

# Calgary Spring Challenge & Combined Events Meet

## Alberta Combined Events Championships (Midget/Youth/Open/Masters) Saturday & Sunday May 14 & 15, 2011

This is the 31<sup>th</sup> Annual Spring Combined Event meet and the 8<sup>th</sup> Annual Spring Team Challenge

### 55+ Alberta Summer Games Zone Trials

The Spring Challenge will be the Trials meet for Zone athletes wishing to compete at the 55+ Alberta Summer Games. These athletes are to enter the Open Category. Events Offered:

100m, 200m, 1500m, Shot Put, Discus, Javelin. (Predicted Walk – Saturday, 9:30am)

### NOTE: New Start Time this Year:

<b>Decathlon</b>	Saturday, 10:30am and Sunday, 10:00am
<b>Heptathlon</b>	Saturday, 11:00am and Sunday, 12:00pm
<b>Individual Events</b>	Saturday, 11:00am and Sunday, 10:00am

Host: University of Calgary Athletics Club

Sanctioned by: Athletics Alberta

**WEBSITE:** [www.uofcalathletics.ca](http://www.uofcalathletics.ca)

**Facilities:** Glenmore Athletic Park  
5300 19 Street SW  
Calgary, Alberta

### Hospitality

Hospitality Tent on site offering refreshments for all athletes

Volunteers / Officials / Coaches receive complimentary Lunch each day.

**Entry Fees: Cheques payable to: "UCAC"**

<b>Combined Events</b>	<b>\$35.00</b>
<b>Individual events - First event</b>	<b>\$15.00</b>
<b>- Additional events</b>	<b>\$10.00</b>

### Athletics Alberta Day of Meet membership - \$5.00

Athletes who are not members of their Provincial Athletics Association will be required to fill out this form and pay the fee.

### Entry Deadline: Monday May 9, 2011.

Late Entries: Late entries will be accepted at the Meet Director's discretion.

Late entries will have an additional \$5.00 fee/event

### Information needed:

Name / Gender / Birthdate (mm/dd/yy) / Athletics Alberta # / Events/ Seed Performances

**Send Entries to:** Email: [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca) Fax: 403-210-8187

**Team Manager Event File:** contact Doug Lamont, [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)

Mail: University of Calgary Athletics Club  
Faculty of Kinesiology  
2500 University Drive NW  
Calgary, AB, T2N 1N4

### Individual Events:

TRACK	Open Men	Open Women	Junior Men N-Score	Youth Boys	Youth Girls	Midget Boys	Midget Girls	Bantam Boys	Bantam Girls	Peewee Boys	Peewee Girls
<b>Saturday</b>											
60m										X	X
80m								X	X		
100m	X	X		X	X	X	X				
300m						X	X				
400m	X	X		X	X						
1000m										X	X
1200m						X	X	X	X		
1500m	X	X		X	X						
Hurdles		100m			100m	100m	80m	80m	80m		
<b>Sunday</b>											
150m								X	X	X	X
200m	X	X		X	X	X	X				
600m										X	X
800m	X	X		X	X	X	X	X	X		
2000m						X	X				
Hurdles	110m		110m	110m						60m	60m
Hurdles	400m	400m		300m	300m	200m	200m	200m	200m		
Steeple	X										

Field	Open Men	Open Women	Junior Men N-Score	Youth Boys	Youth Girls	Midget Boys	Midget Girls	Bantam Boys	Bantam Girls	Peewee Boys	Peewee Girls
Pole Vault	Sun	Sun									
High Jump	Sat	Sat		Sat	Sat	Sun	Sat	Sun	Sun		
Long Jump	Sat	Sun		Sat	Sun	Sat	Sun	Sat	Sat	Sat	Sat
Stand LJ										Sun	Sun
Triple Jump	Sun	Sat									
Shot Put	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun
Discus	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sat
Javelin	Sat	Sat	Sat	Sat	Sat	Sat	Sat				
Hammer	Sat	Sat									

Specs	Open Men	Open Women	Junior Men N Score	Youth Boys	Youth Girls	Midget Boys	Midget Girls	Bantam Boys	Bantam Girls	Peewee Boys	Peewee Girls
Sprint	110m	100m	110m	110m	100m	100m	80m	80m	80m		
Hurdles	1.067m	0.84m	0.99m	0.91m	0.76m	0.84m	0.76m	0.76m	0.76m		
Long Hurdles	400m	400m		300m	300m	200m	200m	200m	200m		
	0.914m	0.76m		0.84m	0.76m	0.76m	0.76m	0.76m	0.76m		
Shot Put	7.26kg	4kg	6kg	5kg	4kg	4kg	3kg	3kg	3kg	2kg	2kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg	750g	750g	750g	750g
Javelin	800g	600g		700g	600g	600g	600g				

## Combined Events

### Decathlon **Start time: 10:30am Saturday and 10:00am Sunday.**

	1 <sup>st</sup> day	100m	Long Jump	Shot Put	High Jump	400m	2 <sup>nd</sup> day	Hurdle	Discus	Pole Vault	Javelin	1500m
Open Men		X	X	16lb	X	X		110m 1.07m	2kg	X	800g	x
Junior Men		X	X	6kg	X	X		110m 0.99m	1.75kg	X	800g	X
Masters Men		X	X	TBD	X	X		TBD	TBD	X	TBD	X

### Octathlon **Start time: 10:30am Saturday and 10:00am Sunday.**

	1 <sup>st</sup> day	100m	Long Jump	Shot Put	400m	2 <sup>nd</sup> day	Hurdle	High Jump	Javelin	1000m
Youth Men		X	X	5kg	X		110m 0.91m	X	700g	X

### Heptathlon **Start time: 11:00am Saturday and 12:00pm Sunday.**

	1 <sup>st</sup> day	Hurdles	High Jump	Shot Put	200m	2 <sup>nd</sup> day	Long Jump	Javelin	800m
Open Women		100m 0.84m	X	4kg	X		X	600g	x
Junior Women		100m 0.84m	X	4kg	X		X	600g	X
Youth Women		100m 0.76m	X	4kg	X		X	600g	X
Masters Women		TBD	X	TBD	X		X	TBD	X

### Midget Pentathlon **Start time: 10:30am Sunday**

<b>Boys</b>	100m	Long Jump	Shot Put (4kg)	High Jump	1000m
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### **Start time: 10:30am Sunday**

<b>Girls</b>	100m	High jump	Shot Put (3kg)	Long Jump	800m
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## Spring Team Challenge

### Rules

1. Clubs designate a roster of athletes to score for their team.
  - a. Roster size: minimum 5 athletes and a maximum of 10 athletes
  - b. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
  - c. Athletes must be registered with their Provincial Association and the club they are representing.
  - d. Teams can have any mix of male and female athletes.
2. Athletes can score in as many events as they wish. Non-Scoring competitors will not be removed from the results for scoring purposes.
3. Scoring will be based on final placing in the event. 10-8-6-5-4-3-2-1
4. Champions will be determined in 3 Categories: Open, Juvenile/Midget and Bantam/Pewee
5. Scoring team members of the Winning Teams will receive T-Shirts.

### Past Winners of Spring Team Challenge

Year	Open	JUV/MID	BAN/PW
2011	TBD	TBD	TBD
2010	UCAC	CALTAF	Calgary Spartans
2009	UCAC	CALTAF	Calgary Spartans
2008	UCAC	CALTAF	Calgary Spartans
2007	Calgary International	CALTAF	Leduc
2006	Calgary International	Not awarded	Not awarded
2005	UCAC	Not awarded	Not awarded
2004	UCAC	Not awarded	Not awarded

### Awards:

#### Medals: Top 3 in each event

Alberta Championship Medals to the Top 3 Athletics Alberta members in the Combined Events. Event with less than 3 entries will not receive Alberta Championship Medals

**T-Shirts:** each member of Top Team in Each Category

#### 3 Categories:

**Open** (1993 and earlier)      **Youth/Midget** (1994-95 / 1996-97)      **Bantam/Pewee** (1998-99 / 2000-2001)

### Accommodation:

**Blackfoot Inn**, 5940 Blackfoot Trail SE, Calgary, AB, T2H 2B5

40 rooms have been set aside at a rate of \$109 per night plus taxes.

Contact reservations coordinator, Angela Lackey, at 403-252-2253 ext. 1608 or at [reservations@blackfootinn.com](mailto:reservations@blackfootinn.com) to make bookings. Indicate you are with "Spring Challenge"

**Rooms are set aside till April 22, 2011**

**Village Park Inn**, 1804 Crowchild Trail NW, Calgary, AB, T2M 3Y7

59 rooms have been set aside at a rate of \$112.99 per night plus taxes.

Contact Chris, Reservations coordinator directly at 403-220-1805, or Guest Services, 403-289-0241 or email [reservations@villageparkinn.com](mailto:reservations@villageparkinn.com). Indicate you are with "UCAC Track & Field"

**Rooms are set aside till May 2, 2011**



