

**2022**

## **Dino High School Challenge**

Saturday May 7, 2022 | 9:00am – 7:00pm | RED

Wednesday May 11, 2022 | 4:00pm – 9:00pm | GOLD

### **GENERAL NOTES:**

#### **Completion of entries.**

1. **Trackie.reg** – Teams can use trackie.reg to register for the meets

**Online Registration:** <https://www.trackie.com/online-registration/>

**Changes can be made directly to the Trackie Account until scratch deadline**

**Entry Deadline:** RED/GOLD Meet – May 2<sup>nd</sup> 10:00am

**Late Entry Deadline:** RED/GOLD Meet – May 04<sup>th</sup> 10:00am

**Scratch Deadline:** RED/GOLD Meet – May 04<sup>th</sup> 10:00am

#### **NO Entries will be taken after the Scratch Deadline**

#### **Entry Fees: Paid Through Trackie registration you pay by Visa/Mastercard**

**Schedule, Entry Lists** will be posted at: <https://calgarytrackcouncil.com/>

Under: Meets and Races – Outdoor.

**VOLUNTEERS:** Each school is asked to provide **two volunteers for the full-day(May7th) One volunteer for the half-day (May 11<sup>th</sup>)** . Please have that Volunteer Check-in to the Clerk's Table 45 mins before the meet starts. Volunteer can be a parent/student/teacher.

Email: [matt.deans@ucalgary.ca](mailto:matt.deans@ucalgary.ca) with school + volunteer name(s).

**Bad Weather:** In the event of Bad Weather the meet will be cancelled, a decision will be made by:

RED MEET - 8:00am on the day of the meet and posted: <https://calgarytrackcouncil.com/>

GOLD MEET – 1:00pm on the day of the meet and posted: <https://calgarytrackcouncil.com/>

#### **INFIELD**

For safety reasons, all coaches, spectators, and athletes are asked to stay out of the infield unless you are competing in an infield event.

#### **SPORT THERAPY**

There will be U of C Athletic Training Staff available and they will be situated just past the Finish Line. Schools are encouraged to provide their own trainers and supplies.

# ATHLETE PROCEDURES

## TRACK EVENTS

### **10 minutes prior to the Event:**

Athletes are asked to assemble at the start line area of their event to confirm heat and lane assignments. Heats may be combined to ensure full sections.

Track Schedule may move ahead as much as **10 minutes** if entries permit.

## FIELD EVENTS

### **15 minutes prior to the Event:**

Athletes check in at competition site. Athletes are expected to be warmed up and ready to start at the scheduled time for their event.

Long/Triple jump – east side of stadium outside of track

High Jump – North/South End of infield

Pole vault – East side of stadium

Shot put – Northeast corner of stadium outside of track

Discus – Northeast corner of Infield

Javelin – South end of Infield

## **Special Field event rules**

Due to large fields and limited time we will be using the following special rules:

**Pole Vault/High Jump** – Will use the “5 Alive” rule

**Horizontal Jumps and Throws** - (Long Jump/Triple Jump/Shot/Discus/Javelin).

Flights of a maximum of 15 competitors will be posted

Flights will take approximately 30 minutes each

Each Competitor will have a maximum of 3 attempts.

For Throws events the Best Throw will be measured at the end of the flight.