

Dinos Indoor Track Series

2025-2026

(Updated November 4, 2025)



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

Location: **Meet 1:** December 7th Jack Simpson track, Kinesiology Building, UofC
Meet 2: January 25th Jack Simpson track, Kinesiology Building, UofC & Olympic Oval.

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

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

Registration Enquiries: momfirst_2000@yahoo.com

Website: <https://www.calgarytrackcouncil.com/>, "Dinos Indoor Track Series"

Entry Fees:

\$25 per athlete per event

Entry deadline: **Midnight Sunday November 30 for the December 7th meet.**
Midnight Sunday January 18th for the January 25th meet.

Scratches: up to late entry deadlines

Late Entries:

Late entries can be made on Trackie for a charge of \$40/event until **Monday, December 1st (December 7th meet), Monday January 19th (Jan. 25th meet)** at midnight. No entries will be allowed after the late entry deadline.

***Day of Meet Entries will not be accepted.**

Entries: Athletics Registration: <https://www.trackie.com/event/dinos-opener/1034172/>

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-2026-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 (results in 5-year increments)

Events

	Dinos Opener	Dinos Classic
	Sunday, December 7, 2025	Sunday, January 25, 2026
	9:30am – 7:00pm	10:00am – 5:30pm
60m	All ages	All ages
150m	13/12/11/10/U9	13/12/11/10/U9
300m	U16/Masters/Open	15/14/13/12/Masters/Open
400m	9/10/11	
600m	Open	Open/13/12/11/10/U9
800m	12/13/14/15	
1000m	Masters/Open	14/15/Open
1200m		
1500m		Open/Masters
60m Hurdles	14 & older (Invitational)	14 & older
High Jump		Invitational
Pole Vault		Invitational
Shot Put	Invitational	

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

Schedule: <https://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 <https://www.calgarytrackcouncil.com/> under "Live Results." Monday, the PDF versions will be posted online.

Awards:

- Top 6 finishers in each event will receive a ribbon. Masters athletes will receive ribbons per event based upon 5-year increments. ***Ribbons must be collected on-site the day of the event.***

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.

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.