

# 2021-22 Calgary Indoor Track Series

**AGE/EVENTS** \*Ages as of December 31, the year of competition

**Age Categories:** 9 years and under

**10-15 years** (will compete in one-year divisions)

**Open:** age 16 and over

**U20:** Under 20 years of age on December 31, the year of competition

**Masters:** 35+ years old on the day of the meet

**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**

## ENTRIES

**Trackie Registration:** <https://www.trackie.com/online-registration/>

**Entry Fee:** \$17 per athlete per event  
\$17 per Relay team

**Entry deadline:** Midnight Tuesday prior to the meet.

**Late Entries and Changes:** Late entries and changes can be made on Trackie until Friday at 10:00 am before the meet

**Late Entry Fee: \$30 per event/team**

**Day of Meet Entries: Will not be accepted!**

**Athletics Alberta Membership:** All participants must be a member of Athletics Alberta. To register with Athletics Alberta, go to: <https://www.trackie.com/members/UN-AB.php>

**Due to space and time constraints, Entries may be limited and processed on a first-come, first-serve basis.**

## Invitational Events:

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 invitations, 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.

**Enquiries:** Email to [matt.deans@ucalgary.ca](mailto:matt.deans@ucalgary.ca)

**Entry Lists:** Entry lists and the final schedule will be posted on the Friday afternoon prior to the meet at: [www.uofcathletics.ca](http://www.uofcathletics.ca) and [www.calgarytrackcouncil.com](http://www.calgarytrackcouncil.com)

## Calgary Indoor Track Series Procedures 2021-22

**Spike Length: Must be Cones, Maximum length 6mm**

### 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 the Clerk's Table no later than 30 minutes 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 red sections or the stands if available. Spectators are not to use the washrooms in the Jack Simpson. Please use the washrooms near the Jack Simpson entrance on the second floor, at the top of the stairs. Spectators must be mindful of athletes warming up and competing. Athletes and Spectators must stay off the gymnasium floor and the fitness training equipment.

### SCHEDULE/LISTS

**Tentative Schedule:** This will be available for reference on the website.

**Final Schedule:** Once entries are finalized, the schedule will be posted the day before the competition.

**Initial Entry Lists:** Lists will be posted on Wednesday on the Calgary Track Council and UCAC websites.

**Heat Sheets:** Heat sheets will be posted at the main entrance to the Jack Simpson Track prior to the meet.

**Results:** Results will be posted at the main entrance to the Jack Simpson Track as soon as possible after the event.

**Online Results:** Results will be posted Sunday night on the series website.

### AWARDS

**Ribbons:** Top 6 in finals standing for each event will receive a ribbon. Collect awards at the registration table after the final results are posted.

**Series Championship Medals:** At the conclusion of the Indoor Track Series (January 30), the top 3 overall point scorers in each age group will receive a medal.

- 9&under/10yrs/11yrs/12yrs/13yrs/14yrs/15yrs/16-17yrs/18-19yrs/Open/Masters
- Points are based on the top 8 finishes in each event, and points will be accumulated over the series as follows: 10 (1st), 8 (2nd), 6 (3rd), 5 (4th), 4 (5th), 3 (6th), 2 (7th), 1(8th)
- U20 and Masters results will be separated for Series points

**Series T-Shirts:** Series T-shirts will be awarded to every athlete who completes four individual events at the conclusion of the last meet.

- Athletes are asked to indicate their T-Shirt size with their first entry into the series.

## **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. In addition, there will be a 2 or 3 section timed finals. Athletes choosing not to run the final are asked to notify the results table immediately after the heats to advance the next possible qualifier. Seeding of the final will be based on time only. Masters, Youth and younger (17 & under) will have timed finals for 60m. If you want to run heats and finals, enter the Open 60m.

### **150m**

All age groups will run the entire race in lanes.

All races are timed finals.

### **300m**

14 years and Older will run the entire race in lanes.

13 and younger will use a waterfall start line.

All races are timed finals.

### **400m/600m**

14 years and older will run the first two corners in lanes and then cut in.

13 years 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 Meet Director and the Starters. All races are timed finals.

### **Relay procedures**

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

### **4x200m**

#### **U14/U12/U10 (13 & under)**

The first runner from each team will start from a waterfall start line.

The exchange zone will be 20m

#### **14 year and older**

The first runner will run in their assigned lane and hand off to the second runner, who will run the 1<sup>st</sup> corner of their leg in their assigned lane and then cut in at the start of the backstretch.

**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 invitations, 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.