

2020 Calgary Indoor Track Series

Location: Jack Simpson Track, Kinesiology Building, U of Calgary

SPIKE LENGTH: Must be Cones or Christmas Trees, Maximum length 6mm

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

Hosted by: Calgary Track Council and University of Calgary Track & Field Program

Sanctioned by: Athletics Alberta

Websites: www.calgarytrackcouncil.com or www.uofcathletics.ca “Calgary Indoor Track Series”

Categories: Ages as of December 31 the year of Competition

U10 (9 years and under)

U11, U12, U13, U14, U15, U16 (will compete in one year divisions)

Open: age 16 and over

U20: Under 20 years of age on December 31 on the of the competition

Masters: 35+ years old on day of meet

Invitational events: Field sizes will be limited. Athletes are required to submit legitimate performances for consideration of entry by the entry Deadline.

Invitational events will not be scored for the Series Championship

Events Offered:

	Dino Opener	Jack Simpson Open	Dino Classic
	Saturday, December 7, 2019	Sunday, January 5, 2020	Sunday, January 26, 2020
	10:00am – 7:00pm	10:00am – 6:00pm	10:00am – 6:00pm
60m	All ages	All ages	All ages
150m	U14/U12/U10	U16/U14/U12/U10	U14/U12/U10
200m	U16/Open		
300m		Open/U12/U10	U16/Open
400m	U12/U10	U16/U14	
600m	Open	Open	Open/U14/U12/U10
800m	U16/U14		
1000m	Open		U16/Open
1200m		U16	
1500m		Open	
Mile			Open/Masters
60m Hurdles	14 & older (Invitational)	14 & older (Invitational)	14 & older (Invitational)
4x200m	U16/U14/U12/U10	Open	Open/U16/U14/U12/U10

U10 is under 10years , U12 is under 12 years, etc on December 31 in the year of the competition

Dino Youth participants are welcome to participate in all Calgary Indoor Track Series Competitions.

Athletics Alberta Membership

Dino Youth Track & Field has a school membership with Athletics Alberta, so all of our members are considered members of Athletics Alberta for the School year.

Results and Awards

- Results are posted at the entrance to Jack Simpson track, usually within 15 minutes of completion of the race. There are ribbons for the top 6 in each event and participant ribbons for all participants. Ribbons can be picked up at the registration table at the entrance.

Competition Procedures:

Arrival

- Athletes should arrive at Jack Simpson Track about 1 hour prior to the start of their event.

Awareness and Safety

- The facility is a very busy area during a competition, so athletes and spectators must be very careful when crossing the track surface.

Events

- We encourage all participants to do the 60m and the 4x200m relay. Parents are welcome to enter their child in the other events, if they feel their child is prepared for the event.

Procedure

- When athletes arrive they will need to confirm their entry at the Clerk’s Table (West end of track) no later than 20 minutes before their event. They then need to be at the start line 10 minutes before their event.

Relays

- Coaches will attempt to form teams with all Dino Youth Athletes who indicated they would like to run relay.

Warm-up

- About 45 minutes before their event, athletes should start a warm-up to be ready for the event. Coaches will explain what is involved in a proper warm-up and will lead the group through it.

Series T-Shirts

- Series T-shirts will be awarded to every athlete who completes 4 individual events.
- Athletes are asked to indicate their T-Shirt size with their first entry into the series.

Tentative Schedule

11:00am – 11:30am	60m	(oldest to youngest)
11:45pm – 12:15pm	4x200m	(13 & younger)
12:45pm - 1:30pm	200m	(14 & older)
1:30pm – 2:30pm	150m	(13 & younger)
3:00pm – 3:45pm	800m	(oldest to youngest)
3:45pm – 4:15pm	4x200m	(14 & older)

Initial Entry lists will be posted on Wednesday and the Final Schedule will be posted by the Friday before the meet:

www.uofcathletics.ca “Calgary Indoor Track Series”

Tear this section off and return to coaches or Email information to lamont@ucalgary.ca

Age for Competition will be how old they are on December 31 in the year of the Competition

Entry for Meet #1 Dino Opener – Saturday December 7, 2019 (Due by Tuesday December 3, 2019)

Name: _____ Birthdate _____

Check events you wish to do: _____ Not Attending _____

60m	_____		
4x200m (13&under)	_____	4x200m (14&older)	_____
400m (11&under)	_____	800m 12-15years)	_____
150m (13&under)	_____	200m (14&older)	_____