



2019 Sherwood Park Track Classic

U16, U18 & Masters Provincial Championships

July 20-21, 2019 ▪ Strathcona Athletic Park, Sherwood Park

Hosted By:

The Sherwood Park Track Classic Organizing Committee

Which is comprised of members from the community of Sherwood Park and Capital City Track Club.

Sanctioned by: Athletics Alberta

- Last chance to tune up for the Legion National Championships and Western Canada Summer Games
 - Last Open Club Meet of the summer!
-
-

Location & Facility

Location:	Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games; Adjacent to Bev Facey Community High School)</i>
Facility Specs:	8 lane Versaturf track (recommended maximum spike length is 7mm for track); Versaturf runways for all jumps and javelin; Cement circles for shot put, discus, & hammer
Photo Timing System:	Finish Lynx

Meet Enquiries

If you have any questions or inquiries to the Sherwood Park Track Classic, please contact Rob Fisher at (780) 975-2847 or robfisher004@gmail.com

Local Hotels

- ▶ There are many local options for hotels, please see our website for more information.

Registration Package

Registration packages will be available at the Technical Information Centre beginning at 7:30am on Saturday, July 20th, 2019.

Entry Deadline

- ▶ Entries must be received by **Monday, July 15th at 12:00pm (noon)**.
- ▶ Entries submitted after Monday July 15th will be charged double.
- ▶ Scratches after **Tuesday, July 16th at 12:00pm (noon)** will still be charged.

- ▶ Anyone attempting entry by by-passing the Trackie System may not have their entries accepted and/or be charged a manual entry fee.

Entry Fees

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$20.00
U10, U12, U14 Multi Event	Entry Fee:	\$5.00 Per Event
Relays & Combined Events	Entry Fee:	\$30.00

- ▶ Trackie Reg is the only method of entry: www.trackiereg.com/2019SPTC
- ▶ **All seeds must be verifiable in the Athletics Alberta rankings for championship events and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes without verifiable performances.**
- ▶ Payment of entry fees must be made before competition numbers will be released.
- ▶ **Final Meet Schedule will be available on the Sherwood Park Track Classic website by Wednesday July 17th, 2019.**

Eligibility

- ▶ All athletes entering the Alberta Provincial Track & Field Championships & Alberta Provincial Track & Field Club Championships must be registered members of Athletics Alberta.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association. Out of province athletes will not be eligible for Provincial medals but will however receive meet medals. There may be a restriction on the number of non-Alberta athletes in a provincial final. A and B Finals will be offered if applicable.
- ▶ Day of the Meet membership is not available, please contact Athletics Alberta for more information on membership options.

Age categories offered:

U10 – born 2010 or later, *U12* – born 2008-2009, *U14* – born 2006-2007, *U16* – born 2004-2005,
U18 – born 2002-2003, *U20* – born 2000-2001, *Senior* – born 1999-1985, *Masters* – Born 1984 or earlier

U10, U12, U14 Multi event format:

Boys and Girls U10 Saturday: 60m, Long Jump, 150m
Boys and Girls U10 Sunday: 100m, Shot Put, 600m
Boys and Girls U12 Saturday: 60m, Long Jump, Shot Put, 150m
Boys and Girls U12 Sunday: 100m, High Jump, Discus Throw, 600m
Boys and Girls U14 Saturday: 80m, High Jump, Discus Throw, 80m Hurdles (27")
Boys and Girls U14 Sunday: 100m, Long Jump, Shot Put, 600m

Modified Rules for U10 & U12 Long Jump

U10 & U12 athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. U14 will use a regular take off board. For the competition, all jumpers will have 3 attempts. The Chief of the field event has the right to allow longer than 60 seconds per attempt if it is clear the athlete is not attempting a deliberate delay.

Modified Rules for U12 & U14 High Jump

Three successive failures will eliminate the jumper from further competition.

U12: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter.

U14: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

The Chief of the field event has the right to allow longer than 60 seconds per attempt if it is clear the athlete is not attempting a deliberate delay.

Modified Rules for U10, U12, U14 Throws

Each competitor will only receive 3 attempts for all throwing events. The Chief of the field event has the right to allow longer than 60 seconds per attempt if it is clear the athlete is not attempting a deliberate delay.

Awards

- ▶ All medals will be awarded at medal ceremonies as soon as results are available.
- ▶ U16, U18 & Masters Events: Gold, Silver, and Bronze Provincial medals will be issued for top 3 finishers. If a non-Albertan places they will receive a meet medal.
- ▶ For all other events U20 and Senior: Gold, Silver, and Bronze meet medals will be awarded
- ▶ For U10, U12 & U14 age categories, all athletes will receive certificates with name, results, and final placing listed, top 3 total point scorers will receive meet medals.
- ▶ Any athlete who breaks a Sherwood Park Track Classic Meet Record will receive a free Record Breaker T Shirt. Limit of one T shirt per athlete per year. This includes Tri Prov team members.

Marshalling Procedure – Please Make Note of Check in Times!

- ▶ For track events athletes must check in at the marshalling table **45 minutes** before scheduled start time.
- ▶ At this time heats and sections may be reduced or combined based upon checked in athletes.
- ▶ Track athletes will then report back to marshalling table to receive hip number **30 minutes** before scheduled start time.
- ▶ Track athletes will meet the start line marshal **10 minutes** before scheduled start time at their events start line.
- ▶ For field events athletes will check in at the event site at least **20 minutes** before scheduled event start time.

Equipment

- ▶ Starting blocks will be provided and must be utilized for all events of 400m or less (with the exception that starting blocks will not be used by the U10s, U12s & U14s and are optional for Masters only events).
- ▶ Throwing implements will be provided. Pole-vaulters must provide personal poles and vault will have a minimum starting height of 2.15m
- ▶ Personal implements must be certified by the equipment manager (provided by the organizing committee) before they will be permitted for use during the competition. This may be done at the equipment shed up until **1 hour** before the scheduled start time of their event.

2019 Sherwood Park Track Classic – Events Offered

Event	Masters Women	Masters Men	Senior Women	Senior Men	U20 Women	U20 Men	U18 Women	U18 Men	U16 Girls	U16 Boys	U14 Girls	U14 Boys	U12 Girls	U12 Boys	U10 Girls	U10 Boys
60m													✓	✓	✓	✓
80m											✓	✓				
100m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150m													✓	✓	✓	✓
200m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
300m									✓	✓						
400m	✓	✓	✓	✓	✓	✓	✓	✓								
600m											✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
1200m									✓	✓						
1500m	✓	✓	✓	✓	✓	✓	✓	✓								
2000m									✓	✓						
3000m	✓	✓					✓	✓								
5000m			✓	✓	✓	✓										
Sprint Hurdles *	✓ ACS	✓ ACS	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 80m	✓ 100m	✓ 80m	✓ 80m				
Intermediate Hurdles	✓ ACS	✓ ACS	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 200m	✓ 200m						
Steeplechase	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m	✓ 2000m	✓ 3000m	✓ 2000m	✓ 2000m	✓ 1500m	✓ 1500m						
Race Walk	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 1500m	✓ 1500m						
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Shot Put	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	✓ 2kg	✓ 2kg	✓ 2kg	✓ 2kg
Javelin	✓ ACS	✓ ACS	✓ 600g	✓ 800g	✓ 600g	✓ 800g	✓ 500g	✓ 700g	✓ 500g	✓ 600g						
Discus	✓ ACS	✓ ACS	✓ 1kg	✓ 2kg	✓ 1kg	✓ 1.75kg	✓ 1kg	✓ 1.5kg	✓ 1kg	✓ 1kg	✓ 750g	✓ 750g	✓ 750g	✓ 750g		
Hammer	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg						
Combined Events			✓	✓	✓	✓	✓	✓	✓	✓						
4x100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
											Sat Events	Sun Events	Sat Events	Sun Events	Sat Events	Sun Events

*** Note: A/B finals will be run where possible and if there are less than 8 entries athletes should be prepared to still run a heat and a final for these events if time permits. Applies to age class events, not U10, U12, U14 or Master Events.**

Tentative Track Schedule

▶ **Please note:** all events run 'youngest to oldest' – 'girls then boys' unless otherwise specified.

Saturday, July 20th Morning Session		Sunday, July 21st Morning Session	
9:00am	60m Timed Finals U10, U12	9:00am	100m Timed Finals U10, U12, U14
	80m Timed Finals U14		Pent/Dec Hurdles
	Sprint Hurdle Heats U16 to Senior		5000m Finals U20, Senior
	1200m Finals U16		3000m Finals U18, Masters
	1500m Finals		2000m Finals U6
	80m Hurdles Timed Finals U14		1500m and 3000m Race Walk
	Sprint Hurdle Finals U16 to Master		200m Heats
	100m Heats		600m Timed Finals U10, U12, U14
	150m Timed Finals U10, U12		
Afternoon session		Afternoon session	
2:00pm	100m Finals	1:30pm	Intermediate Hurdles Timed Finals
	1500m/2000m/3000m Steeplechase		800m Timed Finals
	300m/400m Timed Finals		200m Finals
	4x100m Relay		4x400m Relay
	CE events throughout the day		CE/Pent events throughout the day
6:30pm	End of Competition	5:00pm	End of Competition



Tentative Field Event Days



Saturday, July 20th Morning Session		Sunday, July 21st Morning Session	
	U10 Long Jump		U10 Shot Put
	U12 Long Jump		U12 High Jump
	U12 Shot Put		U12 Discus Throw
	U14 High Jump		U14 Long Jump
	U14 Discus Throw		U14 Shot Put
	High Jump		Pole Vault Women
	Triple Jump		Long Jump
	Shot Put Men		Discus
	Javelin Women		Shot Put Women
	Hammer Throw Women		Javelin Men
Afternoon session		Afternoon session	
	High Jump		Long Jump
	Triple Jump		Pole Vault Men
	Javelin Women		Shot Put Women
	Shot Put Men		Discus
	Hammer Throw Men		Javelin Men
	CE events throughout the day		CE/Pent events throughout the day

The age categories for field events will be filled in once numbers of participants and officials are known and may be combined with other age groups. If numbers become too large for single days of competition for each field event, then some events may be expanded to both days.