

2016 Peace Country Classic/GP Kids Meet

(includes the NW Zone 8 Trials for the 2016 AB Summer Games)

Saturday, May 14, 2016 - 9 a.m. to 5 p.m.

The Peace Country Wolves Athletics Club is proud to present the 2016 Peace Country Classic/GP Kids Meet. This event is Grande Prairie's annual all comers meet open to athletes of all ages and abilities. This year, the meet will also be used to select the NW Zone 8 team for the Alberta Summer Games in Leduc from July 14 to 17th.

Where

Legion Track, 11315 105 Street, Grande Prairie

(adjacent to the Leisure Centre and GP Composite High School)

Events

A full slate of standard track and field events will be offered. See pages 3 and 4 at the end of this document for a list of events and the schedule.

Categories (separate male and female categories for each)

GP Kids Meet - Jr Elementary (Born 2007 or earlier); Sr Elementary (Born 2004, 05, 06)

PCC Meet- Midget (Born 2001,02, 03); Youth (Born 1999, 2000); Open (Born 1998 or earlier)

Entry Fees

GP Kids Meet- \$10 for one event; \$15 for 2 or 3 events

PCC Meet- \$15 for one event; \$20 for 2 or 3 events; \$25 for 4 events (limit of 4 individual events per athlete)

Athletics AB members deduct \$3 from the above fees.

The 4 x 100m relay is free and does not count as one of your events.

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NW Zone 8 Alberta Summer Games Trials

A team of 20 male and 20 female Midget (born 2001, 02, 03) and Youth (born 1999, 2000) athletes resident in the Peace Country will be selected from the meet. If you wish to be considered for selection, please indicate when you enter.

Note: If fewer than 20 males or 20 females try out, additional athletes may be added to the team based on performances at other 2016 meets.

Entry Process

- Enter online at Trackie.ca ([Link to the entry site forthcoming](#))
- Limit of 4 individual entries + the 4 x 100m relay.
- Deadline for entries is **Wednesday, May 11 at 9 p.m.**. Please get your entries in on time. Late entries, if accepted, will be charged a \$5 penalty.
- Please, please, please – no race day entries

- Pay online at the Trackie.ca site OR on site on the day of the meet before your first event.
- Make cheques payable to the **WAPITI STRIDERS TRACK CLUB**
- Cheques or exact change are appreciated

Facility/Technical Rules

- 8 lane all-weather track suitable for spikes (7mm or shorter)
- Hand timing and no wind gauges
- All races will be timed finals; age categories will be combined into consolidated heats where/when it makes sense
- Starting blocks must be used for all sprint races for the Midget, Youth, and Open competitors.
- Track events take precedence over field events. An athlete entered in a track and a field event at the same time, must check in at the field event, inform the official that he/she is running in another event, and then proceed to the track event.
- Check in/marshall at the starting line or at the field event.

- Concrete throwing circles for discus and shot put
- Asphalt pad for the high jump, long jump, and javelin run up is not suitable for spikes. (Sorry, the rubber surface should be in place next year.)
- For field events, all athletes will be given four attempts to be completed within a 30 minute window for the event.

- Washroom facilities available on site.

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Event List

Track Events

	60	100	200	300/400	800	1200/ 1500	2000/ 3000	Race Walk	Spr Hurdles (AC Specs)	Int Hurd (AC Specs)	4 x 100 Relay
Jr Elm	X			400							x
Sr Elm	X				x						x
Midget		X	X	300	X	1200	2000		80m - .76m (w) 100m - .84m (m)	200m - .76m	X
Youth		X	X	400	X	1500	3000		100m - .76m (w) 110m - .91m (m)	300 - .76m(w), .84m(m)	X
Open		X	X	400	X	1500	3000	1500	100m - .84m (w) 110m - 1.07m (m)	400 - .76m(w), 91m(m)	X

Field Events (AC Specifications)

	Standing Long Jump	Long Jump	Shot Put	Javelin	Discus	High Jump
Jr Elm	X					
Sr Elm	X		2 kg			
Midget		X	3 kg (w), 4 kg (m)	500g(w), 600g (m)	1kg	X
Youth		X	3 kg (w), 5 kg (m)	600g (w), 700g (m)	1kg (w), 1.5kg (m)	x
Open		X	4 kg (w), 7.26 kg (m)	600g(w), 800g (m)	1kg (w), 2kg (m)	x

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Meet Schedule

TRACK			FIELD		
9:00	2000m and Race Walk (both on the track at same time)	Midget, Open	9:00	Standing Long Jump – Boys and Girls	Jr Elm, Sr Elm
9:30	3000m	Youth, Open	9:15	Discus - Men	Midget, Youth, Open
			9:30	Shot Put- Women	All except Sr Elm
10:00	60m (run on the back straight)	Jr Elm, Sr Elm			
10:00	100m	Midget, Youth, Open			
			10:30	Discus - Women	Midget, Youth, Open
			10:45	Shot Put - Men	All except Sr Elm
11:00	400m	Jr Elm Only	11:00	High Jump – Women and Men	Midget, Youth, Open
11:05	800m	All			
			11:45	Shot Put – Boys and Girls	Sr Elm Only
Noon	Sprint Hurdles	Midget, Youth, Open			
LUNCH BREAK					
1:30	200m	Midget, Youth, Open	1:30	Javelin - Women	Midget, Youth, Open
			1:30	Long Jump - Men	All except Elm
2:15	1200m	Midget			
2:25	1500m	Youth, Open	2:25	Javelin - Men	Midget, Youth, Open
			2:30	Long Jump - Women	All except Elm
3:00	300m	Midget			
3:10	400m	Youth, Open			
3:50	Int Hurdles	Midget, Youth, Open	3:45	Triple Jump – Women and Men	Midget, Youth, Open
4:20	4 x 100 Relay	All			

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