



2024 Dinos High School Track & Field Challenge



Saturday May 4th, 2024 | 9:00 am – 7:00 pm | RED
Wednesday May 8th, 2024 | 4:00 pm – 9:00 pm | GOLD

GENERAL NOTES

Completion of entries.

1. **Trackie.reg** – Teams can use trackie.reg to register for the meets

Online Registration: [Trackie](#)

[Red Meet](#) TrackieReg.com/2024-dinoshsred

[Gold Meet](#) TrackieReg.com/2024-dinoshsgold

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

Entry/Scratch Deadline: RED - Due by Monday, April 29th at 11:00 pm
GOLD - Due by Friday, May 3rd 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**

Entry Fees: Paid Through Trackie registration, you pay by Visa/Mastercard

Schedule and 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 with school + volunteer name(s). By April 21st, 2024

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 8:15 am.
- Volunteers can be parents/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 - 7:00 am on the day of the meet and posted: <https://calgarytrackcouncil.com/>
GOLD MEET – 1:00 pm on the day of the meet and posted: <https://calgarytrackcouncil.com/>
*An email will also be sent to all coaches

A 50% fee will be held from all registration fees if the meet is cancelled for expenses and because the Dinos rely on the profits from this fundraiser to help support us through the season.

We thank you for your support and understanding!

FOOD

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

INFIELD

For safety reasons, All coaches, spectators, and athletes are asked to stay out of the infield unless they are competing in an infield event. This is crucial as field events will be going on all day.

SPORT THERAPY

U of C Athletic Training Staff will be available 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 advance by as many as **10 minutes** if entries permit.

FIELD EVENTS

20 minutes prior to the Event

Athletes check in at the 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 the stadium outside of the track
High Jump – North/South End of the infield
Pole vault – East side of stadium
Shot put – Northeast corner of the stadium outside of the 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.