

Dinos Indoor Track Series

2022-2023



Hosted by Dinos Track & Field, University of Calgary
Sanctioned by Athletics Alberta

Location: Jack Simpson track, Kinesiology Building, University of Calgary.
Invitational Field Events will be held in the Olympic Oval (except for HJ).

Map of Campus: <http://www.ucalgary.ca/map/>

Meet Enquiries: christine.diane.laverty@gmail.com

Registration Enquiries: momfirst_2000@yahoo.com

Website: www.calgarytrackcouncil.com, "Dinos Indoor Track Series"

Photo Timing: Fully automatic photo timing (FinishLynx)

Spike Length: Pyramids only, a maximum length 6mm

Age Categories: *Ages as of December 31, the year of competition*

- 9 years and under
- 10-15 years (will compete in one-year divisions)
- Under 18 (60m Only)
- Open
- Masters: 35+ years old as the day of meet (will be age graded in results)

Events

	Dinos Opener	Jack Simpson Open	Dinos Classic
	Sunday, December 4, 2022	Sunday, January 8, 2023	Sunday, January 29, 2023
	10:00am – 7:00pm	10:00am – 7:00pm	11:00am – 5:30pm
60m	All ages	All ages	All ages
150m	U14/U12/U10	U16/U14/U12/U10	U14/U12/U10
300m	U16/Masters/Open	Open/Masters/U12/U10	U16/Masters/Open
400m	U12/U10	U16/U14	
600m	Open	Open/Masters	Open/U14/U12/U10
800m	U16/U14		
1000m	Masters/Open		U16/Open
1200m		U16/U14/U12	
1500m		Open/Masters	Open/Masters
60m Hurdles	14 & older (Invitational)	14 & older (Invitational)	14 & older (Invitational)
4x200m	U12/U10	U16/U14	
High Jump	Invitational		
Long Jump			Invitational
Triple Jump			Invitational
Pole Vault			Invitational
Shot Put			Invitational

***All events will be timed finals with the exception of the Open 60m**

Schedule: www.calgarytrackcouncil.com (to be posted soon!)

- **Final Schedule** posted the day before the competition, once entries are finalized.
- **Heat Sheets** posted at the main entrance to the Jack Simpson track prior to the meet.
- **Results** posted at the main entrance to the Jack Simpson track, and online at www.calgarytrackcouncil.com under "Live Results". Monday, the PDF versions will be posted online.

Awards:

- Top 10 finishers in each event, except the Open category, will receive a ribbon. Masters athletes will receive ribbons per event, based upon age graded results. ***Ribbons must be collected on-site, the day of the event.***
- The Open category will be competing for a Series medal, awarded at the conclusion of the Dinos track meet series, to the top 3 overall men and women. ***Invitational events will not be scored for the Series Championships.***

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

Invitational Events: Field sizes will be limited. Athletes are required to submit legitimate performances for consideration to Jolene Dressler at momfirst_2000@yahoo.com by the Monday noon before the meet. You will be notified that evening if your entry has been accepted. You will then be able to go to Trackie to register.

Entry Fees:

\$20 per athlete per event

\$25 per Relay team

Entry deadline: Midnight Tuesday prior to the meet.

Late Entries:

Late entries can be made on Trackie for a charge of \$35/event, until Thursday at midnight before the meet. No entries will be allowed after the late entry deadline.

***Day of Meet Entries will not be accepted, including relay entries.**

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>

Marshalling:

Track Events- Athletes must check in at the Clerk's Table no later than 20 mins prior to the start of their event. Athletes must be at the start line 10 mins prior to their event.

Relays- Teams must submit Team Declaration forms with correct years of birth to the Result's Table by 10:30 AM the day of the meet.

- 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.

Field Events- Will check in on-site, 30 mins prior to the start of the event.

Spectators:

Space at Jack Simpson track is very tight. Spectators are asked to remain on the red sections of the track, or in the stands (if available). Spectators are not to use the washrooms in Jack Simpson; please use the ones located on the second floor, at the top of the stairs. Athletes and Spectators must stay off the gymnasium floor, fitness training equipment, and be aware at all times when crossing the track.

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 A & B 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.

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.

4 X 200m**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 1st corner of their leg in their assigned lane and then cut in at the start of the backstretch.