

**CHINOOK and PRONGHORN TRACK AND FIELD CLUBS INVITE YOU TO THE
Pronghorn Chinook Throws Gala 2022**

ON

Friday, Saturday and Sunday, May 20-22, 2022

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 entry deadline will be Friday, May. 13 at 16:00. Late entries, if allowed will be charged double.

Please send entries to **Chinooktf@gmail.com**

ENTRY FEES:

\$60.00 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 Monday, May 16th. Please make cheque payable to: CHINOOK TRACK AND FIELD.

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

AGE CATEGORIES:

Juvenile/youth - 2005/06; Junior - 2003/04; Open - 2002 and earlier.

Anyone in the Midget age category (2007 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 15th

Friday May 19

3:00 pm Shot Put A – Two Circles Men and Women

4:00 pm Discus A

5:30 pm Hammer A Women

7:00 pm Hammer A Men

Saturday May 20

9:00 a.m. Hammer B Men

10:30 a.m. Hammer B Women

12:00 p.m. Shot Put B – two circles Men and Women

1:00 p.m. Discus B

1:00 p.m. Javelin B

3:30 p.m. Shot Put C – two circles Men and Women

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 21

10:00 a.m. Shot Put D – Two Circles Men and Women

11:00 a.m. Discus D

11:00 a.m. Javelin D

2:00 p.m. Hammer D – Women

3:00 p.m. Hammer D – Men

