

Updated Jan 7, 2025



Golden Bear Open: January 17-19, 2025

Hosted by Golden Bears and Pandas Athletics/Track & Field

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

Event Info: <https://bearsandpandas.ca/sports/track-and-field>
Register: https://www.trackie.com/event/GBO_2025
Live Results: <https://live.windsortiming.com/meets/42758>
Live Broadcast: <https://canadawest.tv/>

Expected Timelines: Week of competition

Tuesday @ Noon	- Entry & scratch deadline via trackie only
Wednesday @ Noon	- Inclusion of club entries into USPORTS sections known and communicated via performance list
Wednesday @ 8:00PM	- Final Schedule
Thursday @ noon	- Heat Sheets posted (Sunday sections seeded and posted Saturday)
Friday @ 3:00PM	- Competition begins

No athletes on track level before 1:30PM on Friday

Sanctioned by Athletics Alberta

Primary Purpose & Intent of Competition:

The primary objective of the Golden Bear Open (GBO) is to provide a high-quality competition for USPORTS athletes. All decisions about scheduling and seeding are made with that interest in mind.

All UNI events are governed by Canada West Playing Regulations

All Club window – U12/ U14 / U16 / U18 / U20 / Senior / Masters events are governed by WA rules

Eligibility:

GBO is open to the public to enter. Athletes and coaches must appear on a formal USPORTS eligibility roster or be active member of their respective provincial athletics association. International athletes should contact the meet director.

Refer to the event offerings table below for specific information on what events are offered for each category. Generally framework is most events for U16 and up, with 2nd year U14's being permitted in the U16 category. Select events for U12 and U14 category on Sunday.

Inclusion into UNI categories:

This occurs by approval of request. It is assumed entries made within club entries, specifically the U20+ category desire to be included in UNI sections. At the closure of entries top entries within the U20+ category will be considered and included into UNI sections as deemed appropriate by event management team. These decisions will be made after the closure of entries. Individuals should check the meet program and start lists when they are published as per the timelines indicated.

Dates, Registration Links:

Golden Bear Open: **January 17-19, 2025 53rd Annual**

https://www.trackie.com/event/GBO_2025

Registration Deadline: **Tuesday January 14, 2025 @ noon (late entries not accepted)**

Entry Fees:

1st event - \$30; 2nd event - \$25; 3rd event - \$15

Scratches / Entry Changes or Mistakes

Help us do a great job by doing your part!

All registrations are the responsibility of the athlete or the club registering. Verification of your entry is provided via trackie to the email inputted in the entry process. You can search your inbox by noreply@trackie.com If there is a mistake you need to deal with it in your trackie account and registration prior to the closure of entries.

If you have made a mistake or wish to scratch your entry, you are able to do this on your own prior to the closure of entries by logging into your trackie account. <https://www.trackie.com/my-account/>

Scratches that occur after the closure of entries should be emailed to the competition director (robfisher004@gmail.com) and cc'd to the meet director (wes.moerman@ualberta.ca). Scratches occurring after the closure of entries are not refunded and are helpful to have to ensure proper seeding and great competitions for all athletes.

Seed Marks:

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USPORTS Rankings (Jan 1 2024 – Tue Jan 14, 2025). This occurs through the automated process in trackie. Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at NOON, with clear rationale and links to direct results provided to be considered.

ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

Coach Registration

Coaches who are not members of university coaching staff's must register in advance (same deadline as athlete entries). To be considered a coach you must be:

- a) Actively registered with respective provincial athletics association
- b) Have a current CRC completed, Safe sport course via coach.ca completed, completed Making Ethical decisions and be in training, trained or certified in the appropriate NCCP context

https://www.trackie.com/event/Coaches_UA_2025

Schedule notes:

Event & Time Emphasis

Friday Afternoon & Evening + Saturday Afternoon = USPORTS & Top Entries by approval of request
Saturday Afternoon & Evening + Sunday Sections = Club Sections

Tentative schedule is posted on the trackie registration page and included below.

2025 Golden Bear Open TENTATIVE SCHEDULE				
Live Results: https://live.windsortiming.com/meets/42758				
VARSITY SECTIONS				
Friday Night - Varsity Window Approximately 2:30pm - 8pm				
Track			Field	
60m	Hep	Timed Final	Long Jump	W/M/Pent/Hep
60m H	Pent	Timed Final	Pole Vault	W/M
60m H	W/M	Heats	Shot Put	W/M/Pent/Hep
60m	W/M	Heats	High Jump	Pent/Hep
60m H	W/M	Finals		
800m	W/M	Timed Final		
4x800m	W/M	Finals		
3000m	W/M	Timed Final		
4x200m	W/M	Timed Final		
800m	Pent	Finals		
Saturday AM - Varsity Window Approximately 10:30am-3:30pm				
Track			Field	
60m H	Hep	Timed Finals	Triple Jump	W/M
60m	W/M	Semi Finals	High Jump	W/M
600m	W/M	Timed Finals	Pole Vault	Hep
300m	W/M	Timed Finals	Weight Throw	W/M
60m	W/M	Finals		
1500m	W/M	Timed Finals		
1000m	W/M/Hep	Timed Finals		
4x400m	W/M	Timed Finals		

CLUB SECTIONS					
Saturday PM - Age Class Window					
Approximately 4pm-8pm					
Track			Field		
60m H	U16/U18/Open W/M	Heats	Triple Jump	W/M	
1000m	U16/U18/Open W/M	Timed Finals	Pole Vault	W/M	
60m H	U16/U18/Open W/M	Finals	High Jump	M	
300m	U16/U18/Open W/M	Timed Finals	Shot Put	W/M	
3000m	U16/U18/Open W/M	Timed Finals			
4x200m	U16/U18/Open W/M	Timed Finals			
Sunday - Age Class Window					
Approximately 10am-4pm					
Track			Field		
60m H	U12/U14 W/M	Heats	Long Jump	W/M	U12/U14 W/M
1200m	U16 W/M	Timed Finals	High Jump	W	U14 W/M
1500m	U18/Open W/M	Timed Finals	Weight Throw	W/M	
60m H	U12/U14 W/M	Finals	Shot Put	U12/U14 W/M	
60m	All Ages W/M	Heats			
600m	U16/U18/Open W/M	Timed Finals			
60m	All Ages W/M	Finals			
800m RW	U16/U18	Timed Finals			
1500m RW	Open	Timed Finals			
150m	U12/U14 W/M	Timed Finals			
200m	U16/U18/Open W/M	Timed Finals			

Preferred Lanes, order of events and advancements:

Preferred lanes: Oval preferred = 6 /7/5/4/3/2/1
 Order of events: Timed finals run FAST to SLOW
 Whenever possible men compete before women at GBO.

Alternates in finals:

For events having heats and finals, alternates in the finals will be listed. Meaning, if 8 athletes advance to the final, places 9-11 will be listed as alternates. Alternates will be permitted to race in the final should scratches occur in time.

300m / 4x200 Lane Draws:

Timed Final Structure / Golden Bear Open

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

Call Room / Check In / Numbers

Check in is required, however there will be no call room in effect.

Track Events: You should be checked in for your event 20min prior to the event and arrive to the start line 5min prior to your event ready to race. We will not wait for you at the line.

Field Events: Check in on site

- Numbers worn on back for races that finish in set lanes. Numbers worn on front for races that do not finish in set lanes. Hip numbers on right hip

USPORTS Minimum measurements

- A minimum measurement procedure will be in place for USPORTS – Long Jump & Pole Vault events. Marks will only be measured for distances above
 - o LJ: Women: 4.50m and above Men: 5.50m and above

Spectators/Parents

Fans, spectators and parents are encouraged to attend. You are asked to remain in the bleach sections and refrain from going onto the track and warm up areas.

It is our intention to provide a webstream of the event and hosted on <https://canadawest.tv/>

Exact links will be communicated closer to the event date and will be found at

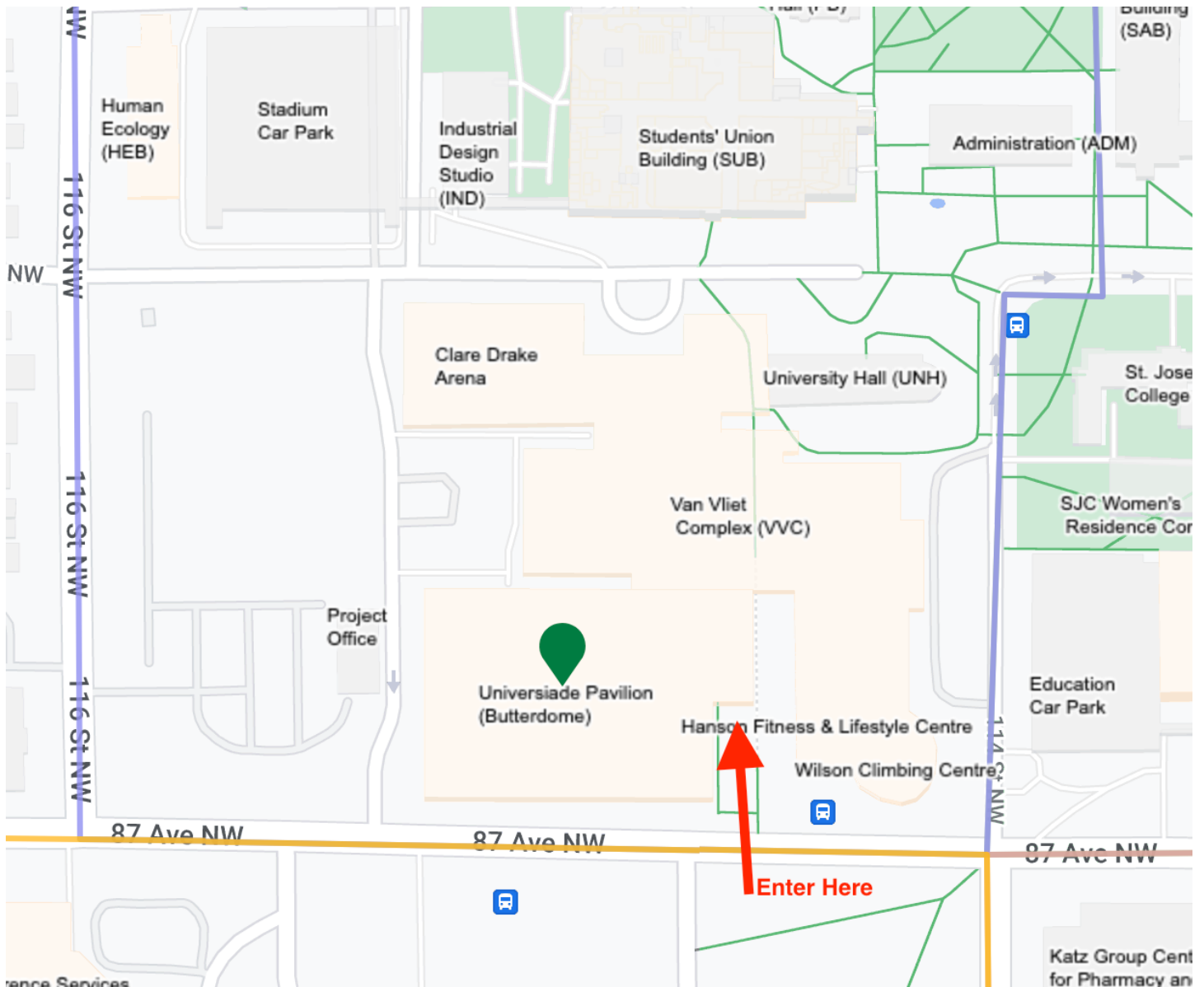
<https://bearsandpandas.ca/sports/track-and-field>

Location

Entry location occurs at the top of the ramp on the south side of the Van Vliet Centre (87 ae). This is the concourse level above the 60m start line. Map locations can be found at:

[Campus Map:](#)

[Building Map: https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html](https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html)



Event Offerings:

U14/U12

- To support youth development, select events are offered on Sunday. They include 60m hurdles with scissor/breakdown hurdles, 60m, 150m sprint, long jump and shot put.

Contact Info / Role

Meet Director

Wes Moerman (head coach)

wes.moerman@ualberta.ca

780.492.5097

Competition Director

(schedule, entries, seeding)

Rob Fisher (asst coach)

robfisher004@gmail.com

780.975.2847

Timing/Results

(results & live results)

Vernon Schmid

vernon@ellistiming.ca

2025 GBO	UNI **By approval - see package**	Open (U20+) @ Senior Specs	U20 Specs	U18	U16	U14	U12
Sprints / Hurdles							
60m Hurdles	✓	✓	✓	✓	✓	✓	✓
60m	✓	✓ as Open (U20+)		✓	✓	✓	✓
150m						✓	✓
200m		✓ as Open (U20+)		✓	✓		
300m	✓	✓ as Open (U20+)		✓	✓		
Relays							
4x200m	✓	✓					
4x400m	✓						
4x800m	✓						
Mid D / Long D / Walks							
600m	✓	✓ as Open (U20+)		✓	✓		
800m	r non 4x8 uni only						
1000m	✓	✓ as Open (U20+)		✓	✓		
1200m					✓		
1500m	✓	✓ as Open (U20+)		✓			
2000m					✓		
3000m	✓	✓ as Open (U20+)		✓			
Racewalk		✓ 1500m as Open		✓ 800m			
Jumps							
Long Jump	✓	✓ as Open (U20+)		✓	✓	✓	✓
Triple Jump	✓	✓ as Open (U20+)		✓	✓		
Pole Vault	✓	✓ as Open (U20+)		✓	✓		
High Jump	✓	✓ as Open		✓	✓		
Throws / Multi Events							
Weight Throv	✓	✓	✓	✓	✓		
Shot Put	✓	✓	✓	✓	✓	✓	✓
Pent - W / He	✓						
Masters Specific Field Events Offered (Masters may enter open category otherwise)							
Masters specific events: LJ, HJ, SP, WT							
Para							
Wheelchair		60m & 200m					
AMB		per request					
Multi's Events							
Pent Women	60mH	Hep - Day 1 Men		60m			
	High Jump			Long Jump			
	Shot Put			Shot Put			
	Long Jump			High Jump			
	800m	Hep - Day 2 Men		60mH			
	Pole Vault						
	1000m						
Web Stream available at: https://bearsandpandas.ca/sports/track-and-field Live Results: https://live.windsortiming.com/meets/42758							

