

The 6th Annual

“ROYAL RUMBLE ON THE RUBBER”



Thursday, May 14, 2009

Start Time: 10:30 am

Selkirk Community Stadium at
Lord Selkirk Regional Comprehensive Secondary School
221 Mercy St., Selkirk, MB

All-Weather (Flex-Seal) Surface for all events except for
Concrete Discus and Shotput circles

* 5 – 7 mm pyramid spikes recommended
9 mm permitted for high jump and javelin
(No “Christmas tree spikes”)

\$5.00/athlete or \$50.00/team
Ribbons for 1st – 5th place

RSVP to:

Scott Gurney

Work: 482-6926 ext.3233 Fax: 785-2571

Email: sgurney@lssd.ca

A full schedule of events will be run, time permitting except for the 4 x 400m.
Include a contact fax number, or email address where a meet schedule can be sent.

Schools will be asked to help run an event.
Please indicate the approximate number of athletes attending.

P.S. Don't forget your spikes!

“Royal Rumble on the Rubber” Event Schedule Thursday, May 14, 2009

The order of events will be: **junior girls, senior girls, junior boys, senior boys**. Some categories may be grouped together depending on numbers and time. Results will then be separated into each age classification at the completion of the race. **Please note:** In order to speed up the meet, **all races** (including the 100m!) will be run as **timed finals**. We'll try to seed accordingly at the marshalling area.

Order of Track Events

10:30 a.m.	Medley Relay 100 m Hurdles 1500 m 80 m Hurdles 1500 m 100 m - Timed Final 400 m - Timed Final 3000 m 200 m - Timed Final 800 m 4 x 100 m Relay (Timed Final)	All Girls then All Boys Junior and Senior Boys Junior and Senior Girls Junior and Senior Girls Junior and Senior Boys All Categories All Categories All Girls then All Boys All Categories All Categories All Categories
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Field Event Schedule

- Three trials at each event.
- It is the responsibility of the athletes to complete their three attempts within the allotted time.
- In the event of a conflict between a track event and a field event, the athlete **must report to the track event** and then return **promptly** to the field event.
- Depending on participant numbers, field events may run ahead of schedule. Listen to announcer for updates during the meet.

Category	10:30 am	12:00 pm	1:30 pm	3:00 pm	4:30 pm	6:00 pm
Junior Girls	H J & Shot	Discus	LJ	Javelin (south)	T J	-----
Senior Girls	-----	L J	Discus	H J & Shot	-----	T J & Javelin
Junior Boys	Discus	-----	H J & Shot	L J	Javelin (south)	T J
Senior Boys	L J	H J & Shot	Javelin (south)	Discus	T J	-----

Tetrathlon / Multiple Event: No special heats will be run but coaches can indicate an athlete's intention to compete in the "quad" (100 m, 800 m, LJ, & Shot) by marking a

large “Q” (for “Quad”) by the athlete’s name on the event tags. The points will be tabulated at the scorer’s table and final standings in each category will be announced at the end of the meet. (Please only include athletes who intend to complete all four events.)

Awards: Ribbons will be awarded for the **top 5** performances in each age category!

***** Athletes!** Create a record of your performance for future years by using one of our free stickers to record your event, time and distance! Available when you pick up your ribbon at the results table. Stick it on the back of your ribbon and, **voila!**, instant memories!

Questions? Contact Scott Gurney: (204) 482-6926 ext. 3233 or sgurney@lssd.ca

