



St. Albert Challenge
Alberta Outdoor Provincial Track and Field Championship-
Tyke, Pee-Wee & Bantam
Alberta Summer Game Trials Zone 5 & 6



Sanctioned by Athletics Alberta
May 28-29, 2016
Fowler Field, St. Albert Alberta



Eligibility

- All athletes entering the Alberta Outdoor Track and Field Championships must be registered members of Athletics Alberta (or attend an Athletics Alberta member school), or (if from outside Alberta) be registered with their respective Provincial Association) by the time of meet deadline. No late registrations will be accepted.
- All clubs must meet Athletics Alberta Club registration guidelines, for their athletes to compete.
- Athletes must compete in their own age class (no exceptions)

Location and Facility

Fowler Athletic Park: 61 Sir Winston Churchill Avenue, St. Albert Alberta

- 8 lane 400m track, Plexitrac latex all-weather track and runways,
- Throwing Circles- concrete/ wood circles, aluminum cantilevered throwing cage with nylon netting,
- Timing: automatic timing using Finish Lynx, Hy-Tek results, wind gauges
- Food truck- Street Eats available.
- Washroom facilities available

Meet Hotel

- St Albert Inn & Suites- St. Albert Trial- St. Albert
- Best Western Plus –The Inn at St. Albert- St. Albert
- Best Western- West Wood- 18035-Stony Plain Road- Edmonton
- Days Inn & Suites -10010-179st-Edmonton

*All Edmonton Hotels are just off the Anthony Henday.

Meet Enquiries

Meet Directors: Daniel Lauson and Janice Curle
Meet Managers: Janice Curle and Daniel Rawson
Meet Entries: Valerie Kemp (emocktrack@gmail.com)



Registration Package

Registration packages will be available for pick up at the Registration Desk located at the start line by 7:45 am on Saturday, May 28, 2016. Payment by cash or cheque payable to the St. Albert Track and Field Club is required before the package will be released.

Coaches Technical Meeting

There will be a brief technical meeting held at the finish line 30 minutes before the track events start on both days.

Entry Deadline

- Entries must be received by **11:59 p.m. on Tuesday, May 24, 2016.**
- Entries submitted after this date will be charged double if accepted.
- Scratches and changes will be accepted up to Wednesday May 25, 2016
- There will be no refunds of entries for scratches made after Noon Wednesday May 25, 2016. All entries received will be considered with discretion by the Meet Organizing Committee

Please send all entries, scratches, and changes to emotrack@gmail.com . Please send schedule and meet questions to stalbertchallenge@gmail.com .

Entry Fees

Note: Fees are payable

- Online at the TrackieReg website during registration (TrackieReg accepts credit card, Interac, and PayPal). Please see <http://www.trackiereg.com/2016-SAC> .
- At the Registration Desk (cheque or cash only; please make cheques payable to St. Albert Track & Field Club)

	Entry Fees
Individual Events	\$20
Bantam Multi- Events	\$25
Pee Wee Multi- Events	\$25
Tykes Multi- Events	\$25
Relays	\$25
Provincial Championship Fee	\$3.00 person (one time fee)

Entry Process

- All entries **MUST** be done using the TrackieReg web site. Please see <http://www.trackiereg.com/2016-SAC> .
- Entry questions, scratches and changes should be sent to :
- Tentative meet schedule will be available beginning _____; finalized meet schedule will be available late evening May 26, 2016.
- All athletes must be registered with Athletics Alberta or pay \$5 for Day of Meet Registration and complete the Day of Event Membership form. This is in addition to the \$5 Athlete registration fee.



Age Categories Offered

Tykes- born 2007 or later	Midget- born 2001- 2002
Pee Wee- born 2005-2006	Youth- born 1999-2000
Bantam- born 2003-2004	Open- 1998 or earlier

Events Offered

Women						Event	Men					
Tyke	Pee Wee	Bantam	Midget	Youth	Open		Open	Youth	Midget	Bantam	Pee Wee	Tyke
X	X					60m				X	X	
		X				80m			X			
			X	X	X	100m	X	X	X			
	X					150m				X		
			X	X	X	200m	X	X	X			
X	X	X	X			300m			X	X	X	
				X	X	400m	X	X				
	X					600m				X		
		X	X	X	X	800m	X	X	X	X		
			X			1200m			X			
				X	X	1500m	X	X				
			X			2000m			X			
				X	X	3000m	X	X				
		80m	80m	100m	100m	Sprint Hurdles	110m	110m	100m	80m		
			200m	400m	400m	Intermediate Hurdles	400m	400m	200m			
	X	X	X	X	X	High Jump	X	X	X	X	X	
X	X	X	X	X	X	Long Jump	X	X	X	X	X	
X						Standing Long jump					X	
			X	X	X	Triple Jump	X	X	X			
Med Ball	2kg	3kg	3kg	3kg	X*	Shot Put	X*	5kg	4kg	3kg	2kg	Med ball
X						Ball Throw						X
		750g	1kg	1kg	X*	Discus	X*	1.5kg	1kg	750g		
	Turbo		500g	600g	X	Javelin	X	700g	600g		Turbo	
			3kg	4kg	X*	Hammer	X*	5kg	4kg			
Shuttle Run	X	X	X	X	X	4x100m	X	X	X	X	X	Shuttle Run
X	X	X	X	X	X	Medley	X	X	X	X	X	X

Medley Relays: Tyke: 100-50-50-200. Pee Wee and Bantam: 200-100-100-400. Midget, Youth, and Open: 400-200-200-800.

Athletes entered in Open events for which the technical specifications for the athlete's normal age group are different from Senior (e.g.: Junior 110m Hurdles) will be entered in an event using the technical specifications appropriate to their age (unless the coach informs the Entries Registrar the athlete wants to compete using the Senior specifications).



Multiple Events for Tyke, Pee Wee and Bantam - Specification and information

	Saturday	Sunday
Tykes	Long Jump, Ball Throw, 60m	SLJ, Med Ball, 300m
Pee Wees	HJ, SP, 60m, 300m	LJ, Turbo Javelin, 150m, 600m
Bantams	HJ, Discus, 80m, 300m	LJ, SP, 80 Hurdles, 800m

Overall Top Athletes

Scores will be kept for Combined Events: 1st place in each event gets 10 points, 2nd 9 points, 3rd 8 points, etc. down to 10th and below who get 1 point. Points from the day's events will be totaled and medals given to top 3 athletes overall

Athletes may miss or "scratch" an event and continue the competition.

Modified Rules for field events:

Long Jump- Tyke & Pee Wees: a 1 m take off area will be used and jump will be measured from the point of take off. A fault will occur if the toe of the athlete is beyond the edge of the pit. Warm- Up is limited to 1 jump each. For competition all jumpers will have only 3 attempts, and results will be calculated in the usual way.

Standing Long Jump- Jump is done with feet together, no steps allowed

High Jump-

- o Pee Wee starting 0.8m increments of 10 cm until a height of 1. 10m increments of 5 cm thereafter.
- o Bantams: starting height of 0.9m increments of 10 cm until a height of 1.20m increments of 5 cm thereafter.

Further clarification of the Multiple Events rules as well as instruction on the modified field events will be given on site.

General Rules

1. Marshalling takes place at the 100m start line. Athletes must **check in** at the **30 minutes** prior to their event for **track events**. Athletes must **marshal in** for track events at the start line for their event **15 minutes** prior to event. Athletes in **field events** must check in and marshal in at the event 20 minutes prior to scheduled start time.
2. The **competition numbers** must be worn on back for events run entirely in lanes (60m to 400m). Athletes in horizontal jump events must wear number on front; for other field events, athletes may wear numbers either on front or on back. Please ensure that singlets/uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.
 - a. Numbers must be worn on the front for all track events not finishing in lanes (including the final runners on medley relay teams).



3. For Tykes, Pee Wee and Bantam athletes, competition numbers must be worn on the front for all events.
4. Hip numbers (distance and relay events) must be clearly visible on the athletes' right side hip.
5. All **seed times** must be accurate all non-verified seed times will be given a NT (no time), repeat violations will translate into penalties against coach and club. Athletics Alberta "Rules of Illegitimate Seed Times" will be followed. (Please see www.athleticsalberta.com/hosting-and-sanctioning, especially the details provided on www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf.) If coaches submit an erroneous seed performance or a one that cannot be verified, the athlete will instead have an "NT" (or equivalent for field event).
6. **Starting blocks** are mandatory for all athletes Midgets and up. Starting blocks are optional for Masters. Starting blocks will not be used for Tykes, Pee Wees or Bantam Events. Medical exemptions (i.e. To allow the athlete to not use starting blocks) require prior approval from Athletics Alberta's Technical Manager.
7. **Throwing implements** will be provided. No personal implements will be permitted unless by approval of officials at the event.
8. **Spikes are to be no longer than 7mm in length.** Only smooth "Christmas tree" or pyramid type spikes will be allowed. No pin, needle, or other elements will be permitted. This will be enforced and athletes will be required to remove any non-conforming spikes.
9. **Scratches** during the competition are to be submitted at the registration area, near the 100 M start line.
10. Athletes competing in events with preliminaries who qualify for finals and fail to show will be scratched from the remainder of the meet. Athletes not intending to compete in finals may run preliminaries as exhibition athletes if they inform the results/ registration area before they compete in the preliminaries.
11. Results will be posted during the meet, and will be available on the www.ellistiming.ca website.
12. Restricted access to field for Coaches, athletes (with their numbers), officials, and volunteers only. Spectators are not to be present on the in field anywhere.
13. Tyke, Pee Wee, and Bantam athletes who miss an event will be allowed to continue in the competition.
14. All athletes must wear proper club / school uniform to compete.
15. Medals will be awarded to the top three finishers in all championship events. Performances of Masters Athletes will be age-graded. In non-championship events, medals will only be awarded where there is a minimum of three athletes competing in the specified age group.



Tentative Schedule

Saturday			
Track		Field	
4x100m	Pee Wee F/M Bantam F/M	Long / Triple Jump (pit #1)	Midget Male, Midget Female
60m	Tykes F/M Pee Wee F/M	LJ/ TJ (pit #2)	Youth/ Open Female Youth/ Open Male
80m	Bantam F/M	LJ/ TJ (pit #3)	Tykes Females Tykes Male
100m	Midget F/M Youth F/M Open F/M	High Jump (Pit #1)	Bantam Female Bantam Male Pee Wee Female Midget/ Youth/ Open Male
1200m	Midget F/M	High Jump (Pit #2)	Bantam Female Bantam Male Pee Wee Male Midget/ Youth/ Open Female
1500m	Youth F/M	Shot Put (Circle #1)	Pee Wee Female Youth/ Open Male
50m Shuttle Relay	Tykes F/M	Shot Put (Circle #2)	Pee Wee Male Youth/ Open Female
300m	Pee Wee F/M	Cage	Bantam Male Bantam Female Midget Male Midget Female
300m	Bantam F/M	Ball Throw (school field)	Tykes Male Tykes Female
200m Hurdles	Midget F/M		
400m Hurdles	Youth F/M Open F/M		
100m Finals	Midget F/M Youth F/M Open F/M		
300m	Midget F/M		
400m	Youth F/M Open F/M		
4x100m	Midget F/M Youth F/M Open F/M		



Sunday			
Track		Field	
Medley Relay	Tyke F/M Pee Wee F/M Bantam F/M	LJ/ TJ (pit #1)	Pee Wee Male Pee Wee Female (Triple) Midget/ Youth/Open Male
150m	Pee Wee F/M	LJ/ TJ (Pit #2)	SLJ Tyke Female (Triple) Midget/ Youth/ Open Female
80m Hurdles	Bantam F/M	LJ/ TJ (Pit #3)	SLJ Tyke Males
100m Hurdles	Midget F/M Youth F Open F	Javelin	Midget/ Youth/ Open Male Midget/ Youth/ Open Female
110m Hurdles	Youth M Open M		
200m	Midget F/M Youth F/M Open F/M	Shot Put (Pit #1)	Bantam Female Tyke Male (Medball) Midget Male
3000m	Youth F/M Open F/M	Shot Put (Pit #2)	Bantam Male Tyke Female (Medball) Midget Female
600m	Pee Wee F/M	Cage (Discus)	Youth/ Open Male Youth/ Open Female
300m	Tyke F/M	Cage (Hammer)	Youth/ Open Male Youth/ Open Women
800m	Bantam F/M	Turbo Javelin (School Field)	Pee Wee Female Pee Wee Male
2000m	Midget F/M		
800m	Midget F/M Youth F/M Open F/M		
200m Final	Midget F/M Youth F/M Open F/M		
Medley Relay	Midget F/M Youth F/M Open F/M		

Athletics Alberta Outdoor Hurdles/Steeple Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	PeeWee	60m	5	.45m*	12.00m	7.00m
80m	8	.60m**	12.00m	7.50m	Bantam	80m	8	.60m**	12.00m	7.50m
80m	8	.76m/30"	12.00m	8.00m	Midget	100m	10	.84m/33"	13.00m	8.50m
100m	10	.76m/30"	13.00m	8.50m	Youth	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Junior	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.60m**	20m	35m	Bantam	200m	5	.60m**	20m	35m
200m	5	.76m/30"	20m	35m	Midget	200m	5	.76m/30"	20m	35m
400m	10	.76m/30"	45m	35m	Youth	400m	10	.84m/33"	45m	35m
400m	10	.76m/30"	45m	35m	Junior	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	Senior	400m	10	.91m/36"	45m	35m
1500m		.76m/30"			Midget ⁺	1500m		.76m/30"		
2000m		.76m/30"			Youth	2000m		.84m/33"		
3000m		.76m/30"			Junior	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
World Masters Athletics website (click here)					Master	World Masters Athletics website (click here)				

*PeeWee hurdle heights can range from .45m/18"-.60m/24".

**Bantam hurdle heights can range from .60m/24"-76m/30".

+ There is not water barrier for midgets, race starts at 1500m start and barriers begin after 300m.

Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg		300g		Tykes*	2kg		300g	
2kg	750g	400g		PeeWee**	2kg	750g	400g	
3kg	750g	400g		Bantam**	3kg	750g	400g	
3kg	1kg	500g	3kg	Midget	4kg	1kg	600g	4kg
3kg	1kg	600g	4kg	Youth	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	Junior	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Senior	7.26kg	2kg	800g	7.26kg
World Masters Athletics website (click here)				Master	World Masters Athletics website (click here)			

* Turbo Javelin or Ball Throw will be used for Tykes instead of Javelin

** Ball throw and Turbo Javs are acceptable for PeeWee and Bantams



Alberta Summer Games Info

From July 14th to the 17th, over 3000 athletes, coaches and officials from across Alberta will be in Leduc to compete, learn and share experiences of a lifetime at the 2016 Alberta Summer Games. The selection trials for Zone 5 & 6 are at the St. Albert Challenge.

Age Groups

Midget (U16): 15 years of age & under as of December 31, 2016 (born in 2001 & 2002)

Youth (U18): 16 & 17 years of age of December 31, 2016 (born in 1999 & 2000)

Zone Trials

Athletes **are not required** to have affiliation with Athletics Alberta. Zone representatives will provide a list of participants to Athletics Alberta for insurance purposes.

If selected to a Zone Team, a payment of **\$125.00** per individual to Athletics Alberta is required. This is to offset the cost of the team uniform, which the athlete gets to keep. This fee includes the provincial Games fee below. This payment and the registration form will be due depending on your Zone Qualifications.

Zone 5 Head Coach/ Zone Rep: Carrie Saunders (carrie.saunders@hotmail.com)

Zone 6 Head Coach/ Zone Rep: Raquelle Britton (rbritton@shaw.ca)

Steps to Participate:

1. Find where your Zone Trials are happening! St. Albert Challenge for Zone 5 and 6
2. Read the Team Eligibility Requirements
3. Register to participate in your Zone Trials
4. Pay for your Team Fee
5. Declare for your Zone. (Online only- <https://form.jotform.com/61116425515953>)
6. Review the Alberta Summer Games website
7. Review the requirements of attending the games on your Zone Team



Athletics Alberta Provincial Multi-Event Annual Award Points

The Top 10 **Registered Athletics Alberta Athletes** in each category will be recognized at the Athletics Alberta Annual Awards, held Saturday evening at the Indoor Provincials in February, 2017.

Criteria for Consideration of AA Annual Awards

- Member of Athletics Alberta at the time of performances.
- Athletes placing at the Provincial Championships.
- Participation on both days of Provincials is mandatory for awards consideration.

Points are awarded by:

1. Athletes score points for their individual events (1st = 10pts, 2nd = 9pts...10th = 1pt...).
2. Each day of competition will feature 4 individual events for Pee Wee and Bantam Athletes (1 Sprint, 1 Jump, 1 Throw, 1 Distance)
3. Tykes must participate 3 individual events (1 Run, 1 Jump, 1 Throw) on one day.

Athletes are encouraged to take part in all events but do not have to do so (please read the criteria on the last page).

Questions regarding this may be submitted to info@athleticsalberta.com.