

Calgary Indoor Track Series Procedures 2019-20

Age Categories

Ages as of December 31 the year of Competition

9 years and under

One Year Age Divisions for 10-15 years

Open: age 16 and over (U20/U18 standing will be separated out for Series points)

Masters: Men 35+, Women 35+

(if less than 3 entries in an event, they will be combined with another age group)

ENTRIES:

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

Entry Fee is \$15 per athlete per event
\$15 per Relay team (Day of meet entries are OK)

Late Entry fee: \$25.00 per event

Late Entries will be accepted at Meet Director's discretion

Entry deadline: Entries must be received by the Tuesday midnight, prior to the meet.
Changes can be made till Friday 10:00am, before the meet

Entries may be limited due to space and time constraints and will be processed on a first come first serve basis.

Invitational Events:

Due to limited space and time, the number of competitors for field events/Hurdles must be limited. Therefore, fields will be created on an invitation basis. Athletes/Coaches are encouraged to submit requests for invitation including verifiable performances in the event. The list of Competitors for each event will be created after the Tuesday deadline and athletes/coaches are asked to check the entry list after that date for confirmation of entry.

Enquires: Email to uofcathleticsentries@gmail.com

Make cheques payable to "University of Calgary Athletics Club"

Athletics Alberta Membership

All participants must be a members of Athletics Alberta.

To register with Athletics Alberta go to: <https://www.trackie.com/members/UN-AB.php>

Entry Lists

Entry lists and final schedule will be posted on the Friday afternoon prior to the meet at:

www.uofcathletics.ca

and

www.calgarytrackcouncil.com

Calgary Indoor Track Series Procedures 2019-20

Categories: Ages as of December 31 the year of Competition

9 years and under

10-15 years (will compete in one year divisions)

Open: age 16 and over

U18: Under 18 years of age on December 31 in the year of competition

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

Masters: 35+ years old on day of meet

SPIKES: Spikes must be pyramids or Christmas trees. Maximum length: 6mm. NO PINS

Spikes are for sale at the Registration Table

MARSHALLING

1. Athletes must confirm their entry at the Clerk's Table no later than 20' prior to the start of their event.
2. Athletes must be at the start line 10 minutes prior to their event.
3. Relays Teams must submit Team Declaration forms to Clerk's Table no later than 30 minutes before the scheduled start
 - 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 (except with masters athletes).
4. Field Events will check in on site, 30' prior to the start of the event.

SPECTATORS

Space at Jack Simpson Track is very tight. Spectators must be aware of what is going on at all times.

Spectators are asked to remain on the blue sections or the stands if they are available. When spectators are on the track they must be aware of athletes warming up and/or competing.

Athletes and Spectators must stay off of the gymnasium floor and the fitness training equipment.

Heat Sheets and Results

Heat Sheets and results will be posted at the main entrance to Jack Simpson Track.

Awards:

- For each meet: top 6 in each event Final, will receive ribbons.
- Participant ribbons will be available for all finishers who do not place in the top 6.
- Athletes are expected to pickup their awards at the registration table after final results are posted. Ribbons will not be mailed out.
- **Series Championship:** top 3 total point winners in each age group will receive medals.
 - 9&under/10yrs/11yrs/12yrs/13yrs/14yrs/15yrs/U18/U20/Open/Masters
 - Points will be accumulated for athletes finishing in the top eight in each event as follows: 10, 8, 6, 5, 4, 3, 2, 1 for 1st, 2nd, 3rd, etc. down to 8th place.

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.

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 Finals. There will be a 2 or 3 section Timed Final. Athletes choosing not to run the final are asked to notify the results table immediately after the heats, so that the next possible qualifier can be advanced. Seeding of final will be based on time only.

Masters, Youth and younger (17 & under) will have timed finals for 60m. If you would like to run heats and finals, you will need to indicate on your entry that you will enter Open 60m.

150m/200m

All age groups will run the complete race in lanes.
All race are timed finals

300m

14 years and Older will run the complete 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 2 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

Relay procedures

Relay Declaration Forms must be submitted to Clerk's Table no later than 30 minutes prior to the scheduled start of the relays.

4x200m

U14/U12/U10 (13 & under)

The first runner from each team will start from a waterfall start line.
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 back stretch.

Field Events/Hurdles

Due to limited space and time, the number of competitors for field events/Hurdles must be limited. Therefore, fields will be created on an invitation basis. Athletes/Coaches are encouraged to submit requests for invitation including verifiable performances in the event. The list of Competitors for each event will be created after the Tuesday deadline and athletes/coaches are asked to check the entry list after that date for confirmation of entry.