

# Calgary Spring Challenge & Combined Events Meet

**Saturday & Sunday May 11 & 12, 2019**

**Friday May 10, 2019 – Para Shot Put and Discus**

**This is the 39<sup>th</sup> Annual Spring Combined Event meet and the 16<sup>th</sup> Annual Spring Team Challenge**

Host: University of Calgary Athletics Club

Sanctioned by: Athletics Alberta

**WEBSITE:** <http://uofcathletics.ca/calgary-spring-challenge/>

**Facilities:** Foothills Athletic Park  
2424 Crowchild Trail NW  
Calgary, Alberta

Maximum Spike length: 6mm Christmas tree or cones

## **Hospitality**

Volunteers / Officials / Coaches receive complimentary Lunch each day.

## **Combined Events**

**U16 (2004-05) / U18 (2002-03) / U20 (2000-01 / Open (1999 & earlier) / Para** \$45.00  
\$18.00 per event

**U10 (2010 & later) / U12 (2008-09) / U14 (2006-07)** \$9.00 per event

**Relays** \$15.00 per relay team

## **Entry Procedure**

1. **Trackie** - <https://www.trackie.com/online-registration/find-event/>

Entry fee processing fees are absorbed into entry fee

Seed Times will be confirmed with AC rankings

**Entry Deadline: Monday May 6, 2019 - Midnight**

**Late entry and scratch deadline: Thursday May 9 - Midnight**

**Late Entries:** Late entries will be accepted at the Meet Director's discretion.

Accepted Late entries will have an additional \$10.00 fee/event

Meet Inquires: Email: [uofcathleticsentries@gmail.com](mailto:uofcathleticsentries@gmail.com) Phone: 403-220-2479

**Masters and U20** athletes will compete in the open category. Events with different technical specifications (hurdles and throws) will be accommodated. These events are non-scoring and no medals will be awarded.

**U16 and older** – 100m/200m/Sprint hurdles will have heats and Finals (even if there are less than 9 competitors)

**Para Throws events** – Shot Put and Discus will be held Friday night and Javelin will be held Saturday.

## **U10 / U12 / U14**

Track races are all timed finals: no starting blocks.

Modified Start rule – First False start charged to the field. Second False start is a disqualification.

Tyke / Peewee Long Jump: No Board – 1m Take off area. Distanced measured from take-off point.

Throws and Horizontal Jumps – all competitors will get 3 attempts.

TRACK	Open Men	Open Women	Non-Scoring events	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Saturday</b>										
60m									X	X
80m								X		
100m	X	X	Para M & W	X	X	X	X			
300m						X	X			X
400m	X	X	Para M & W	X	X					
600m									X	
1200m						X	X	X		
1500m	X	X		X	X					
Hurdles		100m			100m	100m	80m	80m		
4x100m	X	X		X	X	X	X			
<b>Sunday</b>										
150m								X	X	X
200m	X	X		X	X	X	X			
600m										X
800m	X	X		X	X	X	X	X		
1000m									X	
1500m			Para M & W							
Hurdles	110m		U20 M 110m	110m						
Hurdles	400m	400m		400m	400m	200m	200m	200m		
4x400m	Mixed	Mixed		Mixed	Mixed					

FIELD	Open Men	Open Women	U18 Men	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
Pole Vault	Sat	Sat								
High Jump	Sat	Sat		Sat	Sat	Sun	Sat	Sun		
Long Jump	Sat	Sat		Sat	Sun	Sun	Sun	Sat	Sat	Sat
Stand LJ									Sun	Sun
Triple Jump	Sun	Sun		Sun	Sun					
Shot Put	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun
Para Shot Put	Fri	Fri								
Discus	Sun	Sun	Sun	Sun	Sun	Sun	Sun			
Para Discus	Fri	Fri								
Javelin	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Para Javelin	Sat	Sat								
Hammer	Sat	Sat	Sat	Sat	Sat	Sat	Sat			

Specs	Open Men	Open Women	U20 Men	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
Sprint Hurdles	110m 1.067m 9.14m	100m 0.84m 8.5m	110m 0.99m 9.14m	110m 0.91m 9.14m	100m 0.76m 8.5m	100m 0.84m 8.5m	80m 0.76m 8.0m	80m 0.76m 7.5m		
Long Hurdles	400m 0.914m	400m 0.76m		400m 0.84m	400m 0.76m	200m 0.76m	200m 0.76m	200m 0.76m		
Shot Put	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg			
Javelin	800g	600g		700g	500g	600g	500g	Turbo 400g	Turbo 400g	Turbo 300g
Hammer	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg			

## Combined Events

### Decathlon

**Start time: 10:30am Saturday and 10:00am Sunday.**

	1 <sup>st</sup> day	100m	Long Jump	Shot Put	High Jump	400m	2 <sup>nd</sup> day	Hurdle	Discus	Pole Vault	Javelin	1500m
Open Men		X	X	16lb	X	X		110m 1.07m	2kg	X	800g	x
U20 Men		X	X	6kg	X	X		110m 0.99m	1.75kg	X	800g	X
Masters Men		X	X	TBD	X	X		TBD	TBD	X	TBD	X
U18 Men		X	X	5kg	X	X		110m 0.91	1.5 kg	X	700g	X

### Heptathlon

**Start time: 11:00am Saturday and 12:00pm Sunday.**

	1 <sup>st</sup> day	Hurdles	High Jump	Shot Put	200m	2 <sup>nd</sup> day	Long Jump	Javelin	800m
Open Women		100m 0.84m	X	4kg	X		X	600g	x
U20 Women		100m 0.84m	X	4kg	X		X	600g	X
U18 Women		100m 0.76m	X	3kg	X		X	500g	X
Masters Women		TBD	X	TBD	X		X	TBD	X

### U16 Pentathlon

**Start time: 10:30am Sunday**

<b>Boys</b>	100m Hurdles 0.84m	Long Jump	Shot Put (4kg)	High Jump	1000m
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**Start time: 10:30am Sunday**

<b>Girls</b>	80m Hurdles 0.76m	High jump	Shot Put (3kg)	Long Jump	800m
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### U10, U12 and U14 Multi Event

**4 best events of the day (Awards for Saturday and for Sunday)**

Scoring will be based on final placing in the event. 10-8-6-5-4-3-2-1

## Spring Team Challenge

### Rules

1. Clubs designate a roster of athletes to score for their team.
  - a. **Roster size:** minimum 5 athletes and a maximum of 10 athletes
  - b. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
  - c. Athletes must be registered with their Provincial Association and the club they are representing.
  - d. Teams can have any mix of male and female athletes.
  - e. **Relays** will not count towards team score
2. Athletes can score in as many events as they wish. Non-Scoring competitors will not be removed from the results for scoring purposes.
3. Athletes can only score in one Age Category
4. Scoring will be based on final placing in the event. 10-8-6-5-4-3-2-1
5. Champions will be determined in 3 Categories:
  - 1) Open
  - 2) U18/U16
  - 3) U14/U12/U10
6. Scoring team members of the Winning Teams will receive Key Chains.

### Past Winners of Spring Team Challenge

Year	Open	U18/U16	U14/U12/U10
2018	UCAC	CALTAF	CALTAF
2017	UCAC	Edmonton Harriers	CALTAF
2016	UCAC	CALTAF	CALTAF
2015	UCAC	Airdrie Aces	CALTAF
2014	UCAC	CALTAF	Edmonton Columbians
2013	UCAC	CALTAF	Edmonton Columbians
2012	UCAC	CALTAF	Edmonton Columbians
2011	UCAC	CALTAF	Edmonton Harriers
2010	UCAC	CALTAF	Calgary Spartans
2009	UCAC	CALTAF	Calgary Spartans
2008	UCAC	CALTAF	Calgary Spartans
2007	Calgary International	CALTAF	Leduc
2006	Calgary International	Not awarded	Not awarded
2005	UCAC	Not awarded	Not awarded
2004	UCAC	Not awarded	Not awarded

### Awards:

**Medals: Top 3 in each individual event**

**Key Chains:** each scoring member of Top Team in Each Category

**3 Categories: Open** (2001 & earlier)

**U18/U16** (2002-2003 / 2004-2005)

**U14/U12/U10** (2006-2007 / 2008-2009/ 2010 & later)

### Accommodation Block Bookings:

See Website for details. <http://uofcathletics.ca/calgary-spring-challenge/>

**Best Western Plus Village Park Inn** - 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7

**Comfort Inn and Suites** - 2369 Banff Trail NW, Calgary, Alberta T2M 4L2

**Hotel Alma** - 169 University Gate NW, Calgary, Alberta, Canada T2N 1N4