



## Golden Bears and Pandas Preview: January 7, 2023

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

### Expected Timelines: Week of competition

Wednesday @8:00PM	- Entry deadline
Thursday @ 8:00PM	- Final Schedule
Friday @ 8:00PM	- Heat Sheets posted
Saturday @ 10:00AM	- Competition begins

No athletes on track level before 2:30PM on Friday

<https://bearsandpandas.ca/sports/track-and-field>

Sanctioned by Athletics Alberta

Timing: EllisTiming [www.ellistiming.ca](http://www.ellistiming.ca)

### Primary Purpose & Intent of Competition:

The primary objective of the Golden Bears and Pandas Preview is to provide a season opening competitive opportunity for USPORTS athletes and other athletes in the AB region. Registration is still accepted from other provinces

All USPORTS events are governed by Canada West Playing Regulations

All Club window – U12/ U14 / U16 / U18 / U20 / Senior / Masters events are governed by WA rules

### Eligibility:

Athletes and coaches must appear on a formal USPORTS eligibility roster or be active member of their respective provincial athletics association. International athletes should contact the meet director.

### **Inclusion into USPORTS categories:**

This occurs by invitation. It is assumed entries made within club entries, specifically the U20+ category desire to be included in USPORTS sections. At the closure of entries top entries within the U20+ category will be considered and included into USPORTS sections as deemed appropriate by the event management team. These decisions will be made after the closure of entries. Individuals should check the meet program and start lists when they are published as per the timelines indicated.

### **Dates, Registration Links:**

**Golden Bears & Pandas Preview:**                      **January 7, 2023**                      **2<sup>nd</sup> Annual**  
[www.Trackiereg.com/GBP-P\\_2023](http://www.Trackiereg.com/GBP-P_2023)

### **Coach Registration**

Coaches who are not members of university coaching staff's must register in advance (same deadline as athlete entries). To be considered a coach you must be:

- a) Actively registered with respective provincial athletics association
- b) Have a current CRC completed, Safe sport course via coach.ca completed, completed Making Ethical decisions and be in training, trained or certified in the appropriate NCCP context

[www.Trackiereg.com/Coaches\\_UA\\_2023](http://www.Trackiereg.com/Coaches_UA_2023)

### **Seed Marks:**

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USPORTS Rankings (Jan 1 2022 – Tue week of event in 2023). This occurs through the automated process in trackie. Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at NOON, with clear rationale provided in order to be considered.

### **Entry Fees:**

1<sup>st</sup> event - \$30;                      2<sup>nd</sup> event - \$25;                      3<sup>rd</sup> event - \$15                      Relays - \$30

- Scratches / edit of entries made online [www.trackie.com/online-registration](http://www.trackie.com/online-registration)
- Late entries will not be accepted

### **ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE**

### **Entry Limits – GBP-Preview**

Field event entry limits are imposed at the GBP-P (Jan 7, 2023) event. The top 10 verifiable entries + Golden Bears and Pandas athletes will be included. Only Sr. specifications will be used

### **Schedule notes:**

Tentative schedules are posted at each of the above links

### **Preferred Lanes, order of events and advancements:**

Preferred lanes:                      Oval preferred = 6 /7/5/4/3/2/1  
Order of events:                      Timed finals run FAST to SLOW

### **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 in time.

### 300m / 4x200 Lane Draws:

#### Timed Final Structure

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

#### Call Room / Check In / Numbers

- USPORTS Track Events:
  - o By 1 hour prior to event: Athletes are required to check in & confirm their intention to compete 1 hour prior to the event;
  - o By 15min prior to event: Athletes are required to come back by 15 min prior to event to pick up their hip number;
- USPORTS Field Events:
  - o Check in on site
- Numbers worn on back for races that finish in set lanes. Numbers worn on front for races that do not finish in set lanes. Hip numbers on right hip

#### Event Offerings:

GBP-P (Jan 7, 2023)

Track: U14/U16/U18/U20/Senior/Masters: no entry limits: 60m, 60mH, 200m, 300m, 4x400m

Field: Senior specs only, top 10 entries regardless of age: Weight Throw, Shot Put, High Jump, Long Jump

2023 Golden Bears & Pandas Preview - Saturday Jan 7, 2023										
Tentative Track						Tentative Field				
Time	Event	Age Category	Gender	Heat/Final	# of Heats	Time	Horiz Jumps - Main Pit	High Jump Centre Pit	Throws Cage	
10:30AM	60mH	U14, U16, U18, U20, Masters, Open per age class specs		Heats		10:00AM			WT - M top 10 entries + GBP	
11:15AM	60m	U14, U16, U18, U20, Masters, Open per age class		Heats		10:30AM		W - HJ top 10 entries + GBP		
11:45AM	60mH	U14, U16, U18, U20, Masters, Open per age class specs		Final		11:30AM			WT - W top 10 entries + GBP	
12:15PM	60m	U14, U16, U18, U20, Open per age class		Final		12:00AM		M - HJ top 10 entries + GBP		
1:00PM	300m	Open		Timed Final		1:00PM	LJ - W top 10 entries + GBP		SP - M top 10 entries + GBP	
1:20PM	200m	U14, U16, U18, U20, WheelC		Timed Final		2:30PM	LJ - W top 10 entries + GBP		SP - W top 10 entries + GBP	
3:00PM	4x400m			Timed Final						

## Accommodations

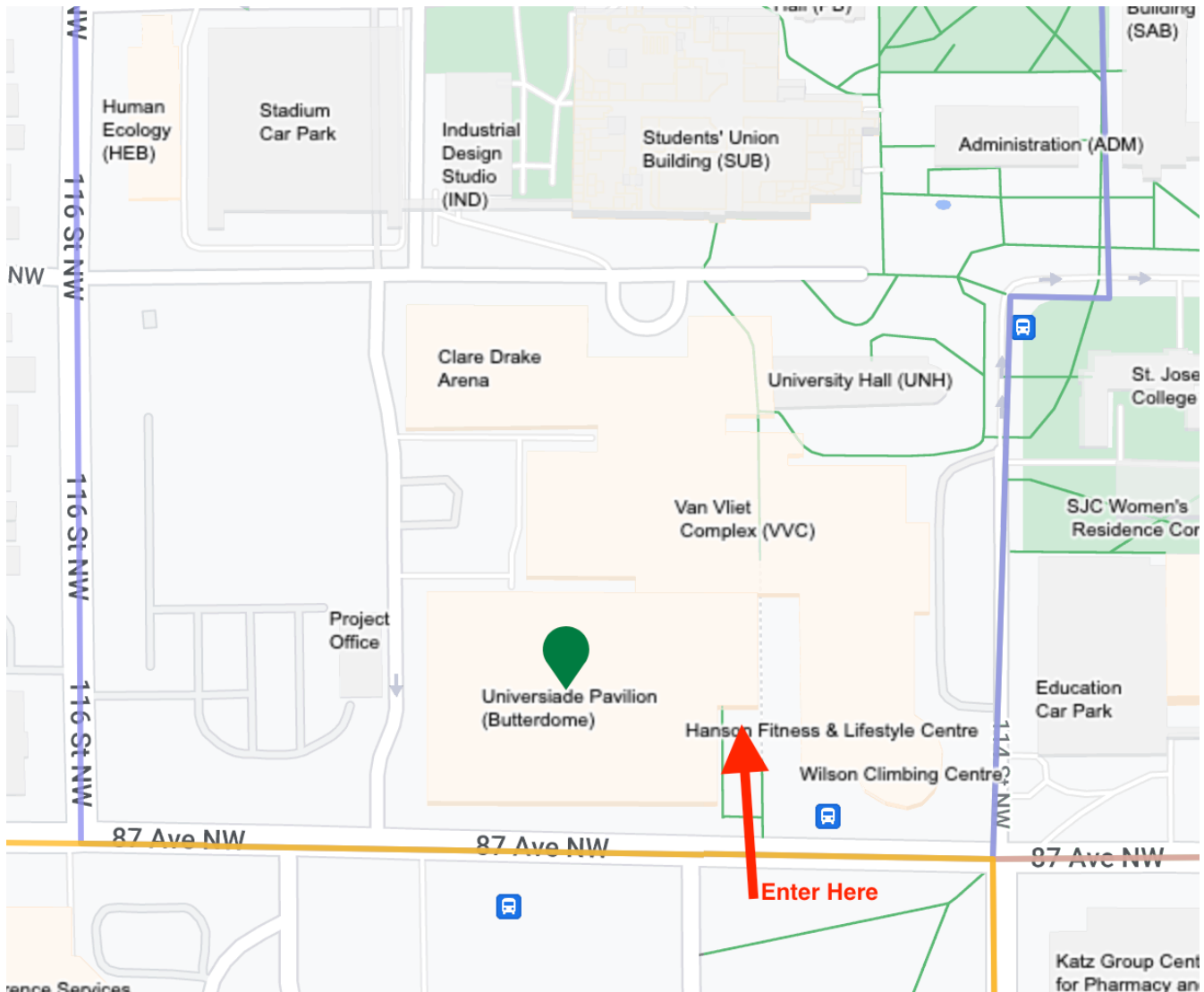
The Westin Edmonton 10135 100st NW Edmonton, AB Y5J 0N7 780-493-8908

## Location

Entry location occurs at the top of the ramp on the south side of the Van Vliet Centre (87 ae). This is the concourse level above the 60m start line. Map locations can be found at:

[Campus Map:](#)

[Building Map: https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html](https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html)



## Spectators/Parents

Fans, spectators and parents are welcome to attend. You are asked to remain in the bleach sections are refrain from going onto the track and warm up areas.

## Contact Info / Role

Meet Director

Wes Moerman (head coach)  
[wes.moerman@ualberta.ca](mailto:wes.moerman@ualberta.ca)  
780.492.5097

Competition Director  
(schedule, entries, seeding)  
Rob Fisher (asst coach)  
[robfisher004@gmail.com](mailto:robfisher004@gmail.com)  
780.975.2847

Timing/Results  
(results & live results)  
Vernon Schmid  
[vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)