

2016 INDO-CANADIAN ATHLETIC



TRACK & FIELD MEET

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) lane 400m track

Contact Info**General Inquiries**

Jagroop (Jack) Kahlon or Dale Schoenthaler

Emails: frankslake@telusplanet.net (Dale)

jagroopkahlon@shaw.ca (Jack)

Phones: 403-680-9965 (Dale)

403-614-3172 (Jack)

Entry Information

Jolene Dressler

Email: 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 23rd, 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: momfirst_2000@yahoo.com

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 8th 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.

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, jumpers will have 3 attempts.

High Jump

Bantams: 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**