

2019 Peace Country Classic/GP Kids Meet

(includes the NW Zone 8 Trials for the 2019 AB Senior Games)

Saturday, May 11, 2019 - 9 a.m. to 5 p.m.

The **Peace Country Wolves Athletics Club** (PCWAC) is proud to present the **2019 Peace Country Classic/GP Kids Meet**. This event is Grande Prairie's annual all comers meet open to athletes of all ages and abilities. This year, the meet will also be used to select the NW Zone 8 team for the Alberta Seniors Games in Medicine Hat from July 4 to 7th.

Where

Legion Track, 11315 105 Street, Grande Prairie
(adjacent to the Leisure Centre and GP Composite High School)

Events

A full slate of standard track and field events will be offered. See pages 3 and 4 at the end of this document for a list of events and the schedule.

Categories (separate male and female categories for each)

GP Kids Meet - Jr Elementary (Born 2010 or earlier); Sr Elementary (Born 2007, 08, 09)
PCC Meet- Midget (Born 2004, 2005, 2006); Youth (Born 2002, 2003); Open (Born 2001 or earlier)

Entry Fees

GP Kids Meet- \$5 for one event; \$10 for 2 or 3 events + Non AC member fee (if applicable)
PCC Meet- \$10 for one event; \$20 for 2 or 3 events; \$25 for 4 events (limit of 4 individual events per athlete) + Non AC member fee (if applicable)
55+ Trials \$10 for one event; \$20 for 2 or 3 events; \$25 for 4 events (limit of 4 individual events per athlete) + Non AC member fee (if applicable)

The 4 x 100m relay is free and does not count as one of your events.

Non AC Members: Our sanctioning and insurance requires all "official" entrants to be members of Athletics Canada (AC). Athletes who do not hold a valid 2019 Athletics Canada membership will be able to compete; however, they will need to pay a Non AC Member fee for insurance purposes.

Note: Any performances registered by non-AC members are not eligible for inclusion in the 2019 National Rankings.

NW Zone 8 Alberta 55+ Senior Games Trials

A Zone team of up to 30 participants (maximum 2 athletes per 5 year age group per gender) will be selected from the results of the meet. Contact Al Bromling abromling@gmail.com for selection details. Also, information about the Games can be found at <https://alberta55plus.ca/games/2019-summer-provincial-games-medicine-hat/>

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Entry Process

- Enter online at Trackie.com **(Registration will be available soon. Check back for the link.)**
- You can pay online (preferred) OR onsite on race day (cash or cheque payable to the **WAPITI STRIDERS TRACK CLUB**)
- Limit of 4 individual entries + the 4 x 100m relay.
- Deadline for entries is **Wednesday, May 8 at 9 p.m.**. Please get your entries in on time. Late entries, if accepted, will be charged a \$5 penalty.
- **Please, please, please – no race day entries**

Facility/Technical Rules

- 8 lane all-weather track suitable for spikes (7mm or shorter)
- Hand timing and no wind gauges
- All races will be timed finals; age categories will be combined into consolidated heats where/when it makes sense
- Starting blocks must be used for all sprint races for the Midget, Youth, and Open competitors.
- Track events take precedence over field events. An athlete entered in a track and a field event at the same time, must check in at the field event, inform the official that he/she is running in another event, and then proceed to the track event.
- Check in/marshall at the starting line or at the field event.
- Concrete throwing circles for discus and shot put
- Newly constructed all-weather track surface suitable for spikes for all jumps and the javelin.
- For field events, all athletes will be given four attempts to be completed within a 30 minute window for the event.
- Washroom facilities available on site.

Version one April 7, 2019

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Event List

Track Events

	50	100	200	300/400	800	1200/ 1500	2000/ 3000	Race Walk	Spr Hurdles (AC Specs)	4 x 100 Relay
Jr Elm	X			400						x
Sr Elm	X				x					x
Midget		X	X	300	X	1200	2000		80m - .76m (w) 100m - .84m (m)	X
Youth		X	X	400	X	1500	3000		100m - .76m (w) 110m - .91m (m)	X
Open		X	X	400	X	1500	3000	1500	100m - .84m (w) 110m - 1.07m (m)	X
55+	X	X	X		X	X	X	Predicted Walk (1000m)		

Field Events (AC Specifications)

	Standing Long Jump	Long Jump	Triple Jump	Shot Put	Javelin	Discus	High Jump
Jr Elm	X						
Sr Elm	X			2 kg			
Midget		X	x	3 kg (w), 4 kg (m)	500g(w), 600g (m)	1kg	X
Youth		X	x	3 kg (w), 5 kg (m)	600g (w), 700g (m)	1kg (w), 1.5kg (m)	x
Open		X	x	4 kg (w), 7.26 kg (m)	600g(w), 800g (m)	1kg (w), 2kg (m)	x
55+		X	X	Per World Masters Specs	Per World Masters Specs	Per World Masters Specs	

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Meet Schedule

TRACK			FIELD		
9:00	2000m, Race Walk, 55+ Predicted Walk (all on the track at same time)	Midget, Open, 55 +	9:00	Standing Long Jump – Boys and Girls	Jr Elm, Sr Elm
9:30	3000m	Youth, Open, 55+	9:15	Discus - Men	Midget, Youth, Open, 55+
			9:30	Shot Put- Women	All except Sr Elm
10:00	50m	Jr Elm, Sr Elm, 55+			
10:10	100m	Midget, Youth, Open, 55+			
			10:30	Discus - Women	Midget, Youth, Open, 55+
			10:45	Shot Put - Men	All except Sr Elm
11:10	400m	Jr Elm Only	11:10	High Jump – Women and Men	Midget, Youth, Open
11:15	800m	All			
			11:45	Shot Put – Boys and Girls	Sr Elm Only
12:15	Sprint Hurdles	Midget, Youth, Open			
LUNCH BREAK					
1:30	200m	Midget, Youth, Open, 55+	1:30	Javelin - Women	Midget, Youth, Open
			1:30	Long Jump - Men	All except Elm
2:15	1200m	Midget			
2:25	1500m	Youth, Open, 55+	2:25	Javelin - Men	Midget, Youth, Open
			2:30	Long Jump - Women	All except Elm
3:00	300m	Midget			
3:10	400m	Youth, Open,			
4:15	4 x 100 Relay	All	3:45	Triple Jump – Women and Men	Midget, Youth, Open, 55+

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