



# 2018 SUNNY SOUTH TRIALS

## Alberta Summer Games: Zone 1 Track & Field Team Selection - Technical Package

### TIME, PLACE and ENTRY FEE

- Saturday, May 26 and Sunday, May 27, 2018
- Medicine Hat Rotary Track, 1501 Division Ave NE, Medicine Hat
- **Midget, Youth, Junior, Senior & Masters: Entry fee for 1<sup>st</sup> event (\$20), 2<sup>nd</sup> event (\$15), 3<sup>rd</sup> event (\$10) and for each event after that (\$7).** There is no limit to the number of events an athlete can enter.
- **Tyke, Pee Wee and Bantam: Entry fee is \$30 per athlete / day.** Multi-event format offered each day.

### ENTRY PROCEDURES

**Due to sanctioning and insurance all entrants must be members of Athletics Alberta / Athletics Canada.**

**Option 1:** If you are a registered member of Athletics Alberta please proceed to **"Register online for the meet"**.

**Option 2:** If your school is a registered member of Athletics Alberta please proceed to **"Register online for the meet"**.

**Option 3:** If you are eligible to compete at the Alberta Summer Games and either you or your school is not a member of Athletics Alberta please register here first - [https://www.trackie.com/members/UN-AB.php?is\\_asg=1](https://www.trackie.com/members/UN-AB.php?is_asg=1)  
After the above has been completed please proceed to **"Register online for the meet"**.

**Option 4:** If you are ineligible to compete at the Alberta Summer Games and either you or your school is not a member please register for Athletics Alberta - <https://athleticsalberta.com/aa-membership/>  
After the above has been completed please proceed to **"Register online for the meet"**.

#### **Register online for the meet:**

Go to Trackie –

<https://www.trackie.com/online-registration/event/2018-sunny-south-alberta-summer-games-trials/22764/#.WvSdKYgvzIV>

**ENTRY DEADLINE IS TUESDAY, MAY 22, 2018:** Late entries if accepted will be charged an extra \$5.00 per athlete.

### AGE CATEGORIES: Athletes not intending to advance to Alberta Summer Games are still **WELCOME** to compete in the trials.

- |  |                             |
|--|-----------------------------|
| • <b>Tyke:</b> 9 yrs. of age and under as of Dec 31, 2018 - born in 2009 or later.       | <b>Not eligible for ASG</b> |
| • <b>Pee Wee:</b> 10-11 yrs. of age and under as of Dec 31, 2018 - born in 2007 or 2008. | <b>Not eligible for ASG</b> |
| • <b>Bantam:</b> 12-13 yrs. of age as of Dec 31, 2018 - born in 2005 or 2006.            | <b>Not eligible for ASG</b> |
| • <b>Midget:</b> 14-15 yrs. of age as of Dec 31, 2018 - born in 2003 or 2004.            | <b>ELIGIBLE FOR ASG</b>     |
| • <b>Youth:</b> 16-17 yrs. of age as of Dec 31, 2018 - born in 2001 or 2002.             | <b>ELIGIBLE FOR ASG</b>     |
| • <b>Junior:</b> 18-19 yrs. of age as of Dec 31, 2018 – born in 1999 or 2000.            | <b>Not eligible for ASG</b> |
| • <b>Senior:</b> 20-34yrs. of age as of Dec 31, 2018 – born in 1984 -1998.               | <b>Not eligible for ASG</b> |
| • <b>Master's:</b> 35+ years of age as of Dec 31, 2018 - born in 1983 or earlier.        | <b>Not eligible for ASG</b> |



Events	Tyke (U10)	Pee Wee (U12)	Bantam (U14)	Midget (U16)	Youth (U18)	Junior (U20)	Senior (U34)	Masters (35+)
<b>Saturday</b>								
60m	X	X						
80			X					
100				X	X	X	X	X
300m				X				
400m					X	X	X	X
600m	X							
800m		X	X					
1200m				X				
1500m					X	X	X	X
Hurdles				80m Girls 100m Boys	100m Girls 110m Boys	100m Girls 110m Boys	100m Girls 110m Boys	WMA
Jumps	SLJ	SLJ	HJ	HJ, TJ (Girls)	HJ, TJ (Girls)	HJ, TJ (Girls)	HJ, TJ (Girls)	HJ, TJ (Girls)
Throws	SP	SP	SP	SP, Jav (Boys)	SP, Jav (Boys)	SP, Jav (Boys)	SP, Jav (Boys)	SP, Jav (Boys)
<b>Sunday</b>								
150m	X	X	X					
200m				X	X	X	X	X
300m	X							
600m		X						
800m				X	X	X	X	X
1200m			X					
2000m				X				
3000m					X	X	X	X
Hurdles				200m Girls & Boys	300m Girls & Boys	400m Girls & Boys	400m Girls & Boys	WMA
Jumps	LJ	LJ	LJ	LJ, TJ (Boys)	LJ, TJ (Boys)	LJ, TJ (Boys)	LJ, TJ (Boys)	LJ, TJ (Boys)
Throws	BT	Discus	Discus	Dis, Jav (Girls)	Dis, Jav (Girls)	Dis, Jav (Girls)	Dis, Jav (Girls)	Dis, Jav (Girls)

### **INFORMATION FOR TYKE, PEE WEE AND BANTAM EVENTS (Multi-Events)**

- Tyke, Pee Wees and Bantams will compete in a Multi-event format: 4 on Saturday and 4 on Sunday.
- **Tyke** Day 1: 60m, Standing Long Jump, Shot Put (2kg), 600m Day 2: 150m, Long Jump, Ball Throw, 300m
- **Pee Wee** Day 1: 60m, Standing Long Jump, Shot Put (2kg), 800m Day 2: 150m, Long Jump, Discus (750g), 600m
- **Bantam** Day 1: 80m, High Jump, Shot Put (3kg), 800m Day 2: 150m, Long Jump, Discus (750g), 1200m
- Points will be given for placings in each event (10,8,6,5,4,3,2,1) and ribbons given for the combined total for each day.
- Tyke, Pee Wee and Bantam runners do NOT use starting blocks.

### **TECHNICAL SPECIFICATIONS FOR EVENTS LEADING TO SUMMER GAMES**

- **Sprint Events including Hurdles (400m and Less):** Midget and Youth ages MUST use starting blocks.
- **Hurdles**
  - **Track Markings:** 80m: WHITE / 100m: YELLOW / 110m: BLUE 200m and 300m: GREEN
  - **Midget Girls:** 80m, 76cm/30" high 200m, 76cm/30" high
  - **Youth Girls:** 100m, 76cm/30" high 300m, 76cm/30" high
  - **Midget Boys:** 100m, 84cm/33" high 200m, 76cm/30" high
  - **Youth Boys:** 110m, 91cm/36" high 300m, 84cm/33" high
- **Shot Put**
  - **3kg - Midget Girls, Youth Girls**
  - **4kg - Midget Boys, Junior, Senior & Master's Women**
  - **5kg - Youth Boys**
  - **6kg - Junior Men**
  - **7.26kg - Senior & Master's Men (Unless otherwise specified by World Masters Athletics)**



- **Discus Throw**
  - **1kg - Midget Girls, Youth Girls, Junior, Senior & Master's Women, Midget Boys**
  - **1.5kg - Youth Boy**
  - **1.75kg - Junior Men**
  - **2.00kg - Senior & Master's Men (Unless otherwise specified by World Masters Athletics)**
- **Javelin Throw**
  - **500g - Midget Girls, Youth Girls**
  - **600g - Midget Boys, Junior, Senior & Master's Women (Unless otherwise specified by World Masters Athletics)**
  - **700g - Youth Boys**
  - **800g - Junior, Senior & Master's Men (Unless otherwise specified by World Masters Athletics)**

#### **Other events not contested at the ASG Trials but competed at the Alberta Summer Games:**

- **Pentathlon** (Midget Girls & Boys) / **Heptathlon** (Youth Girls) / **Octathlon** (Youth Boys)
- **Hammer Throw**
- **Zone 1 Relay Team** (the Teams will be picked after the team is finalized.)

If you are interested in participating in any of these events, please contact Head Coach: Sean Freeman.

### **ZONE 1 – SUNNY SOUTH TEAM SELECTION FOR ALBERTA SUMMER GAMES**

- All Sunny South Team information will be posted on the home page, [www.southzone.org](http://www.southzone.org), in the "more" tab and on the Bulldogs Track & Field Club website, [www.medicinehatbulldogstrack.com](http://www.medicinehatbulldogstrack.com).
- **44 competitors will be selected for the Sunny South team** – 22 females, 22 males, in 2 age categories, Midget and Youth
- **Two athletes will be selected for each event; one relay team for each category.**  
There are no restrictions to the number of events an athlete may enter.
- Athletes who have participated at Legion Nationals are NOT eligible to compete at the Summer Games in the age group they competed in at Legions. Midgets must age up to Youth. For the complete eligibility policy information, please visit [www.albertagames.com](http://www.albertagames.com), 2018 ASG, Sports Information, Athletics
- **Athletes who qualify for the Sunny South team will complete a registration form and will be charged a \$135 fee.** (This is to offset travel, accommodation, meals, team uniform, which the athlete keeps.). This form and payment (**cheque payable to Athletics Alberta**) will be collected at the Sunny South Trials from those athletes selected for the Sunny South team. Deadline for registration and payment is June 21.

### **ALBERTA SUMMER GAMES INFORMATION**

- **Alberta Summer Games** will be held July 19 – 22, 2018 in Grande Prairie.
- **Registration and Opening Ceremonies:** July 19. **Athletics Competition:** July 20 -21, **Closing Ceremonies:** July 22.
- **Athletes will stay at the Athletes' Village** and will be chaperoned by the Sunny South Staff. **ALL athletes must stay with the Sunny South team from Thursday to Sunday.** Bus transportation to and from the Games will be provided to athletes.
- **Complete Information regarding Alberta Summer Games** can be found at [www.albertagames.com](http://www.albertagames.com). Information specific to track and field will be found on the link ATHLETICS.

### **SUNNY SOUTH ATHLETICS STAFF**

- **Head Coach & Team Manager:** Sean Freeman, Medicine Hat [medicinehatbulldogstrackclub@gmail.com](mailto:medicinehatbulldogstrackclub@gmail.com) (c) 403-581-7042
- **Assistant Coaches:** Andrew Bailey, Renae Ryan (Track), Madison Kane-Rissling (Jumps)
- **Meet Technical Director:** Sean Freeman, Medicine Hat [medicinehatbulldogstrackclub@gmail.com](mailto:medicinehatbulldogstrackclub@gmail.com) (c) 403-581-7042
- **Meet Manager:** Marg Derbyshire, Medicine Hat [mderb@shaw.ca](mailto:mderb@shaw.ca) (c) 403-548-1784