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| **Event** | **Middle Years** | **Senior Years** |
| **Golf** |  |  |
| **Cross Country** | **Grade 6**- 1400m**Grade 7/8**- 1600m | **JV Girls-** 3000m **VR Boys**- 5000m**JV Boys/VR Girls**- 4000m |
| **Soccer** | **Ball**- Size 5**Equipment**- shin guards, non-metal cleats | **Ball**- Size 5**Equipment**- shin guards, non-metal cleats |
| **Volleyball** | **Ball**- Mikasa VQ2000**Jewelry**- not permitted**Net Height**-7/8 Girls- 2.15m7/8 Boys-2.20m | **Ball**- Mikasa MVA200 **Jewelry**- not permitted**Net Height**-JVB-2.35m VB- 2.43mJVG- 2.20m VG- 2.24m |
| **Triple Ball** | **Ball**- Mikasa VQ2000**Jewelry**- not permitted |  |
| **Curling** |  |  |
| **Basketball** | **Ball**- Wilson Evolution Size 6, 28.5**Jewelry**- not permitted | **Ball**- Wilson Evolution* JVG/VRG (Size 6- 28.5)
* JVB/VRB (Size 7)

**Jewelry**- not permitted |
| **Badminton** | * **Shuttle**- Mavis 300 blue band nylon shuttlecocks (optic yellow)
 | **Shuttle-** Mavis 300 blue band nylon shuttlecocks (optic yellow)**Protective eyewear** - the MHSAA strongly encourages the use of protective eyewear during Provincial Badminton Championships |
| **Fastball****(North {7/8}+ all Varsity)** | **Helmets**- face guard chin straps **(batter and all base runners)****Catchers**- full equipment with throat guard**Ball**- Worth Red Dot Optic Yellow 12” | **Helmets**- required for batter and runners**Cleats**- no metal or detachable spikes**Catchers**- full protective gear with throat guard**Ball** |
| **Softball** **(South)** | **Ball**- Worth Red Dot 12”**Helmets**- with chin straps (batters and all base runners)**Catchers**- full equipment |  |
| **Baseball** |  | **Bats**- wood or composite**Ball-** Rawlings ROML**Pitch count-** in effect(Zone only) |
| **Track and Field** | **Gr. 6-8 Track Events-**100,200,400,800,1500, 4x100**Field Events-**LJ, TJ, HJ, Shot, Disc,**Throwing implements** *Grade 6*: 4lb shot, 750g disc *Grade 7*: 6lb shot, 1kg disc *Grade 8 girls*: 6lb shot, 1kg disc *Grade 8 boys*: 8lb shot, 1kg disc |  |
| **Lacrosse** | No Lacrosse | Manitoba Lacrosse Rules |