

**U14, U16, U18 and Masters Provincial Championships**  
**July 14 – 15**  
**Foothills Athletics Park**  
**Host: The Calgary Track Council**

**IMPORTANT NOTES:**

**Coach's Meeting:**

Coach's Meeting Saturday at 9:15am at timing shed.

**SPIKES:**

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

**Hospitality:**

Volunteers / Officials / Coaches receive complimentary Lunch each day.

**Marshalling Procedure:**

**Combined events:** marshal for their first event of the day and then will move through the events as a group and start each event at the time indicated by the Combined Events Referee.

**Field Events:** check in on site a minimum of 30 minutes before the scheduled start time.

**Track Events:** check in at the start line a minimum of 15minutes before the scheduled start time.

**Sprint Hurdles:**

U16, U18 and Open sprint hurdle events will have heats and finals, even if there are less than 9 participants.

**Sprint A/B Finals:**

For the 100m and 200m for U16, U18 and Open will have A and B finals.

**Height Progressions High Jump:**

**U14 Boys and Girls:** Opening height 0.90m up by 10cm to 1.20m then up by 5cm.

**Women U16, U18, Open:** Opening height 1.20m up by 5cm to 1.50m then up by 3cm.

**Men U16, U18, Open:** Opening height 1.30m up by 5cm to 1.85m then up by 3cm.

**Height Progressions Pole Vault:**

**Women U16, U18, Open:** Opening height 1.40m up by 15cm to 3.35m then up by 10cm.

**Men U16, U18, Open:** Opening height 2.30m up by 15cm to 4.10m then up by 10cm.