

THE CHINOOK TRACK AND FIELD CLUB INVITES YOU TO THE
Chinook Throws Gala 2018

ON

Friday, Saturday and Sunday, May 18-20, 2018

AT

THE UNIVERSITY OF LETHBRIDGE

Sanctioned by Athletics Alberta and Athletics Canada

As per rule 2.16 of the National Team Selection Rule Book this meet has been certified for inclusion as a standards meet. More info can be found at:

[https://www.athletics.ca/files///NATIONALTEAMSELECTIONRULESBOOKEN\(REVMAR2012\).PDF](https://www.athletics.ca/files///NATIONALTEAMSELECTIONRULESBOOKEN(REVMAR2012).PDF)

LOCATION AND FACILITY:

University of Lethbridge Community Stadium, 4401 University Dr - Lethbridge. Track: Six lanes, 400-metre track Concrete shot put, discus, and hammer circles. Change rooms available.

ENTRIES:

The entries deadline will be Friday, May. 11 at 16:00. Late entries, if allowed will be charged double.

Please send entries to steinke@uleth.ca

ENTRY FEES:

\$50.00 Entry fee - allows for entry into as many events as wished. There will be no entry fee charge for athletes who are scratched from the meet by Wednesday, May 16th. Please make cheque payable to: CHINOOK TRACK AND FIELD.

Please send entries to: E-mail: Steinke@uleth.ca
 Mail: Chinook Track and Field
 Box 21047 140 Columbia Blvd
 Lethbridge, AB. T1K 6X4

AGE CATEGORIES:

Juvenile/youth - 2001/02; Junior - 1999/00; Open - 1998 and earlier.

Anyone in the Midget age category (2003 or younger) wishing to compete may do so but will be required to use the older age class implements

EVENTS OFFERED:

*****Shot Put, Hammer, Discus, Javelin**

NOTE:

EVENTS SPECIFICATIONS:

Events	Gender	Midget	Youth	Junior	Open
Shot Put	W / M	N/A	3kg/ 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W / M	N/A	3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	N/A	500g/700g	600g/800g	600g/800g
Discus	W/M	N/A	1kg/1.5kg	1kg/1.75kg	1kg/2kg

Tentative Schedule:

final schedule will be sent out on Wednesday May 16th

Friday May 18

3:00 pm Shot Put A – Two Circles

4:30 pm Discus A

6:00 pm Paralympic Seated Shot Put

6:30 pm Hammer A Women

7:30 pm Hammer A Men

Saturday May 19

9:00 a.m. Hammer B Women

10:30 a.m. Hammer B Men

12:00 p.m. Shot Put B – two circles

1:00 pm Paralympic Seated Discus

1:00 p.m. Discus B

1:00 p.m. Javelin B

3:30 p.m. Shot Put C – two circles

4:30 p.m. Discus C

6:00 p.m. Hammer C – Women

7:00 p.m. Hammer C – Men

–Hammer, Shot and Discus C for women and men will be partially invited/ranked events and MAY be limited to 8 entries. If this event is limited to 8 entries for both men and women, then half of those entries will be by invite/ranking and the other half will come from the Hammer, Shot and Discus B events by place of finish. These will be run as open events only with senior weight implements being used

Sunday May 20

10:00 a.m. Shot Put D – Two Circles

11:00 a.m. Discus D

11:00 a.m. Javelin D

12:00 pm Paralympic Seated Javelin

2:00 p.m. Hammer D – Women

3:00 p.m. Hammer D – Men

