



2023 Dinos High School Track & Field Challenge



Host: University of Calgary Track & Field
Sanctioned by Alberta Schools Athletic Association

When: **RED:** Saturday, May 6th, 2023 9:00am – 7:00pm Foothills Track
GOLD: Wednesday, May 10th, 2023 4:00pm – 9:00pm Foothills Track

Where: Foothills Athletic Park
2424 Crowchild Trail NW Calgary, Alberta

Entries: **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](https://www.trackie.com/online-registration/TrackieReg.com/2023-dinoshsgold)
Payment Online Only by VISA/MASTERCARD

Entry Fee: \$7.00 per Athlete per event Relays: \$7.00 per Team
Maximum Entry Fee per Meet: \$600 (+Processing Fee)

Entry/Scratch Deadline: RED - Due by Tuesday, May 2nd at 11:00 pm
GOLD - Due by Saturday, May 6th at 11:00 pm

*Changes/Scratches can be made directly on the Trackie account up until the scratch deadline
*NO Entries will be taken after the Scratch Deadline

Inquiries: matt.deans@ucalgary.ca

Officials: University of Calgary will provide the Head Official for each event. Photo timing will be provided for all running events.

Volunteers: Participating schools may be required to provide volunteers to assist with officiating

Age Categories:

Senior: Under 19 before September 1st, 2022
Intermediate: Under 17 before September 1st, 2022
Junior: Under 16 before September 1st, 2022

Athletes will compete in their age category. Categories may be combined at Meet Director's discretion.

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Tentative Schedule

		Red	Gold
Date		Saturday, May 6 th	Wednesday, May 10 th
Start Time		9:00am – 7:00pm	4:00pm – 9:00pm
	TRACK		
		Sprint Hurdles	200m
		100m + Pent	1500m
		400m	300mH
		3000m	
		800m + Pent	
		4x100m	
	FIELD		
		ALL Girls High Jump ALL Girls Long Jump ALL Pent W/M - HJ/LJ/SP	ALL Women's Triple Jump ALL Men's Triple Jump
		ALL Men's High Jump ALL Men's Long Jump	ALL Girls Pole Vault ALL Men's Pole Vault
		ALL Women's Discus Int Men's Discus	Int Women's Shot Put Int Men's Shotput
		ALL Men's Javelin Int Women's Javelin	Jr & Sr Men's Discus
		Jr & Sr Men's Shot Put Jr & Sr Women's Shot Put	Jr & Sr Women's Javelin
Times are approximate, and Final Schedule may vary depending on the number of entries			

Specifications

	Distance	Hurdles	Shot Put	Discus	Javelin
Junior Girls	80m	76cm (30")	3kg	1kg	500g
Intermediate Girls	80m	76cm (30")	3kg	1kg	500g
Senior Girls	80m	84cm (33")	4kg	1kg	600g
Junior Boys	100m	84cm (33")	5kg	1.5kg	700g
Intermediate Boys	100m	84cm (33")	5kg	1.5kg	700g
Senior Boys	100m	91cm (36")	6kg	1.75kg	800g

Sponsor: Strides Running Store will be Sponsoring our Dinos Spring Challenge meets.

Strides Spike Lending Program: Strides will provide spikes for athletes to borrow for their race.

Process:

- Student ID cards will be required to borrow a pair of spikes. If an athlete is interested in borrowing spikes for their race, please have them go to the Strides tent and provide their Student ID card in exchange for a pair of spikes.
- There is a limit on sizes and number of spikes. To allow for as many athletes as possible to have the opportunity to borrow spikes, it is expected for spikes to be returned promptly after the race and not to be held onto for the day.
- Student ID cards will be returned when spikes are dropped off.

Contact Info: If your school is interested in the Strides spike lending program, please send your head coach's name and contact information to matt.deans@ucalgary.ca.