



2022 Sherwood Park Track Classic

2022 Western Canadian U16, U18, & CSG Tri Prov Championships

July 22-24, 2022 ▪ Strathcona Athletic Park, Sherwood Park

Hosted By:

The Sherwood Park Track Classic Organizing Committee

Which is comprised of members from the community of Sherwood Park and Capital City Track Club.

Sanctioned by: Athletics Alberta

- Last Open Club Meet of the summer!
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Location & Facility

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|----------------------|--|
| Location: | Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games; Adjacent to Bev Facey Community High School)</i> |
| Facility Specs: | 8 lane Versaturf track (recommended maximum spike length is 7mm for track); Versaturf runways for all jumps and javelin; Cement circles for shot put, discus, & hammer |
| Photo Timing System: | Finish Lynx |

Meet Enquiries

If you have any questions or inquiries to the Sherwood Park Track Classic, please contact Rob Fisher at (780) 975-2847 or robfisher004@gmail.com

Local Hotels

- ▶ There are many local options for hotels, please see our website for more information.

Registration Package

Registration packages will be available at the Technical Information Centre beginning at 11:00am on Friday, July 22nd, 2022.

Entry Deadline

- ▶ Entries must be received by **Monday, July 18th at 12:00pm (noon)**.
- ▶ Entries submitted after Monday July 18th will be charged double.
- ▶ Scratches after **Tuesday, July 19th at 12:00pm (noon)** will still be charged.
- ▶ Entries outside of the Trackie Reg system will not be accepted.

Entry Fees

| | | |
|--------------------------|------------|-------------------|
| Athlete Registration | Fee: | \$5.00 |
| Individual Events | Entry Fee: | \$25.00 |
| Tyke, PeeWee & Bantam | Entry Fee: | \$10.00 Per Event |
| Relays & Combined Events | Entry Fee: | \$40.00 |

- ▶ Trackie Reg is the only method of entry: www.trackiereg.com/2022SPTC
- ▶ A separate private registration link will be provided for the Tri Prov teams through Branch communications.
- ▶ **All seeds must be verifiable in the Athletics Canada rankings for championship events and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes without verifiable performances.**
- ▶ Payment of entry fees must be made before competition numbers will be released.
- ▶ **Final Meet Schedule will be available on the Sherwood Park Track Classic website by Wednesday July 20th, 2022.**

Eligibility

- ▶ All athletes entering the Western Canadian Tri Prov Championships must be registered members of Athletics Alberta.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association.
- ▶ Day of the Meet membership is not available, please contact Athletics Alberta for more information on membership options.

Western Canadian Tri Prov Competition

- ▶ The Tri Prov and CSG teams will compete in their own competitions unless the number of non-Tri Prov U16, U18 or Open entrants is significantly low and does not impact overall Tri Prov competition.
- ▶ In such a case where they are combined, non-Tri Prov U16, U18, and Open athletes cannot win a Tri Prov medal, cannot compete in the A final (a B final will be offered), and cannot displace a tri prov athlete from the final of a field event but will be allowed to have their 6 total jumps if they were in the top 8 after the first 3 rounds.
- ▶ It is the responsibility of the non-Tri Prov U16, U18, and Open athletes to pay attention to potential schedule changes and event day changes if their event ends up being combined with the Tri Prov or CSG group.

Age categories offered:

U10 – born 2013 or later, *U12* – born 2011-2012, *U14* – born 2009-2010, *U16* – born 2007-2008, *U18* – born 2005-2006, *U20* – born 2003-2004 (select events only), *Open* – born 1988-2004, *Masters* – Born 1987 or earlier (age calculated day of the meet)

Pee Wee / Bantam Multi event format:

Boys and Girls U10 Saturday: 60m, Long Jump, 150m
Boys and Girls U10 Sunday: 100m, Shot Put, 600m
Boys and Girls U12 Saturday: 60m, Long Jump, Shot Put, 150m
Boys and Girls U12 Sunday: 100m, High Jump, Discus Throw, 600m
Boys and Girls U14 Saturday: 80m, High Jump, Discus Throw, 80m Hurdles (27")
Boys and Girls U14 Sunday: 100m, Long Jump, Shot Put, 600m

Modified Rules for U10 & U12 Long Jump

U10 & U12 athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. U14 will use a regular take off board. For the competition, all jumpers will have 3 attempts.

Modified Rules for U12 & U14 High Jump

Three successive failures will eliminate the jumper from further competition.

U12: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter until 3 remain.

U14: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter until 3 remain.

Modified Rules for U10, U12, U14 Throws

Each competitor will only receive 3 attempts for all throwing events.

Awards

- ▶ All medals will be awarded at medal ceremonies as soon as results are available.
- ▶ U16, U18 & CSG Tri Prov: Gold, Silver, and Bronze Championship medals will be awarded to the top 3 finishers
- ▶ For all other events U16 and older: Gold, Silver, and Bronze meet medals will be awarded
- ▶ For U10, U12 & U14 age categories, all athletes will receive certificates with name, results, and final placing listed, top 3 total point scorers for each day will receive meet medals.
- ▶ Any athlete who breaks a Sherwood Park Track Classic Meet Record will receive a free Record Breaker T Shirt. Limit of one T shirt per athlete per year while supplies last.

Marshalling Procedure – Please Make Note of Check in Times!

- ▶ For track events athletes must check in at the marshalling table **45 minutes** before scheduled start time.
- ▶ At this time heats and sections may be reduced or combined based upon checked in athletes.
- ▶ Track athletes will then report back to marshalling table to receive hip number **30 minutes** before scheduled start time.
- ▶ Track athletes will meet the start line marshal **10 minutes** before scheduled start time at their events start line.
- ▶ For field events athletes will check in at the event site at least **20 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 the U10s, U12s & U14s and are optional for Masters only events).
- ▶ Throwing implements will be provided. Pole-vaulters must provide personal poles and vault will have a minimum starting height of 2.15m
- ▶ Personal implements must be certified by the equipment manager (provided by the organizing committee) before they will be permitted for use during the competition. This may be done at the equipment shed up until **1 hour** before the scheduled start time of their event.

2022 Sherwood Park Track Classic – Events Offered

| Event | Masters Women | Masters Men | Senior Women | Senior Men | U20 Women | U20 Men | U18 Women | U18 Men | U16 Girls | U16 Boys | Bantam Girls | Bantam Boys | Peewee Girls | Peewee Boys | Tyke Girls | Tyke Boys |
|----------------------|---------------|-------------|--------------|-------------|------------|-------------|------------|------------|------------|------------|--------------|-------------|--------------|-------------|------------|------------|
| 60m | | | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ |
| 80m | | | | | | | | | | | ✓ | ✓ | | | | |
| 100m * | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 150m | | | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ |
| 200m * | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 300m | | | | | | | | | ✓ | ✓ | | | | | | |
| 400m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| 600m | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 800m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 1200m | | | | | | | | | ✓ | ✓ | | | | | | |
| 1500m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | |
| 2000m | | | | | | | | | ✓ | ✓ | | | | | | |
| 3000m | ✓ | ✓ | | | | | ✓ | ✓ | | | | | | | | |
| 5000m | | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | |
| Sprint Hurdles * | ✓ ACS | ✓ ACS | ✓ 100m | ✓ 110m | ✓ 100m | ✓ 110m | ✓ 100m | ✓ 110m | ✓ 80m | ✓ 100m | ✓ 80m | ✓ 80m | | | | |
| Intermediate Hurdles | ✓ ACS | ✓ ACS | ✓ 400m | ✓ 400m | ✓ 400m | ✓ 400m | ✓ 400m | ✓ 400m | ✓ 200m | ✓ 200m | | | | | | |
| Steeplechase | ✓ ACS | ✓ ACS | ✓ 3000m | ✓ 3000m | ✓ 2000m | ✓ 3000m | ✓ 2000m | ✓ 2000m | ✓ 1500m | ✓ 1500m | | | | | | |
| Race Walk | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 3000m | ✓ 1500m | ✓ 1500m | | | | | | |
| High Jump | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Pole Vault | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Long Jump | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Triple Jump | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Shot Put | ✓ ACS | ✓ ACS | ✓ 4kg | ✓ 7.26kg | ✓ 4kg | ✓ 6kg | ✓ 3kg | ✓ 5kg | ✓ 3kg | ✓ 4kg | ✓ 3kg | ✓ 3kg | ✓ 2kg | ✓ 2kg | ✓ 2kg | ✓ 2kg |
| Javelin | ✓ ACS | ✓ ACS | ✓ 600g | ✓ 800g | ✓ 600g | ✓ 800g | ✓ 500g | ✓ 700g | ✓ 500g | ✓ 600g | | | | | | |
| Discus | ✓ ACS | ✓ ACS | ✓ 1kg | ✓ 2kg | ✓ 1kg | ✓ 1.75kg | ✓ 1kg | ✓ 1.5kg | ✓ 1kg | ✓ 1kg | ✓ 750g | ✓ 750g | ✓ 750g | ✓ 750g | | |
| Hammer | ✓ ACS | ✓ ACS | ✓ 4kg | ✓ 7.26kg | ✓ 4kg | ✓ 6kg | ✓ 3kg | ✓ 5kg | ✓ 3kg | ✓ 4kg | | | | | | |
| CE Tri Prov Only | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 4x100m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4x400m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| | | | | | | | | | | | Sat Events | Sun Events | Sat Events | Sun Events | Sat Events | Sun Events |

*** Note: A/B finals will be run where possible and if there are less than 8 entries athletes should be prepared to still run a heat and a final for these events if time permits. Does not apply to U10, U12, U14 or Master Events.**

Tentative Track Schedule

- ▶ **Please note:** all events run 'youngest to oldest' – 'girls then boys' unless otherwise specified.
- ▶ Para events will be contested at the same time as the other sections unless otherwise stated.
- ▶ All session start times are approximate and may shift once final entry numbers are known.

| Friday July 22nd Afternoon Session | | Saturday, July 23rd Morning Session | | Sunday, July 24th Morning Session | |
|--|---------------------------|---|-----------------------------|---|----------------------------|
| 2:00pm | 100m Dec | 9:00am | 60m Timed Finals U10, U12 | 9:00am | 100m TF U10, U12, U14 |
| | 100m Heats Tri Prov | | 80m Timed Finals U14 | | Steeplechase |
| | 1200m Finals U16 Tri Prov | | Sprint Hurdle Heats & CE | | Intermediate Hurdles TF |
| | 1500m Finals Tri Prov | | 5000m | | 100m Heats U16, U18, Open |
| | 100m Finals Tri Prov | | 2000m/3000m U16, U18 | | 600m TF U10, U12, U14 |
| | 300m/400m TF Tri Prov | | 80m Hurdles TF U14 | | 800m Hep |
| | 400m Dec All | | Sprint Hurdle Finals | | |
| | 4x100m Relay Tri Prov | | 200m Heats All | | |
| | | Afternoon session | | Afternoon session | |
| | 1500m, 3000m 5000m RW | 1:30pm | 150m Timed Finals U10 & U12 | 1:30pm | 100m Finals U16, U18, Open |
| 8:00pm | End of Competition | | 800m Finals All | | 300m/400m TF U16, U18, O |
| | | | 200m Finals All, Hep | | 1200m Finals U16 |
| | | | 800m/1000m/1500m CE | | 1500m Finals U18, Open |
| | | | 4x400m Relay All | | 4x100m Relay |
| | | 6:00pm | End of Competition | 5:00pm | End of Competition |

Tentative Field Event Days

| Friday, July 22nd Afternoon Session | | Saturday, July 23rd Morning Session | | Sunday, July 24th Morning Session | |
|---|----------------------------|---|-----------------------|---|-----------------------|
| | Long Jump Tri Prov, Open | | U10 Long Jump | | U10 Shot Put |
| | Discus Tri Prov | | U12 Long Jump | | U12 High Jump |
| | Javelin Tri Prov | | U12 Shot Put | | U12 Discus Throw |
| | CE throughout the day | | U14 High Jump | | U14 Long Jump |
| | | | U14 Discus Throw | | U14 Shot Put |
| | | | High Jump Tri Prov | | Pole Vault |
| | Note: Hammer/Discus | | Triple Jump All | | Shot Put |
| | Practice cage will be open | | Shot Put Tri Prov | | Hammer Throw Tri Prov |
| | | | Javelin | | High Jump |
| | | | Pole Vault Tri Prov | | |
| | | Afternoon session | | Afternoon session | |
| | | | High Jump Tri Prov | | Long Jump U16, U18 |
| | | | Triple Jump All | | Pole Vault |
| | | | Seated Throws CSG | | Hammer Throw |
| | | | Javelin | | Shot Put |
| | | | Shot Put Tri Prov | | |
| | | | Pole Vault Tri Prov | | |
| | | | CE throughout the day | | |

The age categories for field events will be filled in once numbers of participants and officials are known and may be combined with other age groups. If numbers become too large for single days of competition for each field event, then some events may be expanded to other days.