### Dairy Farmers of Manitoba Provincial Track & Field Advancement Procedures

### **All Categories**

### **Hurdles**

- Winner of each heat plus the next fastest times to a total of 8 runners will advance to the final

### <u>100m</u>

- Winner of each heat plus the next fastest times to a total of 16 runners will advance to semi-finals
- Top 2 finishers from each Semi-Final and the next four fastest times will advance to the Final

### Para – 100m

- timed sections

### 200m

- Winner of each heat plus the next fastest times to a total of 16 runners will advance to semi-finals
- Top 2 finishers from each Semi-Final and the next four fastest times will advance to the Final

### Para - 200m

- timed sections

#### 400m

- Winner of each heat plus the next fastest times to a total of 8 runners will advance to the final

### Para - 400m

- timed sections

## 800m

- Winner of each heat plus the next fastest times to a total of 12 runners will advance to the final

### Para - 800m

- timed sections

#### 1500m

- timed sections

### Para - 1500m

- timed sections

# <u>3000m</u>

- timed sections

### Para - 3000m

- timed sections

### <u>4 x 10</u>0m

- Winner of each heat plus the next fastest times to a total of 8 teams will advance to the final

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### <u>4 x 400m</u>

- timed sections

### Medley

- timed sections

### Unified 4 x100m Relay

- timed sections

#### High Jump

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

### **Long Jump**

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

#### Para - Long Jump

-Single Round of competition only

### **Triple Jump**

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

### Para - Triple Jump

-Single Round of competition only

#### <u>Shot Put</u>

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

#### Para- Shot Put

- Single Round of competition only

### Discus

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

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# <u>Para – Discus</u>

-Single Round of competition only

# <u>Javelin</u>

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

# <u>Para – Javelin</u>

-Single Round of competition only