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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- 2.15m  7/8 Boys-2.20m | **Ball**- Mikasa MVA200  **Jewelry**- not permitted  **Net Height**-  JVB-2.35m VB- 2.43m  JVG- 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 |