



2023

## Dino High School Challenge



Saturday May 6<sup>th</sup>, 2023 | 9:00am – 7:00pm | RED  
Wednesday May 10<sup>th</sup>, 2023 | 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/>

TrackieReg.com/2023-dinoshsred

TrackieReg.com/2023-dinoshsgold

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

**Entry/Scratch Deadline:** RED Meet – May 2<sup>nd</sup> 11:00 pm  
GOLD Meet – May 6<sup>th</sup> 11:00 pm

**\*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:**

Due to the large number of entries and events the RED meet gets, we ask that schools please provide volunteers (up to 3) for the RED meet on Saturday. The list has been provided below.

Email: [matt.deans@ucalgary.ca](mailto:matt.deans@ucalgary.ca) with school + volunteer name(s). By April 21<sup>st</sup>, 2023

Based on past event entries, we are asking for the following volunteer numbers from these schools:

Bowness - 1	Bishop McNally - 1	Crescent Heights - 3
Dr. EP Scarlett - 2	Ernest Manning - 2	Father Lacombe - 1
Henry Wise Wood - 2	James Fowler - 1	John G Diefenbaker - 2
Lord Beaverbrook - 1	Nelson Mandela - 2	Notre Dame - 3
Robert Thirsk - 1	Sir Winston Churchill - 1	St Francis - 1
Western Canada - 3	William Aberhart - 3	Others - .5

**\*Numbers are for full-day volunteer needs. If providing half-day volunteers, please double the requested number.**

- Please have volunteers check into the Clerk's Table at 8:15am.
- Volunteers can be a parent/students/teachers.
- U of C Dinos will be the lead volunteers and will be able to help train/lead the school volunteers on the day of the meet.
- We may also ask for fewer volunteers for the GOLD meet on Wednesday (this request will come after entries are finalized).

**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/>  
\*An email will also be sent to all coaches

**A 15% fee will be held from all registration fees if the meet is cancelled**

## **FOOD**

There will be multiple food trucks at the venue with food to purchase for everyone.

## **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. This is crucial as field events will be going on all day.

## **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**

### **30 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**

### **20 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 about 15 competitors will be posted

Each Competitor will have a maximum of 3 attempts.

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