

U14, U16, U18 and Masters Provincial Championships
July 14 – 15
Foothills Athletics Park
Host: The Calgary Track Council

IMPORTANT NOTES:

Coach's Meeting:

Coach's Meeting Saturday at 9:15am at timing shed.

SPIKES:

Spikes must be pyramids or Christmas trees. Maximum length: 6mm. NO PINS

Hospitality:

Volunteers / Officials / Coaches receive complimentary Lunch each day.

Marshalling Procedure:

Combined events: marshal for their first event of the day and then will move through the events as a group and start each event at the time indicated by the Combined Events Referee.

Field Events: check in on site a minimum of 30 minutes before the scheduled start time.

Track Events: check in at the start line a minimum of 15minutes before the scheduled start time.

Sprint Hurdles:

U16, U18 and Open sprint hurdle events will have heats and finals, even if there are less than 9 participants.

Sprint A/B Finals:

For the 100m and 200m for U16, U18 and Open will have A and B finals.

Height Progressions High Jump:

U14 Boys and Girls: Opening height 0.90m up by 10cm to 1.20m then up by 5cm.

Women U16, U18, Open: Opening height 1.20m up by 5cm to 1.50m then up by 3cm.

Men U16, U18, Open: Opening height 1.30m up by 5cm to 1.85m then up by 3cm.

Height Progressions Pole Vault:

Women U16, U18, Open: Opening height 1.40m up by 15cm to 3.35m then up by 10cm.

Men U16, U18, Open: Opening height 2.30m up by 15cm to 4.10m then up by 10cm.