



2023 Sherwood Park Track Classic

2023 U16, U18, U20, Senior, & Master Provincial Championships

July 7-9, 2023 ▪ Strathcona Athletic Park, Sherwood Park

Hosted By:

The Sherwood Park Track Classic Organizing Committee

Which is comprised of members from the community of Sherwood Park and Capital City Track Club.

Sanctioned by: Athletics Alberta

- Last Open Club Meet of the summer!
-
-

Location & Facility

Location:	Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games; Adjacent to Bev Facey Community High School)</i>
Facility Specs:	8 lane Versaturf track (recommended maximum spike length is 7mm for track); Versaturf runways for all jumps and javelin; Cement circles for shot put, discus, & hammer
Photo Timing System:	Finish Lynx

Meet Enquiries

If you have any questions or inquiries to the Sherwood Park Track Classic, please contact Rob Fisher at (780) 975-2847 or robfisher004@gmail.com

Local Hotels

- ▶ There are many local options for hotels, please see our website for more information.
www.sherwoodparktrackclassic.ca

Registration Package

Registration packages will be available at the Technical Information Centre beginning at 3:00pm on Friday, July 7th, 2023.

Entry Deadline

- ▶ Entries must be received by **Monday, July 3rd at 12:00pm (noon)**.
- ▶ Entries submitted after Monday July 3rd will be charged double.
- ▶ Scratches after **Tuesday, July 4th at 12:00pm (noon)** will still be charged.
- ▶ Entries outside of the Trackie Reg system will not be accepted.

Entry Fees

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$30.00
U10, U12, & U14	Entry Fee:	\$10.00 Per Event
Relays	Entry Fee:	\$40.00 Per Team

- ▶ Trackie Reg is the only method of entry: www.trackiereg.com/2023SPTC
- ▶ **All seeds must be verifiable in the Athletics Canada rankings for championship events and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes without verifiable performances.**
- ▶ Payment of entry fees must be made before competition numbers will be released.
- ▶ **Final Meet Schedule will be available on the Sherwood Park Track Classic website by Wednesday July 5th, 2023.**

Eligibility

- ▶ All athletes entering the Alberta Provincial Championships must be registered members of Athletics Alberta.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association.
- ▶ Day of the Meet membership is not available, please contact Athletics Alberta for more information on membership options.

Age categories offered:

U10 – born 2014 or later, *U12* – born 2012-2013, *U14* – born 2010-2011, *U16* – born 2008-2009, *U18* – born 2006-2007, *U20* – born 2004-2005, *Senior* – born 1989-2003, *Masters* – Born 1988 or earlier (age calculated day of the meet)

U10, U12, & U14 Multi event format:

Boys and Girls U10 Saturday: 60m, Long Jump, 150m
Boys and Girls U10 Sunday: 100m, Shot Put, 600m
Boys and Girls U12 Saturday: 60m, Long Jump, Shot Put, 150m
Boys and Girls U12 Sunday: 100m, High Jump, Discus Throw, 600m
Boys and Girls U14 Saturday: 80m, High Jump, Discus Throw, 80m Hurdles (27")
Boys and Girls U14 Sunday: 100m, Long Jump, Shot Put, 600m

Modified Rules for U10 & U12 Long Jump

U10 & U12 athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. U14 will use a regular take off board.
For the competition, all jumpers will have 3 attempts.

Modified Rules for U12 & U14 High Jump

Three successive failures will eliminate the jumper from further competition.

U12: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter until 3 remain.

U14: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter until 3 remain.

Modified Rules for U10, U12, U14 Throws

Each competitor will only receive 3 attempts for all throwing events.

Awards

- ▶ All medals will be awarded at medal ceremonies as soon as results are available.
- ▶ U16, U18, U20, Senior, & Master Provincial: Gold, Silver, and Bronze Championship medals will be awarded to the top 3 Alberta finishers.
- ▶ All out of province athletes who place in the top 3 will receive a meet medal according to their place of finish.
- ▶ For U10, U12 & U14 age categories, all athletes will receive certificates with name, results, and final placing listed, top 3 total point scorers for each day will receive meet medals.
- ▶ Any athlete who breaks a Sherwood Park Track Classic Meet Record will receive a free Record Breaker T Shirt. Limit of one T shirt per athlete per year while supplies last.

Marshalling Procedure – Please Make Note of Check in Times!

- ▶ For track events athletes must check in at the marshalling table **45 minutes** before scheduled start time.
- ▶ At this time heats and sections may be reduced or combined based upon checked in athletes.
- ▶ Track athletes will then report back to marshalling table to receive hip number **30 minutes** before scheduled start time.
- ▶ Track athletes will meet the start line marshal **10 minutes** before scheduled start time at their events start line.
- ▶ For field events athletes will check in at the event site at least **20 minutes** before scheduled event start time.

Equipment

- ▶ Starting blocks will be provided and must be utilized for all events of 400m or less (with the exception that starting blocks will not be used by the U10s, U12s & U14s and are optional for Masters only events).
- ▶ Throwing implements will be provided. Pole-vaulters must provide personal poles and vault will have a minimum starting height of 2.15m
- ▶ Personal implements must be certified by the equipment manager (provided by the organizing committee) before they will be permitted for use during the competition. This may be done at the equipment shed up until **1 hour** before the scheduled start time of their event.

2023 Sherwood Park Track Classic – Events Offered

Event	Masters Women	Masters Men	Senior Women	Senior Men	U20 Women	U20 Men	U18 Girls	U18 Boys	U16 Girls	U16 Boys	Bantam Girls	Bantam Boys	Peewee Girls	Peewee Boys	Tyke Girls	Tyke Boys
60m													✓	✓	✓	✓
80m											✓	✓				
100m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150m													✓	✓	✓	✓
200m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
300m									✓	✓						
400m	✓	✓	✓	✓	✓	✓	✓	✓								
600m											✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
1200m									✓	✓						
1500m	✓	✓	✓	✓	✓	✓	✓	✓								
2000m									✓	✓						
3000m	✓	✓					✓	✓								
5000m			✓	✓	✓	✓										
Sprint Hurdles *	✓ ACS	✓ ACS	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 80m	✓ 100m	✓ 80m	✓ 80m				
Intermediate Hurdles	✓ ACS	✓ ACS	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 200m	✓ 200m						
Steeplechase	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m	✓ 2000m	✓ 3000m	✓ 2000m	✓ 2000m	✓ 1500m	✓ 1500m						
Race Walk	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 1500m	✓ 1500m						
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Shot Put	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	✓ 2kg	✓ 2kg	✓ 2kg	✓ 2kg
Javelin	✓ ACS	✓ ACS	✓ 600g	✓ 800g	✓ 600g	✓ 800g	✓ 500g	✓ 700g	✓ 500g	✓ 600g						
Discus	✓ ACS	✓ ACS	✓ 1kg	✓ 2kg	✓ 1kg	✓ 1.75kg	✓ 1kg	✓ 1.5kg	✓ 1kg	✓ 1kg	✓ 750g	✓ 750g	✓ 750g	✓ 750g		
Hammer	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg						
Combined Events																
4x100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
											Sat Events	Sun Events	Sat Events	Sun Events	Sat Events	Sun Events

*** Note: A/B finals will be run where possible and if there are less than 8 entries athletes should be prepared to still run a heat and a final for these events if time permits. Does not apply to U10, U12, U14 or Master Events.**

Tentative Track Schedule

- ▶ **Please note:** all events run 'youngest to oldest' – 'girls then boys' unless otherwise specified.
- ▶ Para events will be contested at the same time as the other sections unless otherwise stated.
- ▶ All session start times are approximate and may shift once final entry numbers are known.

Friday July 7th Afternoon Session	Saturday, July 8th Morning Session	Sunday, July 9th Morning Session
5:30pm 300m U16	9:00am 60m U10, U12	9:00am 100m U14, U12, U10
400m U18, U20, Sr, Master	80m U14	2000m U16
1200m U16	Sprint Hurdle Heats	3000m U18, Master
1500m U18, U20, Sr, Master	1500m Steeplechase U16	5000m U20, Senior
1500m RW U16	2000m Steeplechase U18	800m Timed Finals
3000m RW U18, U20, Sr, Mas	3000m Steeplechase U20, Sr	200m Heats
8:00pm End of Competition	80m Hurdles U14	600m U10, U12, U14
	Sprint Hurdle Finals	
	Afternoon session	Afternoon session
	1:30pm 150m U10, U12	1:30pm 200m H U16
	100m Heats	400m H U18, U20, Sr
	100m Finals	200m Finals
	4x100m Relay Finals	4x400m Relay Finals
	6:00pm End of Competition	5:00pm End of Competition

Tentative Field Event Days

Friday, July 7th Afternoon Session	Saturday, July 8th Morning Session	Sunday, July 9th Morning Session
Long Jump U20, Sr	U10 Long Jump	U10 Shot Put
High Jump U16, Master	U12 Long Jump	U12 High Jump
Hammer Throw	U12 Shot Put	U12 Discus Throw
	U14 High Jump	U14 Long Jump
	U14 Discus Throw	U14 Shot Put
	Triple Jump	Pole Vault
Note: Hammer/Discus	Discus Women	Shot Put Women
Practice cage will be open	Shot Put Men	Discus Men
	Javelin Women	Javelin Men
	High Jump U18, U20, Sr	Long Jump U16, U18, Mas
	Afternoon session	Afternoon session
	Triple Jump	Pole Vault
	Discus Women	Shot Put Women
	Shot Put Men	Discus Men
	Javelin Women	Javelin Men
	High Jump U18, U20, Sr	Long Jump U16, U18, Mas
	Weight Throw Master	

The age categories for field events will be filled in once numbers of participants and officials are known and may be combined with other age groups. If numbers become too large for single days of competition for each field event, then some events may be expanded to other days.