



June 1-2, 2019

Hosted by Leduc Track & Field Club

Sanctioned by Athletics Alberta

AGE CATEGORIES	
Tyke	Midget
Pee Wee	Youth
Bantam	Open/Masters

ENTRIES, FEES, DEADLINES	
Meet Director:	John Bole
General Inquiries:	Katie Elder 780-913-0025 katelder@me.com
Entries:	No Limit
Entry Deadline:	May 27, 2019 @ 5:00 p.m.
Scratch Deadline:	May 27, 2019 @ 5:00 p.m.
Scratches, changes and updated seed performances must be submitted by May 27 th . Please note that there will be no refund for entries scratched after this deadline.	
ENTRY FEES	
Tyke/Pee Wee/Bantam	\$15/Event
Midget & Older/Relays	\$25/Event
Entries should be submitted using TrackieReg.	

GENERAL RULES

1. Marshalling takes place at the 100m start line. Athletes must check in at the 30 minutes prior to their event for track events. Athletes must marshal in for track events at the start line for their event 15 minutes prior to event. Athletes in field events must check in and marshal in at the event 20 minutes prior to scheduled start time.
2. The competition numbers must be worn on back for events run entirely in lanes (60m to 400m). Athletes in horizontal jump events must wear number on front; for other field events, athletes may wear numbers either on front or on back. Please ensure that singlets/uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.
3. For Tykes, Pee Wee and Bantam athletes, competition numbers must be worn on the front for all events.
4. Hip numbers (distance and relay events) must be clearly visible on the athletes' right side hip
5. All seed times must be accurate all non-verified seed times will be given a NT (no time), repeat violations will translate into penalties against coach and club. Athletics Alberta "Rules of Illegitimate Seed Times" will be followed. (Please see www.athleticsalberta.com/hosting-and-sanctioning. If coaches submit an erroneous seed performance or a one that cannot be verified, the athlete will instead have an "NT" (or equivalent for field event).
6. Starting blocks are mandatory for all athletes Midgets and up. Starting blocks will not be used for Tykes, Pee Wees or Bantam Events. Medical exemptions (i.e. To allow the athlete to not use starting blocks) require prior approval from Athletics Alberta's Technical Manager.
7. Throwing implements will be provided. No personal implements will be permitted unless by approval of officials at the event.
8. Spikes are to be no longer than 7mm in length. Only smooth "Christmas tree" or pyramid type spikes will be allowed. No pin, needle, or other elements will be permitted. This will be enforced and athletes will be required to remove any non-conforming spikes.
9. Scratches during the competition are to be submitted at the registration area, near the 100 M start line.
10. Athletes competing in events with preliminaries who qualify for finals and fail to show will be scratched from the remainder of the meet. Athletes not intending to compete in finals may run preliminaries as exhibition athletes if they inform the results/ registration area before they compete in the preliminaries.
11. Results will be posted during the meet, and will be available on the www.ellistiming.ca website.
12. Restricted access to field for Coaches, athletes (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.

REGISTRATION PACKAGES

Registration packages will be available 1 hour before start time on Saturday, June 1st and Sunday June 2nd.

MODIFICATIONS FOR TYKE/PEE WEE/BANTAM EVENTS

Ball Throw

- Competitors will take three (3) throws one after the other. Each throw will be marked but only the longest throw will be measured.

Long Jump (3 attempts)

- **Tyke & Pee Wee** - Will have a take-off area consisting of a 1m zone. The jump will be measured from the athlete's take-off point.
- **Bantam** - Regular take-off board

High Jump

- **Pee Wees** - Starting height of 70cm. Increments of 10cm until a height of 1.10m, increments of 5cm thereafter.
- **Bantams** - Starting height of 90cm. Increments of 10cm until a height of 1.10m, increments of 5cm thereafter

EVENTS OFFERED

WOMEN							MEN							
TY	PW	BN	MID	YTH	OPN	MAS	EVENT	MAS	OPN	YTH	MID	BN	PW	TY
X	X						60m						X	X
		X					80m					X		
			X	X	X	X	100m	X	X	X	X			
X	X	X					150m					X	X	X
			X	X	X	X	200m	X	X	X	X			
X			X				300m				X			X
				X	X	X	400m	X	X	X				
X	X						600m						X	X
		X	X	X	X	X	800m	X	X	X	X	X		
	X						1000M						X	
		X	X				1200m				X	X		
				X	X	X	1500m	X	X	X				
			X				2000m				X			
				X	X	X	3000m	X	X	X				
			80M	100M	100M	X	Sprint Hurdles	X	110M	110M	100M			
			200M	400M	400M	X	Intermediate Hurdles	X	400M	400M	200M			
			X	X	X	X	High Jump	X	X	X	X			
X	X	X	X	X	X	X	Long Jump	X	X	X	X	X	X	X
			X	X	X	X	Triple Jump	X	X	X	X			
2K	2K	3K	3K	4K	4K	X	Shot Put	X	7.26K	5K	4K	3K	2K	2K
X	X						Ball Throw						X	X
		750G	1K	1K	1K	X	Discus	X	2K	1.5K	1K	750G		
TUR	TUR	TUR	500G	600G	600G	X	Javelin	X	800G	700G	600G	TUR	TUR	TUR
			3K	4K	4K	X	Hammer	X	7.26K	5K	4K			
X	X	X	X	X	X	X	4 x 100m	X	X	X	X	X	X	X
X	X	X					Medley					X	X	X

Medley Relays: Tyke 100-50-50-200.

Peewee and Bantam 200-100-100-400.

*Athletes entered in Open events for which the technical specifications for the athlete's normal age group are different from Senior (eg. Junior 110m Hurdles) will be entered in an event using the technical specifications appropriate to their age (unless the coach informs the Entries Registrar the athlete wants to compete using the Senior specifications)