



28TH EDITION

MAY 5, JUNE 2 AND JUNE 9

Gord's Running Store Athletics Series 2024

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 - Doug Ratzlaff, Scott Ratzlaff
Announcing - Stuart York
Sanctioned by Athletics Alberta

Meet 1: Sunday, May 5 - 12:00 - 16:00

Open Events

Sprint Hurdles, 100m, 800m, 200m, 3000m, 4x 400m
Long Jump, Shot Put, Javelin, Women's Pole Vault

U16 Events

Sprint Hurdles, 100m, 800m, 200m
High Jump (includes masters), Shot Put

Meet 2: Sunday, June 2 - 12:00 - 16:00

Open Events

400mH, 100m, 1500m, 400m, 2000mSC, 4x 100m
High Jump (opening height women: 1.25; men: 1:50), Triple Jump, Hammer

U16 Events

200mH, 100m, 1200m, 300m
Long Jump, Javelin

Meet 3: Sunday, June 9 - 12:00 - 16:00

Open Events

Sprint Hurdles, 100m, 800m, 400m, 1500mSC, Medley Relay (400-200-200-800)
Long Jump, Shot Put, Discus, Men's Pole Vault

U16 Events

100m, 800m, Sprint Hurdles, 300m,
Discus, High Jump



Entry Fee per Event: \$25.

No Late Entries.



Registration through trackie.ca deadlines: Noon on May 1, May 29, June 5

Accepted Entries will be confirmed and posted on the track council website by 9:00 pm - two evenings before the meet. Edit deadline is set for the Friday before each meet at 10:00am. Scratches done on Trackie before Scratch deadline will be refunded.

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.

NB

WHERE

Foothills Athletic Park
Versaturf Track and
Concrete Circles

CTC

TIMING & RESULTS

Finishlynx and Hytek
Meet Manager

Gord's

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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 \$1000, 2nd \$500, 3rd \$250

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

- Only your top 4 placings (open events only - relays do not count) 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 (World Athletics 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 World Athletics tables will receive a \$250 direct deposit in each of the following event areas for each meet. Altitude conversions are in place for all endurance events.
 - Track
 - Field
- Overall performance of the meet will receive an additional \$250 bonus.
- New this year! Para performer of the Gord's Running Store Series. \$250 for the male and female para performers of the Series. All para results from the Series will be scored and tallied with the highest points getter receiving the cash prize.
- All cash prizes will be delivered electronically through direct deposit.

Gord's Running Store Athletics Series 2024

General Notes

New this year! Para performer of the Gord's Running Store Series. \$250 for the male and female para performers of the Series. All para results from the Series will be scored and tallied with the highest points getter receiving the cash prize.

Overall winning relay teams will receive a \$25 gift card per relay team member.

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 events.

We will be using the NCAA altitude conversions for the distance times conversion.

We will make every effort to to switch directions to get a positive wind for the sprints.
Decision will be made 1 hour before by the meet management.

Top 6 male and female performances in the horizontal jumps and throws will be guaranteed three additional attempts.

\$100 cash prizes will be awarded for breaking existing open records under legal conditions (new events will not be considered). Additional \$250 for breaking a senior provincial record!
\$100 for breaking a national para record.

All prize money will be e-transferred to the individual athletes.

Gord's Running Store Athletics Series Meet Records

as of May 2024

Records are Open Events Only (under legal conditions)

<u>Men's Records</u>				<u>Women's Records</u>			
100m.	10.20	Jerome Blake	2019	100m.	11.54	Kaltouma Nadjina	2009
150m.	15.34	Jerome Blake	2019	150m.	17.68	Loudia Laarman	2017
200m.	20.82	Brian Barnett	2009	200m.	23.38	Kaltouma Nadjina	2005
400m.	46.02	Austin Cole	2019	400m.	51.65	Kaltouma Nadjina	2001
110mH.	14.30	Kayden Johnson	2018	100mH.	13.41	Jessica Zelinka	2015
400mH.	51.64	Justin Rose	2023	400mH.	59.96	Sage Watson	2011
800m.	1:49.09	Marco Arop	2017	800m.	2:07.52	Malindi Elmore	2004
1000m.	2:31.59	Alex James	2014	1000m.	3:02.60	Claire Sumner	2014
1500m.	3:47.33	Eric Lutz	2021	1500m.	4:27.75	Jessica O'Connell	2017
Mile	4:09.37	Scott Nicol	2012	Mile	4:58.16	Sarah MacArthur	2015
2000m.	5:42.01	Gareth Hadfield	2014	3000m.	9:29.59	Jessica O'Connell	2016
3000m.	8:26.43	Russell Pennock	2017	1500 SC	4:49.03	Maria Bernard	2017
1500 SC	4:17.34	Gareth Hadfield	2017	2000 SC	6:36.91	M. Bernard-Galea	2019
2000 SC	5:52.19	Gareth Hadfield	2017	LJ	6.16m.	Nikki Oudenaarden	2015
3000 SC	9:30.93	Paul Chafe	2006	HJ	1.83m.	Rachel Machin	2012
LJ	7.20m.	Scott Kimmins	1997	TJ	12.11m.	Mowa Adeleye	2018
HJ	2.18m.	Noel Vanderzee	2023	PV	4.35m.	Kelsie Hendry	2009
TJ	16.06m.	Oral O'Gilvie	1999			Anicka Newell	2022
PV	5.46m.	Spencer Allen	2018	SP	16.92m.	Taryn Suttie	2015
SP	17.12m.	Mohamed Asiff	2021	DT	56.63m.	Rachel Andres	2021
DT	51.82m.	Kris Watson	1997	JT	59.12m.	Liz Gleadle	2012
JT	74.51m.	Kyle Nielson	2014	HT	67.02m.	Heather Steacy	2015
HT	71.03m.	James Steacy	2014				
				4x100m	47.07	CITC	2005
4x100m	43.55	CITC	2007	4x400m	4:01.35	CW	2023
4x400m	3:23.40	CITC	2005	4x800m	9:20.32	UCAC	2005
4x 800m	8:04.51	CALTAF	2005	Sprint Medley	No record		
Sprint Medley	No Record						