

Dinos Indoor Track Series

2023-2024

(Updated Oct.30, 2023)



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

Location:

Meet 1&2: Jack Simpson track, Kinesiology Building, University of Calgary.

Meet 3: Jack Simpson track, Kinesiology Building, University of Calgary & Olympic Oval.

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

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

Registration Enquiries: momfirst_2000@yahoo.com

Website: calgarytrackcouncil.com/indoormeets.php

Entry Fees:

\$20 per athlete per event

\$25 per Relay team

Entry deadline: Midnight Sunday December 3rd for the December 10th meet.

Midnight Saturday December 30th for the January 7th meet.

Midnight Sunday January 20th for the January 28th meet.

Scratches: up to late entry deadlines

Late Entries:

Late entries can be made on Trackie for a charge of \$35/event until **Monday, December 4th (December 10th meet), Monday, January 2nd (Jan 7th meet), Monday January 22nd (Jan. 28th meet)** at midnight. No entries will be allowed after the late entry deadline.

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

Entries: Athletics Registration: <https://www.trackie.com/event/dinos-opener/1001239/> Please note that there will be a new system used by AC for meets this year. Meets 2 and 3 may change to the new system, updates will follow.

Athletics Alberta Membership: All participants must be a member of Athletics Alberta. To register with Athletics Alberta, go to: <https://athleticsreg.ca/#!/memberships/builder-v2/athletics-alberta-2024-membership>

Photo Timing: Fully automatic photo timing (FinishLynx)

Spike Length: Must be cones (no pyramids), 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 & 60m Hurdles)
- 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 10, 2023	Sunday, January 7, 2024	Sunday, January 28, 2024
	9:30am – 7:00pm	9:30am – 7:00pm	10:00am – 5:30pm
60m	All ages	All ages	All ages
150m	13/12/11/10/U9	13/12/11/10/U9	13/12/11/10/U9
300m	U16/Masters/Open	Open/Masters/11/10/U9	15/14/13/12/Masters/Open
400m	9/10/11	15/14/13/12	
600m	Open	Open/Masters	Open/13/12/11/10/U9
800m	12/13/14/15		
1000m	Masters/Open		14/15/Open
1200m		15/14/13/12/11/10	
1500m		Open/Masters	Open/Masters
60m Hurdles	14 & older (Invitational)	14 & older	14 & older
4x200m	U12/U10	U16/U14	
High Jump		Invitational	
Long Jump			Invitational
Pole Vault			Invitational
Shot Put	Invitational		Invitational

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

***Long Jump - RESULTS WILL BE UNOFFICIAL**

Schedule: <https://calgarytrackcouncil.com/>

- **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 <https://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 compete for a Series Trophy, awarded after the Dinos track meet series, to the top 3 overall men and women. **Invitational events will not be scored for the Series Championships.**

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 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 final. 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

The first runner from each team will start from a waterfall start line. The exchange zone will be 20m.

U16

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.