



2022 FOOTE FIELD OPEN

June 17 – 19, 2022

Foote Field : 11601 68Ave NW, Edmonton AB



Team Alberta Selection Meet for U16 & U18

Foote Field Facility Specifications:

8 lane Beynon 400m track and runways. Concrete throwing circles

All races FAT via FinishLynx, Hy-Tek results and wind gauges

U10 + U12 + U14

Athletes welcome to compete in the multi event format

U16 + U18 Open Competition

Team Alberta Selection Meet

Athletics Alberta Legion Team Selection Criteria

<https://athleticsalberta.com/wp-content/uploads/2022/05/2022-Legion-Team-Criteria-and-Standards-May-13.pdf>

Athletics Alberta Tri Provincial Selection Criteria

<https://athleticsalberta.com/wp-content/uploads/2022/05/2022-Tri-Provincial-U16-U18-Criteria-May-13-v2.pdf>

U20 + Open & Masters Competition

All Athletics Canada members welcome. Out of country athletes welcome, please contact meet director in advance.

Timelines:

Tuesday June 14	Noon	Entries Close
Wednesday June 15	8:00PM	Schedule released
Friday June 17	4:00PM	Event begins

Entries & Documents: <https://www.trackie.com/online-registration/>

Results: www.ellistiming.ca

Contact Us:

Meeting Manager: Wes Moerman wes.moerman@ualberta.ca 780.937.8963

Competition Director: Rob Fisher robfisher004@gmail.com 780.975.2847

Timing/Results: Vernon Schmidt vernon@ellistiming.ca

Order of events:

Given the championship nature of the event, all Timed Finals will run SLOW -> FAST for all age categories

Entries:

All entries must be made online via credit card. A processing fee is charged and is dependent upon number of entries made. Full details available on trackiereg.ca

Fees:

<u>Individual Events & Relays</u>	<u>U10-U12-U14 Multiple Events</u>	<u>Multi Events</u>
\$25/event	\$30/day	\$30

Scratches:

Scratches before June 14 at noon can be made online on [trackiereg](http://trackiereg.ca) by whoever completes the registration. Scratches after closure of entries will not be refunded, but are still requested so heats/flights can be arranged accordingly.

Performance Seeds:

All seeds must be verifiable in the Athletics Canada rankings and the Host Organizing Committee (HOC) reserves the right to adjust seeds, including issuing no seed, for athletes without verifiable performances.

Seed performances must have been obtained from **April 1, 2021 – June 12, 2022**. Any performance achieved on the June 11/12, 2022 weekend that would like to be used, as a seed performance should be emailed to the meet director by Tuesday June 14th at noon with a link to the results and indication of the seed mark. If the results occur in the Athletics Canada rankings database, no email is required.

Speculative marks will be accepted at the discretion of the HOC provided a clear and detailed rationale is submitted prior to the closure of entries (Tuesday June 14, 2022). Please email wes.moerman@ualberta.ca for consideration.

Out of country participants should send seeds and proof of performance to meet director prior to closure of entries.

Age Categories and Memberships

U10 – Born in 2013 or later	U12 – Born in 2011 or 2012	U14 – Born in 2009 or 2010
U16 – Born in 2007 or 2008	U18 – Born in 2005 or 2006	
U20 – Born in 2003 or 2004	Sr - Born in 2002 or earlier	Masters – age 35+

Eligibility:

Out of province athletes must be registered with their respective Provincial Athletics Association and a membership ID is required to enter. There may be a restriction on the number of non-Alberta athletes in a final

Day of the Meet membership is not available. For more membership information please refer to <https://athleticsalberta.com/membership/membership-details/> or contact Athletics Alberta directly.

Package Pick Up & General Questions

Located by the finish line under the tents

Competition numbers are worn on back for events run entirely in lanes (60-400m). Competition numbers are worn on the front for track events not finishing in lanes.

Marshalling Procedure:

Track:

- 1) Check in at the marshalling table **30 minutes** before scheduled start time. At this time heats and sections may be reduced or combined based upon checked in athletes;
- 2) Report to the start line marshal **10 minutes** before scheduled start time at their events start line.

Field:

- 1) Check in at the event site at least **30 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 U10, U12 or U14);
- Throwing implements will be provided. The referee must certify personal implements before they will be permitted for use during the competition. This may be done at the event site up until 45min before the scheduled start time of their event;
- Pole-vaulters must provide personal poles. Minimum starting height of 2.30m will be in place.

Scratches and Alternates

Athletes may miss or “scratch” an event and continue the competition.

Athletes competing in events where heats and finals occur should inform the results desk prior to the heats if they do not intend to run in the final. In this instance they will be marked exhibition, thus allowing someone else to advance to the final.

Alternates in finals: For events having heats and finals, alternates in the finals will be listed. Meaning, if 8 athletes advance to the final places 9-11 will be listed as alternates. Alternates will be permitted to race in the final should scratches occur.

Short Forms:

Jumps	Throws	Track
LJ = Long Jump	DT = Discus Throw	WC = Wheelchair
TJ = Triple Jump	SP = Shot Put	SC = Steeple Chase
HJ = High Jump	HT = Hammer Throw	m = Meter(s)
PV = Pole Vault	JT or Jav = Javelin Throw	H = Hurdle(s)

Schedule Summary:

2022 Foote Field Open Tentative Schedule			
Tentative Throws Schedule			
	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
U20/Open/ & Masters specs	Shot Put Seated Throws	Hammer	Discus Javelin
U16/U18	n/a	Shot Put Hammer	Discus Javelin
U10/U12/U14		Shot Put (as part of a one day tetrathlon - 4 events)	Javelin/Ball Throw (as part of a one day tetrathlon - 4 events)
Multi's Schedule		U18/U20/Sr. Dec Day 1 (SP) U18/U20/Sr. Hep Day 1 (SP)	U18/U20/Sr. Dec Day 2 (DT/Jav) U18/U20/Sr. Hep Day 2 (Jav) U16 Pent (SP)

Tentative Jumps Schedule			
	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
U20/Open	Pole Vault Long Jump High Jump	n/a	Triple Jump
U16/U18	n/a	Long Jump Pole Vault	Triple Jump High Jump
U10/U12/U14		Standing Long Jump (as part of a one day tetrathlon - 4 events)	Long Jump (as part of a one day tetrathlon - 4 events)
Multi's Schedule	n/a	U18/U20/Sr. Dec Day 1 (LJ/SP) U18/U20/Sr. Hep Day 1 (HJ)	U18/U20/Sr. Dec Day 2 (PV) U18/U20/Sr. Hep Day 2 (LJ) U16 Pent (LJ/HJ)

Tentative Track Schedule

	Friday		Saturday		Sunday
U20/Open & Masters Specs	400mH 400m 800m 5Km		100m (heats/finals) 1500m Racewalk		200m (heats/finals) 100m H / 110mH (heats/finals) Steeplechase
U16/U18	n/a		400m 100m (heats) 1500m/1200m 100m (final) 200/400mH Racewalk		2km / 3km 100/110mH (heats) 200m (heats) 800m 100/110mH (final) 200m (final) Steeplechase
U10/U12/U14	Friday		Saturday		Sunday
			60/80m Hurdles / 150m (as part of a one day tetrathlon - 4 events)		60/80m Hurdles + 600/800m (as part of a one day tetrathlon - 4 events)
Multi's Schedule	n/a		U18/U20/Sr. Dec Day 1 (100/400) U18/U20/Sr. Hep Day 1 (100H/200)		U18/U20/Sr. Dec Day 2 U18/U20/Sr. Hep Day U16 Pent (LJ/HJ)

*** Note that hurdles under 30"(U10/U12/U14 and some Masters Categories) will use the scissor / breakdown hurdles with no counterweight ***

Approximate start times:

Friday first field event ~ 4:00PM

Friday first track event ~ 5:00PM

Saturday first event ~10:30AM

Sunday first event ~10:30AM

Ambulatory athletes are encouraged to enter their respective age categories via the open registration. Seated/Wheelchair athletes need to register in the Seated/Wheelchair categories.

2022 Foote Field Open TRACK	U10	U12	U14	U16	U18	U20 specs offered	Open 18+	Masters specs offered	Para - wheelchair
Sprints									
100m				✓ Sat	✓ Sat	✓ Saturday			
150m	✓ Sat *	✓ Sat *	✓ Sat *						
200m				✓ Sun	✓ Sun	✓ Sunday			
300m/ 400m				✓ 300m Sat	✓ 400m Sat	✓ 400m Friday			✓ 400m Friday
Hurdles: **Hurdles below 30" will use the scissor/breakdown hurdles**									
Women Sprint	✓ 60m 12" / 7.0m b/w	✓ 60m 18" / 7.0m b/w	✓ 80m 24" / 7.5m b/w	✓ 80m 30" / 8.0m b/w	✓ 100m 30" 8.5m b/w	✓ 100m 33" 8.5m b/w	✓ 100m 33" 8.5m b/w	✓ ACS	
Men Sprint	✓ 60m 12" / 7.0m b/w	✓ 60m 18" / 7.0m b/w	✓ 80m 24" / 7.5m b/w	✓ 100m 33" 8.5m b/w	✓ 110m 36" 9.14m b/w	✓ 110m 39" 9.14m b/w	✓ 110m 42" 9.14m b/w	✓ ACS	
Intermediate Hurdles			✓ 200m 35m b/w	✓ 200m 35m b/w	✓ 400m 35m b/w	✓ 400m 35m b/w	✓ 400m 35m b/w		
Mid D / Long D									
600m	✓ Sun *	✓ Sun *							
800m			✓ Sun *	✓ Sun	✓ Sun	✓ Friday			
1200m /1500m				✓ 1200m	✓ 1500m	✓ 1500m Saturday			✓ 1500m
Steeple Chase				✓ 1500 no water	✓ 2000m 30"w/33"m	✓ 3000m Sunday 30"w / 36"m			
Race Walk				✓ 1.5km	✓ 3Km Saturday				
3000/5000m				✓ 2km Sun	✓ 3km Sun	✓ 5km Friday			

2022 Foote Field Open FIELD & Relays	U10	U12	U14	U16	U18	U20 specs offered	Open 18+	Masters specs offered	Para - wheelchair
Jumps									
Standing LJ	✓ Sat *	✓ Sat *	✓ Sat *	✓	✓	✓	✓	✓	
Long Jump	✓ Sun *	✓ Sun *	✓ Sun *	✓ Sat	✓ Sat	✓ Friday			
Triple Jump				✓ Sun	✓ Sun	✓ Sunday			
Pole Vault				✓ Sat	✓ Sat	✓ Friday			
High Jump				✓ Sun	✓ Sun	✓ Friday			
Throws									
Discus				✓ 1Kg	✓ W 1kg ✓ M 1.5Kg	✓ W 1kg ✓ M1.75Kg	✓ W 1kg M 2.0Kg	✓ ACS - Sun	✓ Fri
Hammer / Club				✓ W 3KG ✓ M 4KG	✓ W 3KG ✓ M 5KG	✓ W 4kg ✓ M 6Kg	✓ W 4kg ✓ M 7.26Kg	✓ ACS - Sat	✓ Fri
Shot Put	✓ 2kg *	✓ 2kg *	✓ 3Kg *	✓ w 3kg ✓ M 4Kg	✓ w 3kg ✓ M 5Kg	✓ w 4kg ✓ M 6Kg	✓ w 4kg ✓ M 7.26Kg	✓ ACS - Fri	✓ Fri
Javelin / Ball Throw	✓ Ball Throw *	✓ 400g *	✓ 400g *	✓ W 500g ✓ M 600g	✓ W 500g ✓ M 700g	✓ W 600g ✓ M 800g	✓ W 600g ✓ M 800g	✓ ACS - Sun	✓ Fri
Multi Events & Relays									
Multi's	✓ Tetra Sat & Sun	✓ Tetra Sat & Sun	✓ Tetra Sat & Sun	✓ Pent	✓ Hep/Dec				
4x100m									
4x400m									
<p>U10/U12/U14 Events are run in multi event format, a tetrathlon for each day of competition Saturday: 60/80m Hurdles / Standing Long Jump / Shot Put / 150m Sunday: 60/80m Hurdles / Long Jump / Ball Throw or Javelin / 600m **Events may not be run in this exact order**</p>									

FOOTE FIELD OPEN 2022: TRACK SCHEDULE - TENTATIVE

FRI 17th	Event	Gender	Age Category	Specifics	# of Heats	Technical notes
5:00PM	400MH	Men	Open 18+	Timed Final	1	36" Hurdles/Green
5:10PM	400mH	Women	Open 18+	Timed Final	1	30" Hurdles/Green
5:20PM	400m	Men	Open 18+	Timed Final	2	
5:30PM	400m	Women	Open 18+	Timed Final	2	
5:40PM	400m WC		Wheelies	Timed Final	1	
5:45PM	800m	Men	Open 18+	Timed Final	1	
5:50PM	800m	Women	Open 18+	Timed Final	1	
6:00PM	5000m	Men	Open 18+	Timed Final	1	
6:30PM	5000m	Men	Open 18+	Timed Final	1	

FOOTE FIELD OPEN 2022: TRACK SCHEDULE - TENTATIVE

SAT 18th	Event	Gender	Age Category	Specifics	# of Heats	Technical notes
10:00AM	80mH	Men	U14	Timed Final	2	24" / 7.50m b/w
10:06AM	80m H	Women	U14	Timed Final	2	24" / 7.50m b/w
10:15AM	60mH	Men	U10	Timed Final	2	12" / 7.00m b/w
10:21AM	60m H	Women	U10	Timed Final	2	12" / 7.00m b/w
10:27AM	60m H	Men	U12	Timed Final	2	18" / 7.00m b/w
10:33AM	60m H	Women	U12	Timed Final	2	18" / 7.00m b/w
10:50AM	200mH	Men	U16	Timed Final	2	30" Hurdles/Green
	200mH	Women	U16	Timed Final	2	30" Hurdles/Green
	400mH	Women	U18	Timed Final	1	30" Hurdles/Green
	400MH	Women	U18	Timed Final	1	33" Hurdles/Green
	100mH	Women	U18 Hep	Timed Final	1	30" Hurdles/Black
	100mH	Women	Open 18 Hep	Timed Final	1	33" Hurdles/Black
11:50AM	100m	Men	U18 Dec	Timed Final	1	
	100m	Men	Open 18 Dec	Timed Final	1	
	100m	Men	U16	Heats	3	
	100m	Women	U16	Heats	3	
	100m	Men	U18	Heats	3	
	100m	Women	U18	Final	3	
	100m	Men	Open 18+	Heats	2	
	100m	Women	Open 18+	Heats	2	
1:00PM	1200m	Men	U16	Final	1	
	1200m	Women	U16	Final	1	
	1500m	Men	U18	Final	1	
	1500m	Women	U18	Final	1	
	1500m	Men	Open 18+	Final	1	
	1500m	Women	Open 18+	Final	1	
	1500m		Wheelies	Timed Final	1	
1:45PM	150m	Men	U10	Timed Final	2	
	150m	Women	U10	Timed Final	2	
	150m	Men	U12	Timed Final	2	
	150m	Women	U12	Timed Final	2	
	150m	Men	U14	Timed Final	2	
	150m	Women	U14	Timed Final	2	

BREAK

FOOTE FIELD OPEN 2022: TRACK SCHEDULE - TENTATIVE

SAT 18th	Event	Gender	Age Category	Specifics	# of Heats	Technical notes
3:00PM	100m	Men	U16	Final	1	
	100m	Women	U16	Final	1	
	100m	Men	U18	Final	1	
	100m	Women	U18	Final	1	
	100m	Men	Open 18+	Final	1	
	100m	Women	Open 18+	Final	1	
3:30PM	1500m RW	Men	U16	Final	1	
	1500m RW	Women	U16	Final	1	
	3000m RW	W & M	U18 + Open	Final	1	
4:30PM	400m	Men	U16	Timed Final	3	
	400m	Women	U16	Timed Final	3	
	400m	Men	U18	Timed Final	3	
	400m	Women	U18	Timed Final	3	
	200m	Women	U18 Hep	Timed Final		
	200m	Women	Open 18 Hep	Timed Final		
	400m	Men	U18 Dec	Timed Final		
	400m	Men	Open 18 Dec	Timed Final		

FOOTE FIELD OPEN 2022: TRACK SCHEDULE - TENTATIVE

Sun 19th	Event	Gender	Age Category	Specifics	# of Heats	Technical notes
10:00AM	80mH	Men	U14	Timed Final	2	24" / 7.50m b/w
10:06AM	80m H	Women	U14	Timed Final	2	24" / 7.50m b/w
10:15AM	60mH	Men	U10	Timed Final	2	12" / 7.00m b/w
10:21AM	60m H	Women	U10	Timed Final	2	12" / 7.00m b/w
10:27AM	60m H	Men	U12	Timed Final	2	18" / 7.00m b/w
10:33AM	60m H	Women	U12	Timed Final	2	18" / 7.00m b/w
10:45AM	110mH	Men	U18	Heats	2	36" Hurdles/Blue
	110mH	Men	U18 Dec	Heats	1	36" Hurdles/Blue
	110mH	Men	Open 18 Dec	Heats	1	39"/42" Hurdles / Blue
	110mH	Men	Open 18+	Heats	2	39"/42" Hurdles / Blue
11:00AM	2000m	Men	U16	Timed Final	1	
	2000m	Women	U16	Timed Final	1	
	3000m	Men	U18	Timed Final	1	
	3000m	Women	U18	Timed Final	1	
11:45AM	80mH	Women	U16	Heats	2	30" Hurdles White 12.00/8.00m
	80mH	Women	U16 Pent	Timed Final	1	30" Hurdles White 12.00/8.00m
	100mH	Women	U18	Heats	2	30" Hurdles/Black
	100mH	Men	U16	Heats	2	33" Hurdles/Black
	100mH	Men	U16 Pent	Heats	1	33" Hurdles/Black
	100mH	Women	Open 18+	Heats	1	33" Hurdles/Black
	110mH	Men	U18	Final	1	36" Hurdles/Blue
	110mH	Men	Open 18+	Final	1	39"/42" Hurdles / Blue

FOOTE FIELD OPEN 2022: TRACK SCHEDULE - TENTATIVE

Sun 19th	Event	Gender	Age Category	Specifics	# of Heats	Technical notes
12:45PM	200m	Men	U16	Heats	3	
	200m	Women	U16	Heats	3	
	200m	Men	U18	Heats	3	
	200m	Women	U18	Heats	3	
	200m	Men	Open 18+	Heats	2	
	200m	Women	Open 18+	Heats	2	
1:45PM	600m	Men	U10	Timed Final	1	
	600m	Women	U10	Timed Final	1	
	600m	Men	U12	Timed Final	1	
	600m	Women	U12	Timed Final	1	
	800m	Men	U14	Timed Final	1	
	800m	Women	U14	Timed Final	1	
BREAK						
3:00PM	80mH	Women	U16	Final	1	30" Hurdles White 12.00/8.00m
	100mH	Women	U18	Final	1	30" Hurdles/Black
	100mH	Men	U16	Final	1	33" Hurdles/Black
	100mH	Women	Open 18+	Final	1	33" Hurdles/Black
3:30PM	800m	Men	U16	Timed Final	3	
	800m	Women	U16	Timed Final	3	
	800m	Men	U18	Timed Final	3	
	800m	Women	U18	Timed Final	3	
4:15PM	200m	Men	U16	Final	1	
	200m	Women	U16	Final	1	
	200m	Men	U18	Final	1	
	200m	Women	U18	Final	1	
	200m	Men	Open 18+	Final	1	
	200m	Women	Open 18+	Final	1	
4:45PM	1500m SC	Men	U16	Timed Final	1	30" no water
	1500m SC	Women	U16	Timed Final	1	30" no water
	2000m SC	Women	U18	Timed Final	1	30" barrier
	2000m SC	Men	U18	Timed Final	1	33" barrier
	3000m SC	Men	Open 18+	Timed Final	1	36" barrier
	3000m SC	Women	Open 18+	Timed Final	1	30" barrier
TBA	1500m	Men	DEC	Timed Final	1	

FOOTE FIELD OPEN 2022: FIELD SCHEDULE - TENTATIVE

FRI 17th		Friday Field Notes		U16	U18	Open 18+	
4:00PM		<i>One pit and officials crew. Done at same time</i>				W/M PV	
5:00PM		<i>One runway both directions</i>				W LJ ()	
5:00PM		<i>One pit</i>				M HJ ()	
5:00PM		<i>Shale Shot put area</i>				M SP()	
5:00PM				Seated throws (entry dependent)			
6:30PM		<i>Shale Shot put area</i>				W SP()	
6:30PM		<i>One pit</i>				W HJ ()	
6:30PM		<i>One runway both directions</i>				M LJ ()	
SAT 18th	U10	U12	U14	Saturday U10-U14 Field Notes			
	Standing LJ:30' post 60mH start 10:45 Women - grass Men - grass	Standing LJ:30' post 60mH start 10:45 Women - grass Men - grass	Long Jump - 35' post 80mH: Men 10:35 West Runway Women 10:40 East Runway				
	SP: 35' post LJ ~noon	SP: 35' post LJ ~noon	SP: 35' post LJ ~noon				
Saturday Field Notes				U16	U18	U20	Senior
10:30AM	<i>Shale Shot put area, 2 circles if needed</i>			M SP ()	M SP ()		
11:30AM	<i>Main Cage</i>			W HT ()	W HT ()	W HT ()	W HT ()
11:30AM	<i>One Pit</i>			M PV ()	M PV ()		
~12:30PM	<i>Rolling 30' after Dec 100m One pit (two if need be)</i>			Dec LJ	Dec LJ	Dec LJ	Dec LJ
~12:30PM	<i>Rolling 30' after Hep Hurdles - one pit</i>			Hep HJ	Hep HJ	Hep HJ	Hep HJ
	<i>Rolling 30' after Dec LJ - North Grass Circle</i>			Dec SP	Dec SP	Dec SP	Dec SP
	<i>Rolling 30' after Hep HJ - North Grass Circle</i>			Hep SP	Hep SP	Hep SP	Hep SP
	<i>Rolling 30' after Dec SP</i>			Dec HJ	Dec HJ	Dec HJ	Dec HJ
2:30PM	<i>Two runways if needed</i>			W LJ ()	W (LJ)		
2:30PM	<i>Main Cage</i>			M HT ()	M HT ()	M HT ()	M HT ()
3:30PM	<i>Shale Shot put area, 2 circles if needed</i>			W SP ()	W SP ()		
3:30PM	<i>One Pit</i>			W PV ()	W PV ()		
4:00PM	<i>Two runways if needed</i>			M LJ ()	M LJ ()		

FOOTE FIELD OPEN 2022: FIELD SCHEDULE - TENTATIVE

SUN 19th	U10	U12	U14	Sunday U10-U14 Field Notes			
	Long Jump / Ball Throw / Javelin Schedule Determined post entries						
10:00AM				M & W DT	M&W DT ()	M&W DT()	M&W DT()
10:00AM				M&W TJ	M&W TJ	M&W TJ	M&W TJ
11:30AM					Hep LJ	Hep LJ	Hep LJ
~11:30			<i>Rolling 30' after Dec Hurdles</i>	Dec DT	Dec DT	Dec DT	Dec DT
12:30PM			<i>Rolling 30' after Hurdles</i>	Pent LJ/HJ			
~1:00PM			<i>Rolling 30' after Hep LJ</i>	Hep JT	Hep JT	Hep JT	Hep JT
			<i>Rolling 30' after Dec Hurdles</i>		Dec PV	Dec PV	Dec PV
~2:00PM			<i>Rolling 30' after LH/HJ</i>	Pent SP			
3:00PM				M&W JT	M&W JT	M&W JT	M&W JT
			<i>Rolling 30' after SP</i>	Pent LJ/HJ			
			<i>Rolling 30' after Dec PV</i>		Dec JT	Dec JT	Dec JT