2016 INDO-CANADIAN ATHLETIC



JULY 23 & 24, 2016

CALGARY ROTARY CHALLENGER PARK

Hosted by : Indo-Canadian Athletic Association

sanctioned by: Athletics Alberta

Entry Fees:	Individual Events:		\$ 10/- for 1 st , \$ 5/- for subsequent	
	Peewee	:	\$ 15/day	[3 events]
	Bantam	:	\$ 20/day	[4 events]
Relays :		\$ 15/- per	team	

Cheques payable to: Indo-Canadian Athletic Association

Eligibility All athletes must be registered with Athletics Alberta. Day of the Meet Membership, available on location, for all athletes not member of Athletics Alberta.

Age Categories:	
Pre-Tykes born 2009 or later	U18: born 1999 or 2000
Tykes: born 2007 or later	
PeeWee: born 2005 or 2006	U20: born 1997 or 1998
Bantam: born 2003 or 2004	Senior: born 1980-1996
Midget: born 2001 or 2002	Masters: born 1981 or earlier

Location/Facility Calgary Rotary Challenger Park – 3688 48 Avenue NE Calgary (Driving Access from 48 Avenue only)

- Take McKnight Boulevard to Barlow Trail
- Turn north on Barlow Trail
- Your first right (east) will be 48th Avenue (Sandman Hotel on the corner)
- Turn right on 48th Avenue and we are right across from the Silverwing Golf Course.

Eight (8) Iane 400m track

Contact Info General Inquiries Jagroop (Jack) Kahlon or Dale Schoenthaler Emails: <u>frankslake@telusplanet.net</u> (Dale) <u>jagroopkahlon@shaw.ca</u> (Jack) Phones: 403-680-9965 (Dale) 403-614-3172 (Jack)

Entry InformationJolene DresslerEmail: momfirst_2000@yahoo.com

Meet information will be updated on the Calgary Track Council website www.calgarytrackcouncil.com

Entry deadline is 6:00 PM on Wednesday July 13th, 2016.

Registration	Will be available at the registration desk at the track starting at 8:00 AM, Saturday July 23 rd , 2016.
	Late entries, if accepted, will be charged double.
	Scratches must be in by 6 pm MST Tuesday, July 19, 2016 to avoid charges.
	No refunds will be provided for scratches after the above deadline.
	Please send entries via Team Manager to: Jolene Dressler email address: <u>momfirst_2000@yahoo.com</u> Confirmation will be sent to you via email No confirmation = Not entered
Accommodations	Hotel Ramada Plaza [3515 – 26 street NE] Phone: [403]-250-4581 Driving time from track to hotel – 4 minutes One Room \$ 89.00 plus tax [three star hotel] Rooms must be booked by July 8 th 2016 For preferential rates, mention booking is for Indo-Canadian Athletics The above rates are after discount as normal charges are \$114.00
Check-in Procedure	Track event athletes must check in at the start line 20 min prior to the start of the event.
	Field event athletes must check in at their event 30 min prior to the start of the event.

General Meet Information

- Spikes are to be no longer than 7mm in length.
- All athletes must wear proper competition uniforms.
- Medals will be awarded to the top three finishers in all events.
- Pre-Tyke, Tyke, PeeWee and Bantam are awarded Ribbons for 4th to 8th position in each single event. Medals for Top 3 Overall.

- Live results will be available on the website as well as through the Live Results App <u>www.calgarytrackcouncil.com</u>
- Meet Schedule and Performance List will be posted at
 <u>www.calgarytrackcouncil.com</u>
- For master athletes if an event is not offered as a master's event, you will compete in the Midget/Open category.
- Athlete of the Meet one in each age groups Male/Female Trophy.

Peewee/Bantam Multi-Event Information

NOTE: Pre-Tyke, Tyke, Peewee and Bantam athletes compete in a multi-event format. They show up for the start of the first event each day and stay with their group until their meet is over. Order of events and times will be posted for all events. Athletes may miss an event and still continue, but if an athlete does not participate in an event their overall scores will not be considered for the Awards.

Peewee/Pre-Tyke/Tyke	Saturday	60m, STLJ, Ball Throw		
	Sunday	LJ, Shot Put, 600m		
Bantams	Saturday	80mH, HJ, Discus, 800m		
	Sunday	80m, LJ, Shot Put, 600m		
Modified rules for field athletes				
		s and Peewees will take consecutive jumps, best will be measured.		
Ball Throw		Tykes and Pewees will take consecutive throws, best throw will be measured.		

Long jump	Tykes and Peewees will have a take-off area					
	consisting of a 1m zone; the jump will be measured from the athlete's take-off point. For the Competition,					
	High Jump	Bantams: starting height of 0.9 m, increments of				

High JumpBantams: starting height of 0.9 m, increments of
10cm until a height of 1.20m, increments of 5 cm
thereafter.

The schedule of events will be posted on

The website: www.calgarytrackcouncil.com