



Edmonton Columbians

Run, Jump, Throw

Saturday, June 19, 2021

Rollie Miles Athletic Park

10480 73 Avenue, Edmonton, AB

Hosted by the Edmonton Columbians Track and Field Club

Sanctioned by Athletics Alberta

This Multi-Event Meet will give young athletes an opportunity to compete in a variety of events.

Contact: Meet Director – Corrine Timmer, edmcolumbians@gmail.com

Events Offered: U10 – 60m, Long Jump, Ball Throw

U12 – 100m, Long Jump, Shot Put (2kg)

U14 – 100m, Long Jump, Shot Put (3kg)

Relays: 4 x 100m

Medley – U10 (100-50-50-200); U12 and U14 (200-100-100-400)

Entries: Submitted through TrackieReg. All athletes must be registered with Athletics Alberta.

Entries must be received by **Wednesday, June 17, 2021**. No late entries accepted.

Entry Fee: \$40 per athlete and will be paid by cheque, credit card or e-transfer to

columbiansemail@gmail.com

Schedule: 10:00AM-2:00PM; A more detailed schedule will be determined, based on the number of entries and posted on Trackie Reg Thursday night, June 17, 2021.

Event Specifications

All specifications will follow Athletics Alberta Outdoor Specifications.

Competition Procedures and Modifications

- Athletes need to check in at their event (start line or field area) 20 minutes before competition time
- Bib numbers are to be worn on the front for all individual events; last runner of a relay will wear a bib number on their back.
- Only Athletes and Coaches from the competing flight will be allowed in the competition area
- Each flight will be allowed a 15-minute warm-up period before they compete
- Once the flight is over, all athletes must leave the competition area. Failure to comply will be met with a request to leave the site entirely
- Long Jump for U10 and U12: No board; 1m take-off area. Distance will be measured from take-off point
- Throws and Jumps – athletes will receive 3 attempts
- All track races are timed finals
- No starting blocks used
- Throwing implements will be provided
- Spikes must not be longer than 7mm in length and only Christmas tree or pyramid spikes are permitted
- Spectators are to be in the bleachers
- Results will be posted at www.ellistiming.ca

Covid Screening

- All athletes, coaches, officials, and volunteers must complete a Health Screening Checklist on the Competition day. An online link will be used.

Health Precautions

- Wearing a mask is mandatory for coaches, officials, volunteers and athletes (when not warming up, competing, or cooling down)
- Athletes, coaches, officials and volunteers must keep their gear a minimum of 2m apart and must not share drinks or food.
- No Spectators are allowed on the track or field areas. Only Officials, coaches, athletes, and volunteers are allowed onto the track or field areas
- Minimal personal items and equipment will be allowed in the warm-up and competition area
- It is expected that each athlete and coach bring their own personal hand sanitizer, face mask, gloves, or any other personal protective equipment they require.
- There will be no handshakes, high-fives, hugs, spitting, etc., during or after the competitions, as per Athletics Alberta's guidelines.