

2014 Calgary Indoor Track Series

Location: Jack Simpson Track, Kinesiology Building, U of Calgary

SPIKE LENGTH: Must be Cones or Christmas Trees, Maximum length 6mm

Map of Campus: <http://www.ucalgary.ca/map/>

Hosted by: Calgary Track Council and University of Calgary Track & Field Program

Sanctioned by: Athletics Alberta

High School events sanctioned by ASAA

Websites: www.calgarytrackcouncil.com

www.uofcathletics.ca "Calgary Indoor Track Series"

Categories: **Ages as of December 31 the year of Competition**

10 years and under

11-15 years (will compete in one year divisions)

Open: age 16 and over

Masters: 35+ years old on day of meet

High School: Junior and Senior Categories. Only for ASAA member schools.

HS events will not be scored for the Series Championship

Invitational events: Field sizes will be limited. Athletes are required to submit legitimate performances for consideration of entry by the entry Deadline.

Invitational events will not be scored for the Series Championship

Events Offered:

| | Dino Opener | Dino Classic | Jack Simpson Open | Dino Indoor Challenge |
|-------------|----------------------------------|---------------------------|---------------------------|--------------------------|
| | Saturday, December 14, 2013 | Saturday, January 4, 2014 | Sunday, January 26, 2014 | Saturday, April 26, 2014 |
| | 10:00am – 7:00pm | 10:00am – 5:00pm | 10:00am – 5:00pm | 10:00am – 5:00pm |
| 60m | All ages | All ages | All ages | All ages & HS |
| 150m | 13 & under | 15 & under | 13 & under | 13 & under |
| 200m | 14 & older | | | |
| 300m | | 16 & older | 14 & older | |
| 400m | | | | 14 & older & HS |
| 600m | | All ages | | |
| 800m | All ages | | | All ages & HS |
| 1000m | | | All ages | |
| 1200m | | 12-15 years | | |
| 1500m | | 16 & older | | |
| Mile | | | | 16 & older |
| 3000m | 16 & older | | | HS |
| 60m Hurdles | 14 & older (Invitational) | 14 & older (Invitational) | 14 & older (Invitational) | |
| 4x200m | All ages | | 13 & under | All ages & HS |
| 4x400m | | | 14 & older | |
| | Invitational Field Events | | | |
| Long Jump | Invitational | | | |
| Triple Jump | Invitational | | | |
| High Jump | Invitational | | | |
| Shot Put | Invitational | | | |

Schedules: Tentative schedules are posted on the Website. Final schedules will be posted the day before the competition

Awards:

- For each meet: top 6 in each event Final, will receive ribbons.
- Participant ribbons will be available for all finishers who do not place in the top 6.
- Athletes are expected to pickup their awards at the registration table after final results are posted. Ribbons will not be mailed out.
- **Series Championship:** top 3 total point winners in each age group will receive medals.
 - 10&under/11yrs/12yrs/13yrs/14yrs/15yrs/16-17yrs/Open/Masters
 - Points will be accumulated for athletes finishing in the top eight in each event as follows: 10, 8, 6, 5, 4, 3, 2, 1 for 1st, 2nd, 3rd, etc. down to 8th place.

Series T-Shirts

- Series T-shirts will be awarded to every athlete who completes 4 individual events.
- Athletes are asked to indicate their T-Shirt size with their first entry into the series.

ENTRIES:

Entry information should include:

Name and club/school

Male/Female, Birthdate and Tshirt size

Events and seed performance or expected performance.

Entry deadline: Entries must be received by the Tuesday prior to the meet.

Entries may be limited due to space and time constraints and will be processed on a first come first serve basis.

a) Email to lamont@ucalgary.ca

Day of Meet entries will only be accepted at Meet Director's discretion and if space is available

Entry Fee is \$10 per athlete per event
\$10 per Relay team (Day of meet entries are OK)

Make cheques payable to "University of Calgary Athletics Club"

Athletics Alberta Membership

- **All participants must be a members of Athletics Alberta. To register with Athletics Alberta go to:** <http://www.athleticsalberta.com/about-us/membership>
- **“Day of Meet” Membership is available for one meet only (Cost \$5.00). Forms at:** <http://www.athleticsalberta.com/about-us/registration-membership/registration-forms>

T-SHIRT SIZE – be sure to include your T-shirt size with your first entry, if you expect to **complete 4 Individual** events during the series.

Initial Entry lists will be posted on Wednesday on the Calgary Track Council and UCAC websites.

- Fully automatic phototiming (FinishLynx).
- **Youth Girls & Boys 60m** –: will have timed section finals. If they wish to run heats to finals, they should request to run in the Open Category.
- **RESULTS:** Results will be posted at the main entrance as soon as possible and Saturday night on the series website.