



26TH EDITION

MAY 29, JUNE 5 & JUNE 29

Gord's Running Store Athletics Series 2022

An Alberta Fixture Since 1996

Meet Director - Paula McKenzie - paula@caltaf.com
Meet Manager - Jason Lindsay - jwlindsa@me.com
Field & Equipment Manager - Dale Schoenthaler
Results Managers - Ed Moore, Doug Ratzlaff, Scott Ratzlaff
Announcing - Stuart York
Sanctioned by Athletics Alberta

Meet 1: May 29 - 12:00 - 16:00

Open Events

Sprint Hurdles, 100m, 800m, 200m, 2000m S/C
Long Jump, Shot Put, Javelin

U16 Events

Sprint Hurdles, 100m, 800m, 200m, 1500m S/C
High Jump (includes masters), Shot Put, Javelin

Meet 2: June 5 - 12:00 - 16:00

Open Events

400mH, 100m Heats, 1500m, 100m Final, 400m, 150m
High Jump, Triple Jump, Shot Put, Discus, Hammer, Pole Vault

U16 Events

200mH, 100m, 1200m, 300m, 150m
Long Jump, Shot Put

Meet 3: June 29 - 17:00 - 21:00 Open Events

400mH, 800m, Sprint Hurdles, 100m, 400m, 200m, 1500 SC

Triple Jump, High Jump, Pole Vault, Discus, Javelin

U16 Events

Sprint Hurdles, 300m, 1500SC (with water), 100m, 800m
Long Jump, Shot Put, Discus



Entry Fee per Event: \$25.

No Late Entries.



Registration through trackie.ca deadlines: Noon on May 24, May 31, June 24

Accepted Entries will be confirmed and posted on the track council website by 9:00 pm on May 28, June 4 and June 28

Final Schedule and Heat Sheets: posted the morning of the meet on www.calgarytrackcouncil.com

Bad Weather Policy
In the case of bad weather, we will make a decision to go head, postpone or cancel by 9:00 am on competition day.



WHERE

Foothills Athletic Park
Versaturf Track and Concrete Circles



TIMING & RESULTS

Finishlynx and Hytek
Meet Manager



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Special Draws and Prizes will be featured this year!

U16 Grand Prix:

- The U16 Grand Prix is back! Every U16 event competed in is scored and tallied for the season.
 - Points are awarded for top 8 places in each open event as follows:
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt

Gord's Running Store Athletics Series Grand Prix:

Male and Female:

1st \$500, 2nd \$250, 3rd \$150, 4th \$100, 5th \$50

Athletes will be awarded points for overall event placing (not performance). Scoring is as follows:

- Only your top 4 placings (open events only) count towards the point standings. You don't need to compete in all of the meets to be eligible for the prize money.
- Points are awarded for top 8 places in each open event as follows:
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt
- Ties will be broken based on the highest score (IAAF points tables) during the **Gord's Finale**.
- You must be present at the **Gord's Finale** to win grand prix prize money!
- Top male or female performances based on IAAF tables will receive a \$200 direct deposit in each of the following event areas for each meet:
 - Track
 - Field
- Overall performance of the meet will receive an additional \$200 bonus.
- All cash prizes will be delivered electronically through direct deposit.

Gord's Running Store Athletics Series 2022

GENERAL NOTES

- As most people may not have competed by the commencement of the Series, we encourage people to use their best estimates for meet 1. Meet 2 and 3 will require accurate seed performances that are confirmed in the rankings.
- U16's are not permitted to enter open field events.
- We will be using the NCAA altitude conversions for the distance times conversion.
- We will make every effort to switch directions to get a positive wind for the sprints. Decision will be made 1 hour before by the meet management.
- Three jump maximum for horizontal jumps and throws, unless there is time permitting. If time permits, the top 4 male and female jumpers and throwers will be awarded an additional 3 attempts.
- \$50 cash prizes will be awarded for breaking existing open records under legal conditions (new events will not be considered). Additional \$50 for breaking a senior provincial record!
- All prize money will be e-transferred to the individual athletes.
- Check-in Procedure: All track athletes must check-in at the starting line. There will be no additions made at the start line. No exceptions!
- Field events competitors must check in at the event.
- U18 / U20 / masters athletes may be accommodated for hurdle and barrier heights and for throwing implements. These events will not be scored.



Gord's Running Store Athletics Series Meet Records

as of May 2022

Records are Open Events Only (under legal conditions)

Men's Records

100m.	10.20	Jerome Blake	2019
150m.	15.34	Jerome Blake	2019
200m.	20.82	Brian Barnett	2009
400m.	46.02	Austin Cole	2019
110mH.	14.30	Kayden Johnson	2018
400mH.	51.71	Trent Ratzlaff	2007
800m.	1:49.09	Marco Arop	2017
1000m.	2:31.59	Alex James	2014
1500m.	3:47.33	Eric Lutz	2021
Mile	4:09.37	Scott Nicol	2012
2000m.	5:42.01	Gareth Hadfield	2014
3000m.	8:26.43	Russell Pennock	2017
1500 SC	4:17.34	Gareth Hadfield	2017
2000 SC	5:52.19	Gareth Hadfield	2017
3000 SC	9:30.93	Paul Chafe	2006
LJ	7.20m.	Scott Kimmins	1997
HJ	2.15m.	Noel Vanderzee	2019
TJ	16.06m.	Oral O'Gilvie	1999
PV	5.46m.	Spencer Allen	2018
SP	17.12m.	Mohamed Asiff	2021
DT	51.82m.	Kris Watson	1997
JT	74.51m.	Kyle Nielson	2014
HT	71.03m.	James Steacy	2014

Women's Records

100m.	11.54	Kaltouma Nadjina	2009
150m.	17.68	Loudia Laarman	2017
200m.	23.38	Kaltouma Nadjina	2005
400m.	51.65	Kaltouma Nadjina	2001
100mH.	13.41	Jessica Zelinka	2015
400mH.	59.96	Sage Watson	2011
800m.	2:07.52	Malindi Elmore	2004
1000m.	3:02.60	Claire Sumner	2014
1500m.	4:27.75	Jessica O'Connell	2017
Mile	4:58.16	Sarah MacArthur	2015
3000m.	9:29.59	Jessica O'Connell	2016
1500 SC	4:49.03	Maria Bernard	2017
2000 SC	6:36.91	M. Bernard-Galea	2019
LJ	6.16m.	Nikki Oudenaarden	2015
HJ	1.83m.	Rachel Machin	2012
TJ	12.11m.	Mowa Adeleye	2018
PV	4.35m.	Kelsie Hendry	2009
SP	16.92m.	Taryn Suttie	2015
DT	56.63m.	Rachel Andres	2021
JT	59.12m.	Liz Gleadle	2012
HT	67.02m.	Heather Steacy	2015