

# Youth Athletics League 2011

**Dates: May 18, 25, June 1, 8, 15, 22  
@ Glenmore Athletic Park (5300 19 Street SW)**

**Cost: \$5/person/meet, \$25 for the series  
Please contact Nikki to discuss club or school rates.**

**Sanctioned by: Athletics Alberta**

**Check in and Warm-Up: 6:00 pm for all meets.**

**Meet duration: 6:30 pm – 8:00 pm**

**Age groups (as of Dec 31, 2010): 11 and under, 12-13, 14**

**Meet 1: May 18**

4x100, 600, 60  
Standing Long Jump, Ball Throw

**Meet 2: May 25**

1000, 60H,  
High Jump, Shot Put

**Meet 3: June 1**

200, 800  
High Jump, Discus Throw

**Meet 4: June 8**

1200, 100  
Long Jump, Javelin Throw

**Meet 5: June 15**

200H, 600  
Long Jump, Shot Put

**Meet 6: June 22**

800, 60H, 4x100  
Standing Long Jump, Ball Throw

**Youth Athletic League Rule Modifications:**

- No starting blocks,
- 20" hurdles,
- All long jumps will be measured from the point of takeoff to the nearest point in the pit,
- We may have to limit the number of attempts in the high jump,
- Boys and girls may compete together.
- Only the longest throw is actually measured.

**Insurance: All athletes must be registered members of Athletics Alberta. If an athlete is not a member, they may purchase a Day of the Meet Athletics Alberta membership (\$5 / day) at the meet. More information can be found at:  
[www.athleticsalberta.com/main/?memberships](http://www.athleticsalberta.com/main/?memberships).**

Information or group and school rates please contact Nikki Barlow at [nikkibarlow\\_2@hotmail.com](mailto:nikkibarlow_2@hotmail.com) or Jason Lindsay at [jwlindsa@hotmail.com](mailto:jwlindsa@hotmail.com).

# JUST TRY IT!