



26TH EDITION

MAY 29, JUNE 5 and JUNE 29

Gord's Running Store Athletics Series 2022

An Alberta Fixture Since 1996

Meet Director - Paula McKenzie - paula@caltaf.com
Meet Manager - Jason Lindsay - jwlindsa@me.com
Field & Equipment Manager - Dale Schoenthaler
Results Managers - Ed Moore, Doug Ratzlaff, Scott Ratzlaff
Announcing - Stuart York
Sanctioned by Athletics Alberta

Meet 1: May 29 - 12:00 - 16:00 (originally May 8)

Open Events

Sprint Hurdles, 100m, 800m, 200m, 2000m S/C
Long Jump, Shot Put, Javelin

U16 Events

Sprint Hurdles, 100m, 800m, 200m, 1500m S/C
High Jump (includes masters), Shot Put, Javelin

Meet 2: June 05 - 12:00 - 16:00

Open Events

400mH, 100m Heats, 1500m, 100m Final, 400m, 150m
High Jump, Triple Jump, Shot Put, Hammer, Pole Vault

U16 Events

200mH, 100m, 1200m, 300m, 150m
Long Jump, Shot Put

Meet 3: June 29 - 17:00 - 21:00

Open Events

400mH, 800m, Sprint Hurdles, 100m, 400m, 200m, 1500 SC
Triple Jump, High Jump, Pole Vault

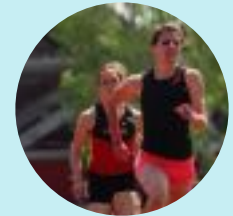
U16 Events

Sprint Hurdles, 300m, 1500SC (with water), 100m, 800m
Long Jump, Shot Put, Discus



Entry Fee per Event: \$25

No Late Entries.



Registration through trackie.ca deadlines: Noon on May 24, May 31, June 24

Accepted Entries will be confirmed and posted on the track council website by 9:00 pm on May 28, June 04 and June 28

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 9:00 am on competition day.



WHERE

Foothills Athletic Park
Versaturf Track and Concrete Circles



TIMING & RESULTS

Finishlynx and Hytek
Meet Manager



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Special Draws and Prizes will be featured this year!

U16 Grand Prix:

- The U16 Grand Prix is back! Every U16 event competed in is scored and tallied for the season.
 - 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

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 based on IAAF tables 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.

Gord's Running Store Athletics Series 2022

GENERAL NOTES

- As most people may not have competed by the commencement of the Series, we encourage people to use their best estimates for meet 1. Meet 2 and 3 will require accurate seed performances that are confirmed in the rankings.
- U16's are not permitted to enter open field events.
- 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.
- U18 / U20 / masters athletes may be accommodated for hurdle and barrier heights and for throwing implements. These events will not be scored.



Gord's Running Store Athletics Series Meet Records

as of May 2022

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. | 3:47.33 | Eric Lutz | 2021 |
| 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 | 17.12m. | Mohamed Asiff | 2021 |
| 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 | 56.63m. | Rachel Andres | 2021 |
| JT | 59.12m. | Liz Gleadle | 2012 |
| HT | 67.02m. | Heather Steacy | 2015 |