



27TH EDITION

MAY 28 AND JUNE 4 AND JUNE 11

# Gord's Running Store Athletics Series 2023

An Alberta Fixture Since 1996

Meet Director - Paula McKenzie - paula@caltaf.com  
Meet Manager - Jason Lindsay - jwlindsa@me.com  
Field & Equipment Manager - Dale Schoenthaler  
Results Managers - Ed Moore, Doug Ratzlaff, Scott Ratzlaff  
Announcing - Stuart York  
Sanctioned by Athletics Alberta

### Meet 1: May 28 - 12:00 - 16:00

#### Open Events

Sprint Hurdles, 100m, 800m, 200m, 2000m S/C, 4x 400m  
Long Jump, Pole Vault, Shot Put, Javelin

#### U16 Events

Sprint Hurdles, 100m, 800m, 200m, 1500m S/C  
High Jump (includes masters), Shot Put, Javelin

### Meet 2: June 4 - 12:00 - 16:00

#### Open Events

400mH, 100m Heats, 1500m, 100m Final, 400m, 4x 100m  
High Jump, Triple Jump, Shot Put, Hammer

#### U16 Events

200mH, 100m, 1200m, 300m, 150m  
Long Jump, Shot Put

### Meet 3: June 11 - 12:00 - 16:00

#### Open Events

100m, 800m, Sprint Hurdles, 400m, 1500 SC, Medley Relay (400-200-200-800)  
Triple Jump, High Jump, Pole Vault, Discus, Javelin

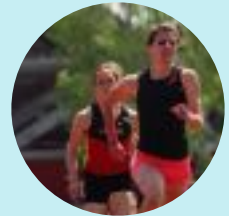
#### U16 Events

100m, 800m, Sprint Hurdles, 300m, 1500SC (with water)  
Long Jump, Shot Put, Discus



Entry Fee per Event: \$25.

No Late Entries.



Registration through trackie.ca deadlines: Noon on May 23, May 30, June 6

Accepted Entries will be confirmed and posted on the Track Council Website by 9:00 pm on May 27, June 3 and June 10

Final Schedule and Heat Sheets: posted the morning of the meet on www.calgarytrackcouncil.com

Bad Weather Policy In the case of bad weather, we will make a decision to go head, postpone or cancel by 9:00 am on competition day.



### WHERE

Foothills Athletic Park  
Versaturf Track and Concrete Circles



### TIMING & RESULTS

Finishlynx and Hytek  
Meet Manager



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Special Draws and Prizes will be featured this year!

## U16 Grand Prix:

- The U16 Grand Prix is back! Every U16 event competed in is scored and tallied for the season.
  - Points are awarded for top 8 places in each open event as follows:  
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt

## Gord's Running Store Athletics Series Grand Prix:

Male and Female:

1st \$500, 2nd \$250, 3rd \$150, 4th \$100, 5th \$50

Athletes will be awarded points for overall event placing (not performance). Scoring is as follows:

- Only your top 4 placings (open events only - relays do not count) count towards the point standings. You don't need to compete in all of the meets to be eligible for the prize money.
- Points are awarded for top 8 places in each open event as follows:  
1st = 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 5pts, 5th= 4pt, 6th= 3pts, 7th= 2pts, 8th= 1pt
- Ties will be broken based on the highest score (IAAF points tables) during the **Gord's Finale**.
- You must be present at the **Gord's Finale** to win grand prix prize money!
- Top male or female performances based on IAAF tables will receive a \$200 direct deposit in each of the following event areas for each meet:
  - Track
  - Field
- Overall performance of the meet will receive an additional \$200 bonus.
- All cash prizes will be delivered electronically through direct deposit.

## Gord's Running Store Athletics Series 2023

### GENERAL NOTES

- As most people may not have competed by the commencement of the Series, we encourage people to use their best estimates for meet 1. Meet 2 and 3 will require accurate seed performances that are confirmed in the rankings.
- U16's are not permitted to enter open events.
- We will be using the NCAA altitude conversions for the distance times conversion.
- We will make every effort to switch directions to get a positive wind for the sprints. Decision will be made 1 hour before by the meet management.
- Three jump maximum for horizontal jumps and throws, unless there is time permitting. If time permits, additional attempts for the top 8 will be permitted.
- \$100 cash prizes will be awarded for breaking existing open records under legal conditions (new events will not be considered). Additional \$200 for breaking a senior provincial record!
- All prize money will be e-transferred to the individual athletes.
- Check-in Procedure: All track athletes must check-in at the starting line. There will be no additions made at the start line. No exceptions!
- Field events competitors must check in at the event.
- U18 / U20 / masters athletes may be accommodated for hurdle and barrier heights and for throwing implements. These events will not be scored.

## Gord's Running Store Athletics Series Meet Records

as of May 2023

Records are Open Events Only (under legal conditions)

<u>Men's Records</u>				<u>Women's Records</u>			
100m.	10.20	Jerome Blake	2019	100m.	11.54	Kaltouma Nadjina	2009
150m.	15.34	Jerome Blake	2019	150m.	17.68	Loudia Laarman	2017
200m.	20.82	Brian Barnett	2009	200m.	23.38	Kaltouma Nadjina	2005
400m.	46.02	Austin Cole	2019	400m.	51.65	Kaltouma Nadjina	2001
110mH.	14.30	Kayden Johnson	2018	100mH.	13.41	Jessica Zelinka	2015
400mH.	51.71	Trent Ratzlaff	2007	400mH.	59.96	Sage Watson	2011
800m.	1:49.09	Marco Arop	2017	800m.	2:07.52	Malindi Elmore	2004
1000m.	2:31.59	Alex James	2014	1000m.	3:02.60	Claire Sumner	2014
1500m.	3:47.33	Eric Lutz	2021	1500m.	4:27.75	Jessica O'Connell	2017
Mile	4:09.37	Scott Nicol	2012	Mile	4:58.16	Sarah MacArthur	2015
2000m.	5:42.01	Gareth Hadfield	2014	3000m.	9:29.59	Jessica O'Connell	2016
3000m.	8:26.43	Russell Pennock	2017	1500 SC	4:49.03	Maria Bernard	2017
1500 SC	4:17.34	Gareth Hadfield	2017	2000 SC	6:36.91	M. Bernard-Galea	2019
2000 SC	5:52.19	Gareth Hadfield	2017	LJ	6.16m.	Nikki Oudenaarden	2015
3000 SC	9:30.93	Paul Chafe	2006	HJ	1.83m.	Rachel Machin	2012
LJ	7.20m.	Scott Kimmins	1997	TJ	12.11m.	Mowa Adeleye	2018
HJ	2.15m.	Noel Vanderzee	2019	PV	4.35m.	Kelsie Hendry	2009
TJ	16.06m.	Oral O'Gilvie	1999			Anicka Newell	2022
PV	5.46m.	Spencer Allen	2018	SP	16.92m.	Taryn Suttie	2015
SP	17.12m.	Mohamed Asiff	2021	DT	56.63m.	Rachel Andres	2021
DT	51.82m.	Kris Watson	1997	JT	59.12m.	Liz Gleadle	2012
JT	74.51m.	Kyle Nielson	2014	HT	67.02m.	Heather Steacy	2015
HT	71.03m.	James Steacy	2014				
4x100m	43.55	CITC	2007	4x100m	47.07	CITC	2005
4x400m	3:23.40	CITC	2005	4x400m	4:03.00	CALTAF	2010
4x 800m	8:04.51	CALTAF	2005	4x800m	9:20.32	UCAC	2005
Sprint Medley	No Record			Sprint Medley	No record		