



# 2024 Dinos High School Track & Field Challenge



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

**When:** **RED:** Saturday, May 4<sup>th</sup>, 2024 9:00 am – 7:00 pm Foothills Track  
**GOLD:** Wednesday, May 8<sup>th</sup>, 2024 4:00 pm – 9:00 pm 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:** [Trackie](#)  
[Red Meet](#) TrackieReg.com/2024-dinoshsred  
[Gold Meet](#) TrackieReg.com/2024-dinoshsgold  
**Payment Online Only by VISA/MASTERCARD**

**Entry Fee:** \$8.00 per Athlete per event Relays: \$8.00 per Team  
**Maximum Entry Fee per Meet: \$600 (+Processing Fee)**

**Entry/Scratch Deadline:** RED - Due by Monday, April 29<sup>th</sup> at 11:00 pm  
GOLD - Due by Friday, May 3<sup>rd</sup> 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 Limits:** Schools will be **LIMITED** to enter a **MAX** of **EIGHT (8)** athletes per (Event - Age Category – Gender). Example: 100m Senior 8M 8F | 100m Intermediate 8M 8F | 100m Junior 8M 8F = MAX

Schools will be **LIMITED** to enter a **MAX** of **TWO (2)** relay teams per (Event - Age Category - Gender)  
Example: 4X100m Senior Teams 2M 2F | 4X100m Intermediate Teams 2M 2F | 4X100m Junior Teams 2M 2F = MAX

**\*New**

**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 1<sup>st</sup>, 2023  
Intermediate: Under 17 before September 1<sup>st</sup>, 2023  
Junior: Under 16 before September 1<sup>st</sup>, 2023

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

## 2024 Dinos High School Track & Field Challenge Tentative Schedule

<b>Meet</b>	<b>Red</b>	<b>Gold</b>
<b>Date</b>	Saturday, May 4 <sup>th</sup>	Wednesday, May 8 <sup>th</sup>
<b>Time</b>	9:00am – 7:00pm	4:00pm – 9:00pm
<b>E V E N T S</b>	<b>TRACK</b>	
	Sprint Hurdles (80/100)	200m
	100m	1500m
	400m	
	800m	
	3000m	
	4x100m	
	<b>FIELD</b>	
	ALL Girls High Jump ALL Girls Long Jump	ALL Women's Triple Jump ALL Men's Triple Jump
	ALL Men's High Jump ALL Men's Long Jump	Int Women's Shot Put Int Men's Shotput
	ALL Women's Discus Int Men's Discus	Jr & Sr Men's Discus
	ALL Girls Pole Vault ALL Men's Pole Vault	Jr & Sr Women's Javelin
	ALL Men's Javelin Int Women's Javelin	
	Jr & Sr Men's Shot Put Jr & Sr Women's Shot Put	
<b>Times are approximate, and Final Schedule may vary depending on the number of entries</b>		

**\*No Longer Offering the Pentathlon or 300mH**

## Specifications

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

## Starting Heights

	<b>High Jump</b>	<b>Pole Vault</b>
<b>Junior Girls</b>	1.25m	1.35m
<b>Intermediate Girls</b>	1.30m	1.50m
<b>Senior Girls</b>	1.35m	1.65m
<b>Junior Boys</b>	1.35m	1.95m
<b>Intermediate Boys</b>	1.40m	2.10m
<b>Senior Boys</b>	1.45m	2.25m
	<b>Increments of 5 cm</b>	<b>Increments of 15 cm</b>

**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.
- The size and number of spikes are limited. To allow as many athletes as possible to borrow spikes, they are expected to be returned promptly after the race and not held onto for the day.
- Student ID cards will be returned when spikes are dropped off.
- The number of spikes that will be available to borrow have almost doubled from last year

**Contact Info:** If your school is interested in the Strides spikes lending program, please send your head coach's name and contact information to [matt.deans@ucalgary.ca](mailto:matt.deans@ucalgary.ca).