



25TH EDITION

JUNE 29, JULY 7, 21

Gord's Running Store Athletics Series 2021

An Alberta Fixture Since 1996



Meet Director - Doug Lamont
Assistant Meet Director - Paula McKenzie - Glenmore Field Events
Meet Manager - Jason Lindsay
Field & Equipment Manager - Dale Schoenthaler
Results Managers - Ed Moore, Doug Ratzlaff, Scott Ratzlaff
Announcing - Stuart York
Due to Covid-19 restrictions, there will not be BBQ's, but draw prizes throughout the meetings.
Sanctioned by Athletics Alberta



Entry Fee per Event: \$20.

No Late Entry for 2021



Registration through trackie.ca deadlines: Noon on Friday, June 25, July 2, July 16

Accepted Entries will be confirmed and posted on the Calgary track council website by 9:00 pm on June 25, July 2, July 16

Final Schedule and Heat Sheets: posted the morning of the meet on www.calgarytrackcouncil.com

Bad Weather Policy
In the case of bad weather, we will make a decision to go ahead, postpone or cancel by 10:00 am on competition day.

NB

WHERE

Foothills & Glenmore
Athletic Parks
Versaturf Track

CTC

TIMING & RESULTS

Finishlynx and Hytek
Meet Manager

Gord's

25TH EDITION

Special Draws and
Prizes will be featured
this year!

Gord's Running Store

New Balance Canada

Calgary Track Council

Meet 1: June 29 - 17:00 - 21:00

Foothills Athletic Park

400mH, 100m, 800m, 200m

Long Jump, High Jump, Open PV, U16 Long Jump

Glenmore Athletic Park

Shot Put, Javelin, Discus, Hammer, Seated Throws

Meet 2: July 7 - 17:00 - 21:00

Foothills Athletic Park

Sprint Hurdles, 200m, 1500m, 100m, 400m

Triple Jump, High Jump (Opening Heights: women - 1.45m, men - 1.70m), U16 High Jump

Shot Put, Hammer

Meet 3: July 21 - 17:00 - 21:00

Foothills Athletic Park

400mH, 800m, Sprint Hurdles, 100m, 400m, 200m, 1500 SC

Long Jump, High Jump (Opening Heights: women - 1.45m, men - 1.70m), Open PV, U16 Long Jump

Javelin, Discus



U16 Grand Prix:

- Sadly, due to Covid-19 restrictions we are unable to accommodate a formal U16 competition for the 2021 season. Look for it to resume in 2022.
- We will look to have hurdle and throwing implements for U16 competitors.

Gord's Running Store Athletics Series Grand Prix:

Male and Female:

1st \$500, 2nd \$250, 3rd \$150, 4th \$100, 5th \$50

Athletes will be awarded points for overall event placing (not performance). Scoring is as follows:

- Only your top 4 placings (open events only) count towards the point standings. You don't need to compete in all of the meets to be eligible for the prize money.
- Points are awarded for top 8 places in each open event as follows:
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt

- Ties will be broken based on the highest score (IAAF points tables) during the **Gord's Finale**.
- You must be present at the **Gord's Finale** to win grand prix prize money!
- Top male or female performances (as voted on by meet management) will receive a \$200 direct deposit in each of the following event areas for each meet:
 - Track
 - Field
- Overall performance of the meet will receive an additional \$200 bonus.
- All cash prizes will be delivered electronically through direct deposit.

Athletics Series 2021 & COVID19 – Note the adjustments to procedures and conduct.

This is based on Athletics Alberta, AHS Guidelines as of May 2021

- No Spectators - may be revisited and reviewed as the Series progresses.
- All coaches and officials who are registered with Athletics Alberta will be required to register with trackie.reg and confirm their attendance when they enter the facility.
- Athletes must have PPE, personal stretching area and must be 2m distant at all times.
- Athletes, coaches and officials must answer AHS Health Questionnaire before entry to either competition facility.
- Adjusted schedules for wide warm up.
- Athletes and coaches are asked to leave the facility when they have completed their events.
- Meet management reserves the right to limit entries if needed. Acceptance of entries will be confirmed by 9:00 pm the day of the registration deadlines.
- Scratch deadline is noon the day before the meet to receive a refund.
- 10:00 am the day of the competition, you will be advised if of your section, lane for your event. If you miss your event, we are unable to accommodate your mistake.
- Infield is only for warm up.
- Schedules will be posted with warm up times and competition times.
- Masks must be worn when athletes are idle (i.e. stretching). Coaches and officials must wear masks at all times.
- There will be a concession at each of the meets.

GENERAL SERIES NOTES 2021

- As most people have not competed in over a year, your best estimate for entries will have to suffice for meet 1 and 2. For meet 3, seed performances must come from the rankings.
- We will be using the NCAA altitude conversions for the distance times conversion.
- We will make every effort to switch directions to get a positive wind for the sprints. Decision will be made 1 hour before by the meet management.
- Three jump maximum for horizontal jumps and throws, unless there is time permitting. If time permits, the top 4 male and female jumpers and throwers will be awarded an additional 3 attempts.
- \$50 cash prizes will be awarded for breaking existing open records under legal conditions (new events will not be considered). Additional \$50 for breaking a senior provincial record!
- All prize money will be e-transferred to the individual athletes.
- Check-in Procedure: All track athletes must check-in at the starting line. There will be no additions made at the start line. No exceptions!
- Field events competitors must check in at the event.
- Masters athletes may at the discretion of the meet management be accommodated for throwing implements. There will be no Masters hurdles events. These events will not be scored.



Gord's Running Store Athletics Series Meet Records

as of May 2021

Records are Open Events Only (under legal conditions)

Men's Records

100m.	10.20	Jerome Blake	2019
150m.	15.34	Jerome Blake	2019
200m.	20.82	Brian Barnett	2009
400m.	46.02	Austin Cole	2019
110mH.	14.30	Kayden Johnson	2018
400mH.	51.71	Trent Ratzlaff	2007
800m.	1:49.09	Marco Arop	2017
1000m.	2:31.59	Alex James	2014
1500m.	3:53.65	Scott Arnold	2006
Mile	4:09.37	Scott Nicol	2012
2000m.	5:42.01	Gareth Hadfield	2014
3000m.	8:26.43	Russell Pennock	2017
1500 SC	4:17.34	Gareth Hadfield	2017
2000 SC	5:52.19	Gareth Hadfield	2017
3000 SC	9:30.93	Paul Chafe	2006
LJ	7.20m.	Scott Kimmins	1997
HJ	2.15m.	Noel Vanderzee	2019
TJ	16.06m.	Oral O'Gilvie	1999
PV	5.46m.	Spencer Allen	2018
SP	16.80m.	Mohamed Asiff	2019
DT	51.82m.	Kris Watson	1997
JT	74.51m.	Kyle Nielson	2014
HT	71.03m.	James Steacy	2014

Women's Records

100m.	11.54	Kaltouma Nadjina	2009
150m.	17.68	Loudia Laarman	2017
200m.	23.38	Kaltouma Nadjina	2005
400m.	51.65	Kaltouma Nadjina	2001
100mH.	13.41	Jessica Zelinka	2015
400mH.	59.96	Sage Watson	2011
800m.	2:07.52	Malindi Elmore	2004
1000m.	3:02.60	Claire Sumner	2014
1500m.	4:27.75	Jessica O'Connell	2017
Mile	4:58.16	Sarah MacArthur	2015
3000m.	9:29.59	Jessica O'Connell	2016
1500 SC	4:49.03	Maria Bernard	2017
2000 SC	6:36.91	M. Bernard-Galea	2019
LJ	6.16m.	Nikki Oudenaarden	2015
HJ	1.83m.	Rachel Machin	2012
TJ	12.11m.	Mowa Adeleye	2018
PV	4.35m.	Kelsie Hendry	2009
SP	16.92m.	Taryn Suttie	2015
DT	56.26m.	Rachel Andres	2019
JT	59.12m.	Liz Gleadle	2012
HT	67.02m.	Heather Steacy	2015