

St. Albert Challenge 2023

MAY 27-28, 2023

ASG Trials for Zones 5,6 & 7

Sanctioned by Athletics Alberta



LOCATION & FACILITY

Location: Fowler Athletic Park: 61 Sir Winston Churchill Avenue, St. Albert, Alberta
Parking: West of Fowler Athletic Field, Sir Alexander Mackenzie School and Fowler School
Facility Specs: 8 lane 400m track, Plexitrac latex all-weather track and runways
Throwing Circles: concrete/wood circles, aluminum cantilevered throwing cage with nylon netting
Photo Timing System: FinishLynx, Hy-Tek results, and wind gauges

MEET PURPOSE

- Meet serves as an early season competition for both Junior & Senior Athletes and Alberta summer games trials for Zones 5, 6, and 7.

MEET ENQUIRIES

Meet Director: Amy Millar

Meet Managers: Denise Watson

Meet Entry Chairperson and Competition Secretary: Vernon Schmid: vernon@ellistiming.ca

Questions or inquiries about the meet: stalbertchallenge@gmail.com

REGISTRATION PACKAGE

Registration packages will be available for pick-up at the Registration Desk located at the start line by 1 hour before the start of the meet. Payment online through Trackie needs to be confirmed before package will be released.

ELIGIBILITY

- All athletes must be registered members of Athletics Alberta as of the entry deadline, no exceptions.
- Out-of-province athletes must be registered with their respective Provincial Athletics Association.

AGE CATEGORIES

Age Group is based on age as of December 31, 2023.

U10: 9 & Under (born 2014 or later)	U16: 14 & 15 years (born 2009-2008)
U12: 10 & 11 years (born 2013-2012)	U18: 16 & 17 years (2007-2006)
U14: 12 & 13 years (2011-2010)	Open: 18+ years (born 2005 or earlier)

ENTRY FEES

Individual Events	\$30 for first event, \$25 for additional / \$20 for Exhibition Events
U10-U12 Multiple Events	\$40 per day
U14 Multiple Events	\$12/ event: 4 events offered / day
Relays	\$20 per relay team (same for day of meet entry pending space)

FEES WILL BE DOUBLED AFTER THE ENTRIE DEADLINE

Fees Payable: Online at the TrackieReg website during registration

ENTRY DEADLINE AND PROCESS



- **ENTRIES DEADLINE:** Friday May 20, 2023 11:59pm
- **SCRATCH/ LATE DEADLINE:** Monday May 22, 2023 12:00 pm
- **NO ENTRIES ACCEPTED AFTER:** May 23, 2023 11:59pm
- Scratches will not be Refunded.
- Meet Schedule will be available on – Trackie, Athletics Alberta, Ellis Timing
 - Final Schedule Available: May 25, 2023

EVENTS OFFERED

Event	U10	U12	U14	U16	U18	Open
100m				X	X	X
100m Para			X	X	X	X
200m				X	X	X
200m Para			X	X	X	X
300m				X		
400m					X	X
800m				X	X	X
1200m				X		
1500m					X	X
2000m				X		
3000m					X	X
Steeplechase				1500m	2000m	
Sprint Hurdles			80m Exhibition	80m Women 100m Men	100m Women 110m Men	
Intermediate Hurdles			200m Exhibition	200m	400m	400m
High Jump				X	X	X
Long Jump				X	X	X
Triple Jump				X	X	X
Shot Put				3kg Women 4kg Men	3kg Women 5kg Men	X*
Shot Put Para			X	X		
Discus				1kg	1kg Women 1.5kg Men	X*
Discus Para			X	X		
Javelin				500g Women 600g Men	500g Women 700g Men	X
Hammer				3kg Women 4kg Men	3kg Women 5kg Men	X*
4 x 100m Relay	X	X	X	X	X	X
Medley Relay	100-50-50-200	200-100-100-400	200-100-100-400	400-200-200-800	400-200-200-800	400-200-200-800
Multiple Events	X	X	X			

Age Categories Specification for Masters and according to age groups. Masters age is as of May 25, 2020, and Masters specifications are at <http://www.world-masters-athletics.org/rules/appendix.pdf> .

Field event age classes may be combined if entry numbers are low; medals will still be awarded separately.

MULTIPLE EVENTS FOR U10-U14 - SPECIFICATIONS AND INFORMATION

Age Group	Saturday	Sunday
U10	60m, Turbo Javelin, Standing Long Jump	300m, Shot Put, Long Jump
U12	60m, Shot Put, Long Jump	600m, Turbo Javelin, Standing Long Jump
U14	High Jump, 100m, 800m, Discus	300m, Long Jump, Shot Put

Note: Events may not occur in this order for U10, U12 & U14. U14 events will be available for individual registration

OVERALL TOP ATHLETES



Scores will be kept for Multiple Events: 1st place in each event gets 10 points, 2nd 9 points, 3rd 8 points, etc. down to 10th and below who get 1 point. Points from the day's events will be totalled and medals given to top 3 athletes overall.

Athletes may miss or "scratch" an event and continue the competition.

MODIFIED RULES FOR FIELD EVENTS:

Modified Rules for U10 and U12 Long Jump

U10 and U12 will have 1 m take-off area and the official will judge the take-off spot accordingly and measure. For the competition, all jumpers will have 3 attempts.

Standing Long Jump: Jump is done with feet together, no steps allowed.

U14 High Jump

Three successive failures will eliminate the jumper from further competition.

Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

U16 High Jump

Girls: Starting Height 1.00m, increments of 10cm until a height of 1.30m, increments of 5cm thereafter

Boys: Starting Height: 1.10m, increments of 10cm until a height of 1.40m, increments of 5cm thereafter

Further clarification of the Multiple Events rules as well as instruction on the modified field events will be given on-site.

AWARDS

- Medals will be awarded to the top three finishers U10-Open.
- Ribbons for the top 10 in the U10, U12 and U14 categories for all events
- Medals will be award for U10-U14 overall for each day
- Certificates will be given to U10-U14 for each day.

RESULTS

- Results will be posted during the meet on the wall by awards, and will be available on the www.ellistiming.ca website.

ATHLETE SERVICES/ FIRST AID

- Registration packages will be available for pick-up at the Registration Desk located at the start line by 1 hour before the start of the meet. Payment online through Trackie needs to be confirmed before package will be released.
- First Aid will be available on sight.

Therapy Services:

- Saturday Services: Erin Ridge Physio will be on location providing athletic therapy.
- Sunday Services: Redefined Health will be on location providing athletic therapy.

GENERAL RULES

1. **MARSHALLING** takes place on the Speed Track. Athletes who do not present themselves in the Marshalling area as required will not be eligible to compete in the race. Athletes will remain within the marshalling area until start of race.
2. All **track event** athletes are required to check in at the Marshalling Table at least **20 minutes** prior to the scheduled event start time. When checking in, please have your number on and your spikes available to verify spike length.
3. **Field event** athletes will marshal at the event competition area, and are requested to be at the competition area 20 minutes before the scheduled start time of the event.
4. The **competition numbers** must be worn on back for events run entirely in lanes (60m to 400m). Athletes in horizontal jump events must wear number on front; for other field events, athletes may wear numbers either on front or on back. Please



ensure that singlets/ uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.

- a. Numbers must be worn on the front for all track events not finishing in lanes (including the final runners on medley relay teams).
 - b. For U10, U12 and U14 athletes, competition numbers must be worn on the front for all events.
 - c. Hip numbers must be clearly visible on the athletes' right side hip.
5. All **seed times** must be accurate; all non-verified seed times will be given a NT (no time). Repeat violations will translate into penalties against coach and club. Athletics Alberta "Rules of Illegitimate Seed Times" will be followed. (Please see www.athleticsalberta.com/hosting-and-sanctioning, especially the details provided on www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf .) If coaches submit an erroneous seed performance or one that cannot be verified, the athlete will instead have an "NT" (or equivalent for field event).
 6. **Starting blocks** are mandatory for all athletes U16 and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10, U12, nor U14 events. ** Athletes with a medical condition may apply not to use starting blocks 2 weeks prior to competition. Please email the Meet Director & AA Technical Manager**
 7. **Throwing implements** will be provided. No personal implements will be permitted unless by approval of officials at the event.
 8. **Spikes are to be no longer than 7mm in length.** Only Pins, Needles or pyramid type spikes will be allowed. No Christmas trees spikes will be permitted.
 9. **Scratches** during the competition are to be submitted at the registration area, near the 100m start line.
 10. Athletes competing in heats who **do not intend to compete in the final** must inform the Results Desk before the heats. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final. Otherwise, IAAF Rule 142.4 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).
 11. Restricted access to field for coaches, athletes (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.
 12. U10, U12, and U14 athletes who miss an event will be allowed to continue in the competition.
 13. **Breaking Record:** If you break a provincial record, paperwork must be submitted at the meet so the appropriate individuals and paperwork can be processed in a timely manner. Athletes expecting to break a record and requiring a special form should bring the form to the meet (various factors, like Internet access outages, have been known to prevent the Results team from printing a needed form).

TECHNICAL SPECIFICATIONS

Below is from <https://www.athleticsalberta.com/officials/> . Masters specifications are at <http://www.world-masters-athletics.org/rules/appendix.pdf> .

Athletics Alberta Outdoor Hurdles/Steeple Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	U12	60m	5	.45m*	12.00m	7.00m
80m	8	.60m**	12.00m	7.50m	U14	80m	8	.60m**	12.00m	7.50m
80m	8	.76m/30"	12.00m	8.00m	U16	100m	10	.84m/33"	13.00m	8.50m
100m	10	.76m/30"	13.00m	8.50m	U18	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	U20	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.60m**	20m	35m	U14	200m	5	.60m**	20m	35m
200m	5	.76m/30"	20m	35m	U16	200m	5	.76m/30"	20m	35m
400m	10	.76m/30"	45m	35m	U18	400m	10	.84m/33"	45m	35m
400m	10	.76m/30"	45m	35m	U20	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	Senior	400m	10	.91m/36"	45m	35m
1500m		.76m/30"			U16	1500m		.76m/30"		
2000m		.76m/30"			U18	2000m		.84m/33"		
3000m		.76m/30"			U20	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
World Masters Athletics website (click here)					Master	World Masters Athletics website (click here)				

*U12 hurdle heights can range from .45m/18"-.60m/24".

**U14 hurdle heights can range from .60m/24"-.76m/30".

+ There is no water barrier for U16, race starts at 1500m start and barriers begin after 300m.

Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg		300g		U10**	2kg		300g	
2kg	750g	400g		U12**	2kg	750g	400g	
3kg	750g	400g		U14**	3kg	750g	400g	
3kg	1kg	500g	3kg	U16	4kg	1kg	600g	4kg
3kg	1kg	500g	3kg	U18	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	U20	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Senior	7.26kg	2kg	800g	7.26kg
World Masters Athletics website (click here)				Master	World Masters Athletics website (click here)			

* Turbo Javelin or Ball Throw will be used for U10 instead of Javelin

** Ball throw and Turbo Javs are acceptable for U12 and U14

SPONSORSHIP/ OTHER INFORMATION



- **Meet Sponsor: Kaltire**
- On Saturday, join our generous meet sponsor, KalTire, for a BBQ and fun giveaways.
- Coaches and officials will be provided lunch
- Washroom facilities available: Porta Potties at the South End of the Track



MEET HOTEL

- Best Western Plus – The Inn at St. Albert: St. Albert
Discounted rate available until May 20. Use group code SAC2023 when calling to book.

ALBERTA SUMMER GAMES

Trials for Zone 5, 6 & 7

From July 20-22, 2023 over 3,000 athletes, coaches and officials from across Alberta will be in Okotoks to compete, learn and share experiences of a lifetime at the Alberta Summer Games.

<https://www.2023asg.com/>

Athletes ranging in age from 11 to 17 years old representing 14 different sports will befriend teammates and competitors from eight regional zones.

AGE GROUP(S)

U16: 14 & 15 years (born 2009-2008) as of December 31, 2023

U18: 16 & 17 years (2007-2006) as of December 31, 2023



Steps to participate at Alberta Summer Games:

1. Have an AA membership
2. Check which Zone you are part of, this is based on your residence.
3. Complete the interest form: <https://athleticsalberta.com/athletics-alberta-teams/>
4. Compete at trials

Contact Zone Head Coach for questions in regards to the Summer Games.

- Zone 5 Head Coach- Ralph Troschke (780) 777-4484
- Zone 6 Head Coach- Ciera Wolf
- Zone 7 Head Coach- Jaimee Lougheed

ALBERTA SUMMER GAMES



2023 ZONE TEAM
INFORMATION →

