



## 2019 Red Deer Titans Summer Twilight Meet

### “Get on track” with the Red Deer Titans Track Club

#### Date, Location and Time

- July 3, 2019
- Lindsay Thurber HS 4204 58<sup>th</sup> St Red Deer
- 6:00pm

#### Track Meet Sanctioned by Athletics Alberta

Due to sanctioning and insurance all entrants must be members of Athletics Alberta / Athletics Canada. All participants should be members of their respective Branch or IPC or IAAF Federations. Those who are not members will be subject to an additional fee on the night of the event.

#### Age Categories

- **U14 Bantam:** 12-13 yrs. of age as of Dec 31, 2019 - born in 2006 or 2007.
- **U16 Midget:** 14-15 yrs. of age as of Dec 31, 2019 - born in 2004 or 2005.
- **U18 Youth:** 16-17 yrs. of age as of Dec 31, 2019 - born in 2002 or 2003.
- **U20:** 18-19 yrs. of age as of Dec 31, 2019 – born in 2000 or 2001.
- **Senior:** 20 + yrs. of age as of Dec 31, 2019 – born in 1999 or earlier

#### Events by Age Category

Events	U14 Bantam	U16 Midget	U18 Youth	U20	Senior
<b>100</b>	X	X	X	X	X
<b>200</b>	X	X	X	X	X
<b>400m</b>	X	X	X	X	X
<b>800m</b>	X	X	X	X	X
<b>1500m</b>		X	X	X	X
<b>Sprint Hurdles</b>	80m (Girls) 80m (Boys)	80m (Girls) 100m (Boys)	100m (Girls) 110m (Boys)	100m (Girls) 110m (Boys)	100m (Women) 110m (Men)
<b>Long Hurdles</b>	200m (Girls) 200m (Boys)	200m (Girls) 200m (Boys)	400m (Girls) 400m (Boys)	400m (Women) 400m (Men)	400m (Women) 400m (Men)
<b>Long Jump</b>	X	X	X	X	X
<b>Javelin Throw</b>		X	X	X	X
<b>High Jump</b>	X	X	X	X	X
<b>Shot Put</b>	X	X	X	X	X

## Registration

- Register on line with Trackie at <https://www.trackie.com/online-registration/find-event/>.
- Registration deadline is Monday July 1st at 12:00 midnight
- Cost per event is \$15.00
- No limit to the number of events an athlete can enter.
- **LATE ENTRIES "MAY" BE ACCEPTED**, July 3 at the track in person from 4:30 - 5:30pm.
- Late entry fee is \$20.00 per event. Cash. No refunds
- This applies to ALL ATHLETES.
- No limit to the number of events an athlete can enter.

## Meet Information

- Events start at 6:00pm and will run in the order listed below (rolling schedule).
- Maximum Spike length: 7mm Christmas tree or cones
- Competition is open to all ages and all ability levels. Competitors are grouped by ability levels & by age. Seed times take priority.
- All events are conducted in sections or flights as entry numbers warrant.
- Track Events: will be conducted in the order of slow to fast seeds. OR at the discretion of the meet director. Age divisions may be combined based on number of entries.
- Field Events: no seeding, athletes are placed in order of age.
- Coaches and Clubs wishing to request a specific track or field event, are asked to contact us via email ([albertaspeedschool@gmail.com](mailto:albertaspeedschool@gmail.com)) at least 10 days in advance. Steeplechase is not offered, however we may add the 2000 or 3000 with a well-organized request by coaches. Events will not be added on the night of competition.
- Bring a lawn chair, as our bleachers have limited space to sit.

## Schedule of Events

### Track Events: 6:00 pm start - rolling schedule

- 100m
- 800m
- Short Hurdles (80mh, 100mh, 110mh)
- 200m
- 1500m Gender age combined (depending on entries)
- Long Hurdles (200mh, followed by 400mh) Possibly combined ages
- 400m
- Open 4x100m Relay (Mixed Gender & Mixed Ages) **"FREE ENTRY"** for all participants. Let's have Fun

**All track events are Timed Section Finals. Heat only, NO Finals**

### Field Events: 6:00pm start – rolling schedule

- High Jump: (Female all ages) Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.
- Long Jump (Males all Ages Pit # 1 = U14 & U16. Pit # 2 = U18 & U20 & Senior )
- Javelin (Female & Male, all ages)

### Approximately 7:45pm start

- Shot Put (Female & Male, all ages)
- High Jump (Male all Ages) Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.
- Long Jump (Female all ages. Pit # 1 = U14 & U16. Pit #2 = U18 & U20 & Senior)

**Throws and Horizontal Jumps – all competitors will get 3 attempts  
Throwing elements will be provided. Do not bring your own elements for the competition.**