

Calgary Indoor Track Series Procedures 2015-16

Age Categories

Ages as of December 31 the year of Competition

10 years and under

One Year Age Divisions for 11-15 years

Open: age 16 and over

Masters: Men 35+, Women 35+

Entries:

Athletics Alberta Membership

- **All participants must be members of Athletics Alberta:**

<http://www.athleticsalberta.com/about-us/membership>

- **“Day of Meet” Membership is available for one meet only**

<http://www.athleticsalberta.com/about-us/registration-membership/registration-forms>

These can be submitted the morning of the meet at the registration table.

Entry information should include:

Name

Club or School

Male or Female

Birthdate

Events and seed performance or expected performance.

Entry Fee is \$12 per athlete per event

\$12 per Relay team (Day of meet entries are OK)

Make cheques payable to "University of Calgary Athletics"

Payment can be made the morning of the meet at the registration table.

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 uofcathleticsentries@gmail.com

Late Entries will be accepted at Meet Director's discretion

Entry Lists

Entry lists and final schedule will be posted on the Thursday prior to the meet at:

www.uofcathletics.ca

and

www.calgarytrackcouncil.com

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

Spikes are for sale at the Registration Table

REGISTRATION

Athletes or Coaches must pay registration fees at the Registration Table prior to competition

MARSHALLING

1. Athletes must confirm their entry at the Clerk's Table no later than 20' prior to the start of their event.
2. Athletes must be at the start line 10 minutes prior to their event.
3. Relays Teams must submit Team Declaration forms to Clerk's Table no later than 1 hour before the scheduled start
 - a. Mixed Gender teams will compete in the Male category.
 - b. The age category of the team will be determined by the oldest member of the team (except with masters athletes).
4. Field Events will check in on site, 30' prior to the start of the event.

SPECTATORS

Space at Jack Simpson Track is very tight. Spectators must be aware of what is going on at all times.

Spectators are asked to remain on the blue sections or the stands if they are available. When spectators are on the track they must be aware of athletes warming up and/or competing.

Athletes and Spectators must stay off of the gymnasium floor and the fitness training equipment.

Heat Sheets and Results

Heat Sheets and results will be posted at the main entrance to Jack Simpson Track.

Awards:

- For each meet: top 6 in Final Results of each event 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.
- **For the entire series: top 3 total point winners in each age group will receive medals. 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 will be awarded to every athlete who completes 4 individual events.**

START PROCEDURES

Starting Blocks – Athletes 14 years and older must use starting blocks for sprint events.
Athletes 13 years and younger will not have starting blocks for sprint events

60m

Open Men and Open Women 60m will have Heats and Finals. There will be a 2 or 3 section Timed Final. Athletes choosing not to run the final are asked to notify the results table immediately after the heats, so that the next possible qualifier can be advanced. Seeding of final will be based on time only.

Masters, Youth and younger (17 & under) will have timed finals for 60m. If you would like to run heats and finals, you will need to indicate on your entry that you will enter Open 60m.

150m/200m

All age groups will run the complete race in lanes.
All race are timed finals

300m

Bantam and Older will run the complete race in lanes.
Peewee and younger will use a waterfall start line.
All races are timed finals

400m/600m

Midget and older will run the first 2 corners in lanes and then cut-in.
Bantam and younger will use a waterfall start line.
All races are timed finals

800m and longer

Waterfall start or one Corner stagger at the discretion of the starters
All races are timed finals

Relay procedures

Relay Declaration Forms must be submitted to Clerk's Table no later than 30 minutes prior to the scheduled start of the relays.

4x200m

Peewee and Bantam (13 & under)

The first runner from each team will start from a waterfall start line.
Exchange zone will be 20m

Midget and older

The first runner will run in their assigned lane and hand off to the second runner, who will run the 1st corner of their leg in their assigned lane and then cut in at the start of the back stretch.

Field Events/Hurdles

Due to limited space and time, the number of competitors for field events/Hurdles must be limited. Therefore, fields will be created on an invitation basis. Athletes/Coaches are encouraged to submit requests for invitation including verifiable performances in the event. The list of Competitors for each event will be created after the Tuesday deadline and athletes/coaches are asked to check the entry list after that date for confirmation of entry.