

## **U14, U16, U18 and Masters Provincial Championships Saturday – Sunday July 14 & 15**

Host: Calgary Track Council

Sanctioned by: Athletics Alberta

WEBSITE: <http://www.calgarytrackcouncil.com/>

### **Facilities:**

Foothills Athletic Park

2424 Crowchild Trail NW

Calgary, Alberta

**Maximum Spike length: 6mm Christmas tree or cones**

### **Entry Fees:**

Athlete Registration Fee: \$5.00

Provincial Championship Fee: \$3.00

Individual Events Entry Fee: \$17.00

Bantam Entry Fee: \$5.00 Per Event

Relays & Combined Events Entry Fee: \$35.00

### **Entry Procedure:**

Trackie - <https://www.trackie.com/online-registration/find-event/>

Entry Deadline: Thursday July 5, 2018 - Midnight

Late entry and scratch deadline: Tuesday July 10 - Midnight

Late Entries: Late entries will be accepted at the Meet Director's discretion. Accepted Late entries will have an additional \$10.00 fee/event

### **Meet Inquires:**

Email: [rdcumming@shaw.ca](mailto:rdcumming@shaw.ca)

### **Other Information:**

Hospitality Volunteers / Officials / Coaches receive complimentary Lunch each day.

U20 athletes will compete in the open category. Events with different technical specifications (hurdles and throws) will be accommodated.

Provincial Championship events – 100m/200m/Sprint hurdles will have heats and Finals (even if there are less than 9 competitors)

U14 Track races are all timed finals: no starting blocks. Modified Start rule – First False start charged to the field. Second False start is a disqualification. Throws and Horizontal Jumps – all competitors will get 3 attempts.

U14 Multi Events, Awards will only be given to athletes competing all 4 events each day. Scoring will be based on the final placing in the event. 10-8-6-5-4-3-2-1

EVENTS	U14		U16		U18		Masters		Open	
	Boys	Girls	Boys	Girls	Men	Women	Men	Women	Men	Women
80	Sat	Sat	-	-	-	-	-	-	-	-
100	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
150	Sun	Sun	-	-	-	-	-	-	-	-
200	-	-	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
300	-	-	Sat	Sat	-	-	-	-	-	-
400	-	-	-	-	Sat	Sat	Sat	Sat	Sat	Sat
800	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
1200	Sat	Sat	Sat	Sat	-	-	-	-	-	-
1500	-	-	-	-	Sat	Sat	Sat	Sat	Sat	Sat
3000	-	-	-	-	Sun	Sun	Sun	Sun	Sun	Sun
Steeple	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
80m H	-	-	-	Sat	-	-	-	Sat	-	-
100m H	-	-	Sat	-	-	Sat	-	-	-	Sat
110m H	-	-	-	-	Sun	-	Sun	-	Sun	-
400m H	-	-	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
4 x 100	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
4 x 400	-	-	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Long Jump	Sat	Sat	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat
Triple Jump	-	-	-	-	Sun	Sun	Sun	Sun	Sun	Sun
High Jump	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Pole Vault	-	-	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat
Shot Put	Sun	Sun	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun
Discus	Sat	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
Javelin	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Hammer	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Combined Events	Sat or Sun	Sat or Sun	Sun	Sun	Sat	Sat	Sat	Sat	-	-

Specs	Open M	Open W	U20 M	U18 M	U18 W	U16 M	U16 W	U14
Sprint Hurdles	110m	100m	110m	110m	100m	100m	80m	
	1.067m	0.84m	0.99m	0.91m	0.76m	0.84m	0.76m	
	9.14m	8.5m	9.14m	9.14m	8.50m	8.50m	8.00m	
Long Hurdles	400m	400m		400m	400m	200m	200m	
	0.914m	0.76m		0.84m	0.76m	0.76m	0.76m	
Shot Put	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	3kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg	0.75kg
Javelin	800g	600g		700g	500g	600g	500g	Turbo 400g
Hammer	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	