

**17th Annual Dinos High School
Track & Field Challenge
Sanctioned by Alberta Schools Athletic Association**

Hosts: University of Calgary Track & Field

When: Thursday May 2, 2019 5:00pm – 9:00pm Foothills Track
Wednesday May 8, 2019 5:00pm – 9:00pm Foothills Track
Friday May 10, 2019 4:30pm – 9:00pm Foothills Track
No Alternate Date (s) planned

Where: Foothills Athletic Park
2424 Crowchild Trail NW
Calgary, Alberta

Completion of entries. Two choices:

1. **Trackie.reg** – Teams can use trackie.reg to register for the meets
Online Registration: <https://www.trackie.com/online-registration/>
Payment by VISA/MASTERCARD/cheque (payable to UCAC)
2. **Hytek Team Manager** – teams wishing to use Team Manager can request the Entry file
Send Entries: uofcathleticsentries@gmail.com
Payment by cheque payable to “UCAC”. Not able to issue invoices.

Entry Fee: \$5.00 per athlete per event Relays: \$5.00 per Team
Team Maximum: \$200.00 per meet
Maximum Entry Fee for Series: \$600
Cheques payable to: University of Calgary Athletics Club

Entry Deadline: 7:00pm the Monday before the competition

Scratch Deadline: 10:00am the day of the meet (**Entry fee for meet is determined by entries at this time**)
Changes can be made directly on Trackie account

Inquiries: Phone 403-220-2479

Officials: University of Calgary will provide the Head Official for each event.
Phototiming will be provided for all running events.

Volunteers: Participating schools are required to provide one volunteer to assist with officiating

Age Categories:

Senior: Under 19 before September 1, 2018
Intermediate: Under 17 before September 1, 2018
Junior: Under 16 before September 1, 2018

Athletes will compete in their age category. Categories may be combined at Meet Director's discretion.

Tentative Schedules:

Times are approximate and Final Schedule may vary depending on number of entries.

| | | Red | Gold | White |
|-------------------|--------------|---|--|---|
| | | May 2, 2019 | May 8, 2019 | May 10, 2019 |
| Start Time | | 5:00pm | 5:00pm | 4:30pm |
| | TRACK | 100m | Sprint Hurdles | Pentathlon 100m |
| | | 1500m | 800m | 4x100m |
| | | | 200m | 400m |
| | | | | 3000m |
| | | | | 300m Hurdles |
| | FIELD | | | Pentathlon 800m |
| | 5:00pm | Jr Women's High Jump Jr Women's Long Jump Int Women's Long Jump Jr Men's Triple Jump | Women's Pole Vault Jr Men's High Jump Jr Men's Long Jump Sr Men's Long Jump Jr Women's Triple Jump | Men's Pole Vault Pentathlon Girls High Jump Boys Long Jump |
| | 6:00pm | Int Women's High Jump Sr Women's Long Jump Sr Men's Triple Jump | Int Men's High Jump Int Men's Long Jump Int Women's Triple Jump | Pentathlon Girls Shot Put Boys Shot Put |
| | 7:00pm | Int Men's Triple Jump Sr Women's High Jump | Sr Men's High Jump Sr Women's Triple Jump | Pentathlon Girls Long Jump Boys High Jump |
| | 5:00pm | Jr Men's Shot Put Int Women's Discus Int Men's Javelin | Jr Women's Shot Put Jr Men's Discus Int Women's Javelin | Jr Women's Discus Jr Men's Javelin |
| | 6:00pm | Int Men's Shotput Sr Women's Discus Sr Men's Javelin | Int Women's Shot Put Int Men's Discus Jr Women's Javelin | Sr Men's Discus Sr Women's Javelin |
| | 7:00pm | Sr Men's Shotput | Sr Women's Shot Put | |

Specifications:

| | Distance | Hurdles | Shot Put | Discus | Javelin |
|---------------------------|-----------------|----------------|-----------------|---------------|----------------|
| Junior Girls | 80m | 76cm (30") | 3kg | 1kg | 500g |
| Intermediate Girls | 80m | 76cm (30") | 3kg | 1kg | 500g |
| Senior Girls | 80m | 84cm (33") | 4kg | 1kg | 600g |
| Junior Boys | 100m | 84cm (33") | 5kg | 1.5kg | 700g |
| Intermediate Boys | 100m | 84cm (33") | 5kg | 1.5kg | 700g |
| Senior Boys | 100m | 91cm (36") | 6kg | 1.75kg | 800g |
| Open Girls | 300m | 76cm (30") | | | |
| Open Boys | 300m | 84cm (33") | | | |