



# 2024 Sherwood Park Track Classic

## 2024 U16, U18, U20, Senior, & Master Provincial Championships

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July 12-14, 2024 ▪ 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!
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### Location & Facility

Location:	Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games and the 2026 Alberta 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](mailto:robfisher004@gmail.com)

### Local Hotels

- ▣ There are many local options for hotels, please see our website for more information.  
[www.sherwoodparktrackclassic.ca](http://www.sherwoodparktrackclassic.ca)

### Registration Package

Registration packages will be available at the Technical Information Centre beginning at 3:00pm on Friday, July 12<sup>th</sup>, 2024.

### Entry Deadline

- ▣ Entries must be received by **Sunday, July 7<sup>th</sup> at 12:00pm (noon)**.
- ▣ Entries submitted after Sunday July 7<sup>th</sup> will be charged double.
- ▣ Scratches after **Tuesday, July 9<sup>th</sup> at 12:00pm (noon)** will still be charged.
- ▣ Entries outside of the Trackie Reg system for Canadian competitors will not be accepted.

## **Entry Fees**

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$30.00
U14	Entry Fee:	\$20.00 per event
U10 & U12	Entry Fee:	\$15.00 per event
Combined Events	Entry Fee:	\$60.00
Relays	Entry Fee:	\$40.00 Per Team

- ▶ Trackie Reg is the only method of entry: <https://www.trackie.com/event/2024SPTC>
- ▶ **All seeds must be verifiable in the Athletics Canada or World Athletics 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 10<sup>th</sup>, 2024.**

## **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 2015 or later, *U12* – born 2013-2014, *U14* – born 2011-2012, *U16* – born 2009-2010, *U18* – born 2007-2008, *U20* – born 2005-2006, *Senior* – born 1990-2004, *Masters* – Born 1989 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.

### **Paralympic, Paralympic Wheelchair, Paralympic Seated**

Events available upon request. Common requests are already included in the registration site options. Please contact meet director for additional event availability.

## **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.

## **Relay Requirements**

- ▶ Names of relay members must appear on the start list in the correct running order.
- ▶ You have until 1 hour before the scheduled start of the relay to correct or change the names on the start list.
- ▶ Please submit changes to photo finish / results directly using the forms provided in your team package.
- ▶ If the names appear correctly on the start list, no need to submit a relay form, only check in at the marshalling table is required.

## **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.

## **Note for Masters Entries**

- ▶ As per Athletics Alberta Masters Policy, there will be 4 age categories for all Masters events. They are: 35-49, 50-64, 65-79, and 80+
- ▶ Exceptions are for hurdles and throwing events where the WMA specifications alter these age groups. Where possible we will maintain the 15 year Athletic Alberta age categories, otherwise please reference the WMA specifications to find your age grouping by hurdle or throwing implement spec.
- ▶ <https://world-masters-athletics.org/wp-content/uploads/2023/04/WMA-RULES-OF-COMPETITION-as-of-25-April-2024.pdf>

## 2024 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	U14 Girls	U14 Boys	U12 Girls	U12 Boys	U10 Girls	U10 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	✓ 3000m	✓ 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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
4x800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
											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.

<b>Friday July 12<sup>th</sup> Afternoon Session</b>	<b>Saturday, July 13<sup>th</sup> Morning Session</b>	<b>Sunday, July 14<sup>th</sup> Morning Session</b>
5:30pm 300m U16	9:00am 60m U10, U12	9:00am 100m U14, U12, U10
400m U18, U20, Sr, Master	80m U14	80m Hurdles U16 Girls Pent
1200m U16	100m Dec	110m Hurdles Dec
1500m U18, U20, Sr, Master	Sprint Hurdle Heats	2000m U16
1500m RW U16	U16 Boys Pent, Hep Hurdles	3000m U18, Master
3000m RW U18, U20, Sr, Mas	1500m Steeplechase U16	5000m U20, Senior
8:00pm End of Competition	2000m Steeplechase U18	800m Timed Finals
	3000m Steeplechase U20, Sr	200m Heats
	80m Hurdles U14	600m U10, U12, U14
	Sprint Hurdle Finals	
	<b>Afternoon session</b>	<b>Afternoon session</b>
	1:30pm 150m U10, U12	1:30pm 200m H U16
	100m Heats	400m H U18, U20, Sr
	200m Hep	200m Finals
	1000m U16 Boys Pent	800m U16 Girls Pent, Hep
	100m Finals	1500m Dec
	400m Dec	4x400m Relay Finals
	4x100m Relay Finals	
	4x800m Relay Finals	
	6:00pm End of Competition	5:00pm End of Competition

## Tentative Field Event Days

Friday, July 12 <sup>th</sup> Afternoon Session		Saturday, July 13 <sup>th</sup> Morning Session		Sunday, July 14 <sup>th</sup> Morning Session	
	Long Jump U18, 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
	Shot Put U16, Masters		U14 High Jump		U14 Long Jump
			U14 Discus Throw		U14 Shot Put
			Pole Vault Women		Pole Vault Men
			Triple Jump		Long Jump U16, Masters
	Note: Hammer/Discus		Discus Women		Discus Men
	Practice cage will be open		Shot Put Men U18, U20, Sr		Shot Put Women U18, U20, Sr
			Javelin Women		Javelin Men
			High Jump Men U18, U20, Sr		High Jump Women U18, U20, Sr
			CE throughout the day		CE throughout the day
		Afternoon session		Afternoon session	
			Pole Vault Women		Pole Vault Men
			Discus Women		Shot Put Women U18, U20, Sr
			Shot Put Men U18, U20, Sr		Discus Men
			Javelin Women		Javelin Men
			Triple Jump		Long Jump U16, Masters
			High Jump Men U18, U20, Sr		High Jump Women U18, U20, Sr
			CE throughout the day		CE throughout the day

**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.**

### Combined Events

#### Friday

#### Saturday

#### Sunday

100m Hurdles, Long Jump, Shot Put,  
High Jump, 1000m

Heptathlon:  
100m Hurdles, High Jump, Shot Put,  
200m

Decathlon:  
100m, Long Jump, Shot Put, High Jump,  
400m

80m Hurdles, High Jump, Shot Put,  
Long Jump, 800m

Heptathlon:  
Long Jump, Javelin, 800m

Decathlon:  
110m Hurdles, Discus, Pole Vault, Javelin,  
1500m