



### Meet 1: June 29 - 17:00 - 21:00

#### Foothills Athletic Park

400mH, 100m, 800m, 200m

Long Jump, High Jump, Open PV, U16 Long Jump

#### Glenmore Athletic Park

Shot Put, Javelin, Discus, Hammer, Seated Throws

### Meet 2: July 7 - 17:00 - 21:00

#### Foothills Athletic Park

Sprint Hurdles, 100m, 400m, 200m

Triple Jump, High Jump (Opening Heights: women - 1.45m, men - 1.70m), U16 High Jump

#### Glenmore Athletic Park

Shot Put, Javelin, Discus, Hammer, Seated Throws,

### Meet 3: July 21 - 17:00 - 21:00

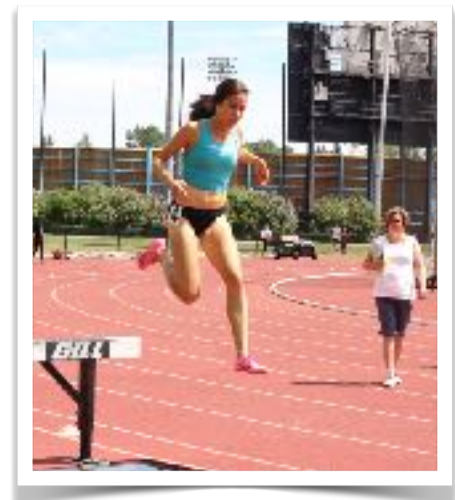
#### Foothills Athletic Park

400mH, 800m, Sprint Hurdles, 100m, 400m, 200m, 1500 SC

Triple Jump, High Jump (Opening Heights: women - 1.45m, men - 1.70m), Open PV, U16 Long Jump

#### Glenmore Athletic Park

Shot Put, Javelin, Discus, Hammer, Seated Throws,



## U16 Grand Prix:

- Sadly, due to Covid-19 restrictions we are unable to accommodate a formal U16 competition for the 2021 season. Look for it to resume in 2022.
- We will look to have hurdle and throwing implements for U16 competitors.

## Gord's Running Store Athletics Series Grand Prix:

Male and Female:

1st \$500, 2nd \$250, 3rd \$150, 4th \$100, 5th \$50

Athletes will be awarded points for overall event placing (not performance). Scoring is as follows:

- Only your top 4 placings (open events only) count towards the point standings. You don't need to compete in all of the meets to be eligible for the prize money.
- Points are awarded for top 8 places in each open event as follows:  
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt
- Ties will be broken based on the highest score (IAAF points tables) during the **Gord's Finale**.
- You must be present at the **Gord's Finale** to win grand prix prize money!
- Top male or female performances (as voted on by meet management) will receive a \$200 direct deposit in each of the following event areas for each meet:
  - Track
  - Field
- Overall performance of the meet will receive an additional \$200 bonus.
- All cash prizes will be delivered electronically through direct deposit.

## Athletics Series 2021 & COVID19 – Note the adjustments to procedures and conduct.

This is based on Athletics Alberta, AHS Guidelines as of May 2021

- No Spectators - may be revisited and reviewed as the Series progresses.
- All coaches and officials who are registered with Athletics Alberta will be required to register with trackie.reg and confirm their attendance when they enter the facility.
- Athletes must have PPE, personal stretching area and must be 2m distant at all times.
- Athletes, coaches and officials must answer AHS Health Questionnaire before entry to either competition facility.
- Adjusted schedules for wide warm up.
- Athletes and coaches are asked to leave the facility when they have completed their events.
- Meet management reserves the right to limit entries if needed. Acceptance of entries will be confirmed by 9:00 pm the day of the registration deadlines.
- Scratch deadline is noon the day before the meet to receive a refund.
- 10:00 am the day of the competition, you will be advised if of your section, lane for your event. If you miss your event, we are unable to accommodate your mistake.
- Infield is only for warm up.
- Schedules will be posted with warm up times and competition times.
- Masks must be worn when athletes are idle (i.e. stretching). Coaches and officials must wear masks at all times.
- There will be a concession at each of the meets.

## GENERAL SERIES NOTES 2021

- As most people have not competed in over a year, your best estimate for entries will have to suffice for meet 1 and 2. For meet 3, seed performances must come from the rankings.
- We will be using the NCAA altitude conversions for the distance times conversion.
- We will make every effort to switch directions to get a positive wind for the sprints. Decision will be made 1 hour before by the meet management.
- Three jump maximum for horizontal jumps and throws, unless there is time permitting. If time permits, the top 4 male and female jumpers and throwers will be awarded an additional 3 attempts.
- \$50 cash prizes will be awarded for breaking existing open records under legal conditions (new events will not be considered). Additional \$50 for breaking a senior provincial record!
- All prize money will be e-transferred to the individual athletes.
- Check-in Procedure: All track athletes must check-in at the starting line. There will be no additions made at the start line. No exceptions!
- Field events competitors must check in at the event.
- Masters athletes may at the discretion of the meet management be accommodated for throwing implements. There will be no Masters hurdles events. These events will not be scored.



## Gord's Running Store Athletics Series Meet Records

as of May 2021

Records are Open Events Only (under legal conditions)

<u>Men's Records</u>				<u>Women's Records</u>		
100m.	10.20	Jerome Blake	2019	100m.	11.54	Kaltouma Nadjina 2009
150m.	15.34	Jerome Blake	2019	150m.	17.68	Loudia Laarman 2017
200m.	20.82	Brian Barnett	2009	200m.	23.38	Kaltouma Nadjina 2005
400m.	46.02	Austin Cole	2019	400m.	51.65	Kaltouma Nadjina 2001
110mH.	14.30	Kayden Johnson	2018	100mH.	13.41	Jessica Zelinka 2015
400mH.	51.71	Trent Ratzlaff	2007	400mH.	59.96	Sage Watson 2011
800m.	1:49.09	Marco Arop	2017	800m.	2:07.52	Malindi Elmore 2004
1000m.	2:31.59	Alex James	2014	1000m.	3:02.60	Claire Sumner 2014
1500m.	3:53.65	Scott Arnold	2006	1500m.	4:27.75	Jessica O'Connell 2017
Mile	4:09.37	Scott Nicol	2012	Mile	4:58.16	Sarah MacArthur 2015
2000m.	5:42.01	Gareth Hadfield	2014	3000m.	9:29.59	Jessica O'Connell 2016
3000m.	8:26.43	Russell Pennock	2017	1500 SC	4:49.03	Maria Bernard 2017
1500 SC	4:17.34	Gareth Hadfield	2017	2000 SC	6:36.91	M. Bernard-Galea 2019
2000 SC	5:52.19	Gareth Hadfield	2017	LJ	6.16m.	Nikki Oudenaarden 2015
3000 SC	9:30.93	Paul Chafe	2006	HJ	1.83m.	Rachel Machin 2012
LJ	7.20m.	Scott Kimmins	1997	TJ	12.11m.	Mowa Adeleye 2018
HJ	2.15m.	Noel Vanderzee	2019	PV	4.35m.	Kelsie Hendry 2009
TJ	16.06m.	Oral O'Gilvie	1999	SP	16.92m.	Taryn Suttie 2015
PV	5.46m.	Spencer Allen	2018	DT	56.26m.	Rachel Andres 2019
SP	16.80m.	Mohamed Asiff	2019	JT	59.12m.	Liz Gleadle 2012
DT	51.82m.	Kris Watson	1997	HT	67.02m.	Heather Steacy 2015
JT	74.51m.	Kyle Nielson	2014			
HT	71.03m.	James Steacy	2014			