes. This role is responsible for raising community awareness of Athletics Manitoba and building relationships with new and existing community partners that will help build the foundation for the next generation of athletes.

Athletics Manitoba would also love to work with your school to develop a long-term leadership/volunteer program. In general, our sport requires a huge number of volunteers, and we are looking for new ways to get people engaged in our community. We can offer training, work hours as well as supervised mentorship opportunities, now is a great time to start a project that could offer development stages and a final project!

If you are interested in bringing a more complete athletics experience to your school or community, please contact Brooke-Lynn Boyd at [communitydev@athleticsmanitoba.com](mailto:communitydev@athleticsmanitoba.com).

### Regional Coach Clinics

If you are interested in hosting a coaching clinic in your area or want to create a new professional development opportunity that doesn't quite fit into our other existing programs, please let us know! We are always interested in getting out of the office to support as many programs as possible but due to budget constraints can only fulfill a certain number of requests each season.

Please contact Michael Kananoja at 925-5743 or [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com) if you have a proposal, you would like us to consider.

### NCCP Model & Requisites

#### NCCP Coaching Pathways

The NCCP model distinguishes between training and certification. Coaches can participate in training opportunities to acquire or refine the skills and knowledge required for a coaching context and as a result, they are considered "trained". To become "certified" in a coaching context, coaches must be evaluated on their demonstrated ability to perform within that context.

#### [Sport Coach, Club Coach, Performance Coach Pathway Visuals](#)

#### Making Ethical Decisions

Coaches must also take NCCP Making Ethical Decisions (MED) to be considered "Trained" following their RJTW, Sport/Club/Performance Coach Training. To see when the next MED is being offered, please visit this website: <https://www.sportmanitoba.ca/coaching/news-events/>

#### Respect in Sport

It is **mandatory** in the Province of Manitoba that ALL Coaches in the Province need to have their Respect in Sport Training.

#### [Take Respect in Sport Training](#)



## TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### NCCP Clinics

#### UPCOMING COURSES

**Sport Coach Theory Course:** Sunday, September 25<sup>th</sup>, 2022 – Register [HERE](#)

**Sport Coach Technical Course:** Sunday, October 2<sup>nd</sup>, 2022 – Register [HERE](#)

The Club Coach Theory and Technical Courses will be scheduled in November. An update will be sent to membership and posted on our website: <http://athleticsmanitoba.com/resources/coaching/clinics/>

#### Sport Coach ([Pathway](#))

This year Athletics Manitoba will be offering the NCCP Sport Coach course. This course is for coaches who are introducing athletes to Athletics and Athletics competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups through their training. This course is perfect for teachers who are interested in developing their track and field program.

At Sport Coach, coaches are introduced to the events usually contested in the Junior High environment. At this time there is no para specific course being offered at the Sport Coach level, however coaches currently working with an athlete with a disability in this age/ability range are to attend the Sport Coach workshop as the coaching and technical concepts carry over regardless of whether the coach works within the Olympic or Paralympic context.

Cost: \$105.00 – Athletics Manitoba Members  
\$120.75 – Non-Athletics Manitoba Members  
(Fees include GST)

#### Club Coach ([Pathway](#))

Club Coach is for coaches who work with athletes who have a foundation in athletics or come from a multisport environment. The focus of this course is to prepare the coach to develop an athlete's skills in one event group area. Seasonal planning is a key skill that is introduced in this course. In Club Coach, coaches select an event group to specialize in and are introduced to all facets of that event group. Coaches can complete as many event group specializations as they like.

Coaches wanting to specialize in either wheelchair racing or para-throws are first required to attend a Club Coach workshop in either the throws, sprints, or endurance event groups. Upon completion, they may then attend the wheelchair specialization workshop.

**Description:** The modules are designed to meet the needs of coaches who are working with athletes in a specific event group, in a club setting. In the Club Coach workshop, participants will select an event group to specialize in: Sprints/Relays/Hurdles; Throws, Jumps, Endurance or Wheelchair Racing.

Cost: \$105.00 – Athletics Manitoba Members  
\$120.75 – Non-Athletics Manitoba Members  
(Fees include GST)

This course will be scheduled in November and more information will be [posted online](#).



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

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5743 FAX: 204-925-5792 [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

### **NCCP Coach Evaluations**

Athletics Manitoba believes that an extremely important step in coach development is the Evaluation Process. We will be placing a greater emphasis on helping coaches work through the evaluation process. If you have completed an Athletics NCCP course recently and would like to pursue an Evaluation, please contact Michael to receive more information.

[programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)

### **Are you Sport or Club Coach certified?**

Athletics Canada values the dedication coaches put in to supporting athletes Long Term Athlete Development (LTAD) and creating a safe and positive environment to excel. As of 2020, Athletics Canada requires all coaches participating at the Canadian Championship events to be NCCP Club Coach Certified. Coaches have a tremendous impact on athletes within their community and the credibility of the NCCP standards helps showcase you the coaches!

Not sure where you stand? - [CHECK MY NCCP STATUS](#)

If you have any questions pertaining to your transferred NCCP Courses, please contact Michael at [programs@athleticsmanitoba.com](mailto:programs@athleticsmanitoba.com)

---