



M A S R C



MIG: THE COMEBACK

Technical Package

LONG DISTANCE RUN

UPDATED: December 1, 2020

Long Distance Run

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Participant Eligibility

Ancestry

Participants must identify as Indigenous, including Metis, First Nations or Inuit

Age Categories

Students enrolled in grades 7 through 12 are eligible to participate. Winners will be selected in each of the age categories below for each gender (male and female):

- 13U: Ages 11-13
- 16U: Ages 14-16
- 19U: Ages 17-19

*age categories are based on participants age as of May 14, 2021.

IMPORTANT NOTE:

We encourage Physical Education Specialists to engage their entire classes in these events, not only those of Indigenous ancestry. However, please only submit results for those who identify as Metis, First Nations or Inuit.

Event Setup

- This event can be held with all age categories/genders at once, or separately (whatever is easiest for the organizers)
- If hosting the event for everyone at the same time:
 - Remember to score each age category and gender separately.
 - Mark the different finish lines very obviously so participants know when they are done
 - Be sure to have enough people timing each age category, and make sure the different age groups are easily distinguishable to help the timers
- Outdoors is preferred, if possible
 - Can be on a track with laps measured out to suit each age categories
 - Can be on sidewalk/relatively flat trails, etc.
- Clearly mark the course (distances outlined below in “Competition Format”)
 - Flags, pylons, flagging tape
- A clearly marked start, and finish line

Volunteer Support

It is recommended there be volunteers to assist with this event, both for set up and during the event itself.

- Safety Volunteers: follow the participants on the track, to make sure everyone is doing ok and remaining on the course

- Timing volunteers: Start the time when the race starts, and get to the finish lines to time participants as they cross the finish line
 - Will need to use the “lap” function and write down the names associated with each lapped time

Event Participation

The MIG 2021 Long Distance Running Event will consist of both male and female individual events for 13U, 16U, and 19U age categories. There is an unlimited amount of participants in each age category, gender (male/female), and equipment division.

Equipment

- Stopwatch with a “lap” function
 - Phone, stopwatch, etc.
- Whistle
- Flags/Flagging Tape
- Start and Finish Line

Competition Format

Each age category will follow a different race distance. The competition race distances are as follow:

- 13U Male & Female: 2km
- 16U Male & Female: 3km
- 19U Male & Female: 4km

Competition Rules

- No participant shall begin before the start signal
 - Start signal: 2 whistle blasts
- All participants must remain on the clearly marked race course
- All participants must keep their distance from each other

Placing

- Participants will be timed, and placed according to their times.

Tie Breaking Rules

In the event of a tie, whether at the school/group level, or at the Provincial level (MASRC), all ties will be honored. Whatever participants tied for a specific age category and gender will be awarded for that position.

Score Cards

The information at the top of the scorecard must be filled out by the participant.

MIG 2021 Long Distance Run Scorecard (Example)

PAGE 1:

Name: _____

Age Category (Circle): 13U / 16U / 19U

Gender (Circle): Male / Female

Identifies as (Circle): First Nations / Metis / Inuit / None

PAGE 2

Name	Race Time		
	13U / 2km	16U / 3 km	19U / 4 km
John Doe		27:31 (27 minutes, 31 seconds)	
Jane Doe	23:46 (23 minutes, 46 seconds)		

HOW TO USE SCORECARD:

1. Have the participant fill out the information on **Page 1**
2. On **Page 2**, enter the participants name and final race time in the column that corresponds to their age group (example above)
 - a. HOUR:Minutes:seconds
3. Submit results by May 19, 2021

Awards

All participants of the MIG 2021 Long Distance Running event across Manitoba will be ranked based on their scoring. A gold, silver and bronze medal will be given to the first, second and third place participants (respectively) in each age category and gender.