

**NOTICE OF DATE  
CHANGE!!!!  
2010 MASRC  
INDIGENOUS  
HERITAGE  
TRACK & FIELD  
MEET**



**FRIDAY, JANUARY 29, 2010  
UNIVERSITY OF MANITOBA**

Join us for the first annual MASRC Indigenous Heritage Track & Field Meet on Saturday, January 29, 2010 at the University of Manitoba Max Bell Centre. This is more than an age class meet for athletes born in 1997/1998 (Bantam); 1995/1996 (Midget) and 1993/1994 (Youth), this is a cultural event that will be filled with entertainment, music and history. This inter-provincial track meet will be an identification meet for the 2011 Manitoba NAIG team as well as other provincial track and field opportunities. The top five athletes in each event will receive award recognition.

The events being offered include the 60m, 200m, 800m, 1500m, 4x200m relay, shot put, high jump and long jump. Each athlete is allowed to enter into three individual events plus a relay. Entry fees are \$10.00 per person. Spikes are allowed on the rubber synthetic track (7mm or less). Starting blocks will be optional for the sprint events.

Registration and payment (cheque or cash) must be submitted to the MASRC office no later than January 25, 2010. Email to [melwhitesell@sport.mb.ca](mailto:melwhitesell@sport.mb.ca) or mail to 200 Main Street, Winnipeg, Manitoba R3C 4M2 or fax (204) 925-5714

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**2010 MASRC INDIGENOUS  
HERITAGE TRACK &  
FIELD MEET  
REGISTRATION FORM**



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female  
Day Month Year

Address: \_\_\_\_\_ Town/City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Coach: \_\_\_\_\_ Club/School: \_\_\_\_\_

Events: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ Relay  Yes  No

**Parent/Guardian:**

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

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

**2010 MASRC INDIGENOUS  
HERITAGE  
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FRIDAY, JANUARY 29<sup>TH</sup>, 2010**

**Schedule**

The events will begin at 9:00 am and as soon an event is completed the next event will be marshalled. Ongoing announcements will be made as to start times of events. If you are competing in a track events and a field event that are scheduled at the same time, you must check in with the field event and let them know you are going to compete in the track event and then return to the field event immediately after you are done on the track.

**Track**

<b>9:00 am 1500m (oval)</b>	Youth Men Midget Men Bantam Men Bantam Women Midget Women Youth Women	<b>9:00 am 60m (infield)</b>	Bantam Women Midget Women Youth Women Youth Men Midget Men Bantam Men
<b>200m</b>	Bantam Women Midget Women Youth Women Bantam Men Midget Men Youth Men		
<b>800m</b>	Bantam Women Midget Women Youth Women Bantam Men Midget Men Youth Men		
<b>4x200m</b>	Bantam Women Midget Women Youth Women Bantam Men Midget Men Youth Men		



MASRC  
The three icons are: a black feather, a blue infinity symbol, and a black stylized figure.

**Field**

**9:00 am Long Jump**

- Bantam Men
- Midget Men
- Youth Men
- Bantam Women
- Midget Women
- Youth Women

As soon as the 60m races are completed the shot put and high jump will begin in the following order:

**Shot Put**

- Bantam Women
- Midget Women
- Youth Women
- Youth Men
- Midget Men
- Bantam Men

**High Jump**

- Youth Men
- Midget Men
- Bantam Men
- Bantam Women
- Midget Women
- Youth Women