



2016 Sherwood Park Track Classic

Midget, Youth, & Masters Provincial Championships and TriProv Trials

July 2-3, 2016 ▪ 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 chance to tune up before the National Championship Series
 - Last Open Club Meet of the summer!
-
-

Location & Facility

Location:	Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games; Adjacent to Bev Facey Community High School)</i>
Facility Specs:	8 lane Versaturf track (recommended 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

Local Hotels

- Edmonton Coast East Hotel and Conference Centre
2100 Premier Way, Sherwood Park, AB, 780-464-4900, 1-800-716-6199
- Ramada Hotel
30 Broadway Blvd, Sherwood Park, AB, 780-467-6727
- Holiday Inn Express & Suites
11 Portage Lane, Sherwood Park, AB, 780-417-3388
- MainStay Suites East Edmonton
201 Palisades Way, Sherwood Park, AB, 780-570-8080
- Hampton Inn
950 Emerald Drive, Sherwood Park, AB, 780-449-1609

Registration Package

Registration packages will be available at the Technical Information Centre beginning at 7:45 a.m. on Saturday, July 2nd, 2016.

Entry Deadline

- ▶ Entries must be received by **Friday, June 24th at 12:00pm (noon)**.
- ▶ Entries submitted after Friday June 24th will be charged double - if accepted.
- ▶ Scratches after **Tuesday, June 28th at 12:00pm (noon)** will still be charged.
- ▶ All clubs and unattached athletes not using Team Manager to submit entries will be charged \$5.00 per athlete for manual entry
- ▶ Please make all cheques to be made payable to "Capital City Track Club"

Entry Fees

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$15.00
Tyke, PeeWee & Bantam	Entry Fee:	\$5.00 Per Event
Relays & Combined Events	Entry Fee:	\$25.00
Day of Meet Membership	Entry Fee:	\$5.00 for non championship age groups

- ▶ Preferred method of entry: Trackie Reg website www.trackiereg.com/sherwoodparktrackclassic
- ▶ Please note: you are able to upload your Team Manager file to the Trackiereg website for easy payment and registration.
- ▶ Entries submitted using Hy-Tek Team Manager to **Vernon Schmid: ESQ@telus.net**

Please note: The program and instructions for using Hy-Tek Team Manager Entry are available for download at: <http://www.ellistiming.ca/documents/TeamManagerNotes.pdf>

In order to submit Hy-Tek electronic entry the Meet Events file must also be downloaded from the Sherwood Park Track Classic website at:

http://www.sherwoodparktrackclassic.ca/index.php?option=com_content&view=article&id=3&Itemid=3

- ▶ Email entry information must include athlete's name, date of birth, AA registration number, club name, and event(s) with current season seed performance(s). (Seed performance window: May 1st 2015 to June 27th 2016)
- ▶ **All seeds must be verifiable in the Athletics Alberta 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.
- ▶ **Meet Schedule will be available on the Sherwood Park Track Classic website by Wednesday June 29th, 2016.**

Eligibility

- ▶ All athletes entering into the Alberta Provincial Track & Field Championships & Alberta Provincial Track & Field Club Championships must be registered members of Athletics Alberta.
- ▶ Day of the Meet membership will be available for this meet for non championship events.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association. Out of province athletes will not be eligible for Provincial medals but will however receive meet medals. There may be a restriction on the number of non-Alberta athletes in a provincial final. A and B Finals will be offered if applicable.

Age categories offered:

Tyke – born 2007 or later, *Peewee* – born 2005-2006, *Bantam* – born 2003-2004, *Midget* – born 2001-2002, *U16* – born 1999-2000, *U20* – born 1997-1998, *Senior* – born 1996-1982, *Masters* – Born 1981 or earlier

Please note: Masters will be split in to 3 age categories for Provincial Medals but depending on number of entrants may still compete at the same time. Age grading will not be used for provincial medals. Due to specification changes, the age groups will differ slightly from the rest of the Masters events for throwing and hurdles events. The age groups for these events will be 35-49, 50-59, and 60+. The remaining events will follow the previous age groupings. At this time age

grading will be available on site subject to availability of equipment and extra staff. If age grading cannot be completed on site, it will be available after the meet.

Pee Wee / Bantam Multi event format:

Boys and Girls Tyke Saturday: 60m, Long Jump, 100m

Boys and Girls Tyke Sunday: 150m, Shot Put, 600m

Boys and Girls Pee wee Saturday: 60m, Long Jump, Shot Put, 100m

Boys and Girls Pee wee Sunday: 150m, High Jump, Javelin Throw, 600m

Boys and Girls Bantam Saturday: 80m, High Jump, Javelin Throw, 80m Hurdles (27")

Boys and Girls Bantam Sunday: 150m, Long Jump, Shot Put, 600m

Modified Rules for Tyke & Pee Wee Long Jump

Pee Wee athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. Bantams will use a regular take off board. For the competition, all jumpers will have 3 attempts.

Modified Rules for Pee Wee & Bantam High Jump

Three successive failures will eliminate the jumper from further competition.

Pee Wee: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter.

Bantam: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

Modified Rules for Tyke, Pee Wee & Bantam Throws

Each competitor will only receive 3 attempts for all throwing events.

Awards

- ▶ All medals will be awarded at medal ceremonies as soon as results are available.
- ▶ Midget, Youth, Junior, Senior, and Masters Events: Gold, Silver, and Bronze Provincial medals will be issued for top 3 finishers. If a non Albertan places they will receive a meet medal.
- ▶ For Tyke, Pee wee & Bantam Events, all athletes will receive certificates with name, results, and final placing listed, top 3 total point scorers 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.

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.

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 Tykes, Pee wees or Bantams 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.

2016 Sherwood Park Track Classic – Events Offered

Event	Masters Women	Masters Men	Open Women	Open Men	U20 Women	U20 Men	U18 Women	U18 Men	Midget Girls	Midget Boys	Bantam Girls	Bantam Boys	Peewee Girls	Peewee Boys	Tyke Girls	Tyke Boys
60m													✓	✓	✓	✓
80m											✓	✓				
100m *	✓	✓	✓	✓			✓	✓	✓	✓			✓	✓	✓	✓
150m											✓	✓	✓	✓	✓	✓
200m *	✓	✓	✓	✓			✓	✓	✓	✓						
300m									✓	✓						
400m	✓	✓	✓	✓			✓	✓								
600m											✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓			✓	✓	✓	✓						
1200m									✓	✓						
1500m	✓	✓	✓	✓			✓	✓								
2000m									✓	✓						
3000m	✓	✓					✓	✓								
5000m			✓	✓												
Sprint Hurdles *	✓ ACS	✓ ACS	✓ 100m	✓ 110m		✓ 110m	✓ 100m	✓ 110m	✓ 80m	✓ 100m	✓ 80m	✓ 80m				
Intermediate Hurdles	✓ ACS	✓ ACS	✓ 400m	✓ 400m			✓ 400m	✓ 400m	✓ 200m	✓ 200m						
Steeplechase	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m	✓ 2000m		✓ 2000m	✓ 2000m	✓ 1500m	✓ 1500m						
Race Walk	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m			✓ 3000m	✓ 3000m	✓ 1500m	✓ 1500m						
High Jump	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓		
Pole Vault	✓	✓	✓	✓			✓	✓	✓	✓						
Long Jump	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓			✓	✓	✓	✓						
Shot Put	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg		✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	✓ 2kg	✓ 2kg	✓ 2kg	✓ 2kg
Javelin	✓ ACS	✓ ACS	✓ 600g	✓ 800g			✓ 500g	✓ 700g	✓ 500g	✓ 600g	✓ 400g	✓ 400g	✓ 400g	✓ 400g		
Discus	✓ ACS	✓ ACS	✓ 1kg	✓ 2kg		✓ 1.75kg	✓ 1kg	✓ 1.5kg	✓ 1kg	✓ 1kg						
Hammer	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg		✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg						
Combined Events							✓	✓	✓	✓						
4x100m	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m	✓	✓	✓	✓			✓	✓	✓	✓						
											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. Applies to age class events, not Tyke, Pee Wee, Bantam or Master Events.**

Tentative Track Schedule

❏ **Please note:** all events run 'youngest' to oldest – 'girls then boys' unless otherwise specified.

Saturday, July 2nd		Sunday, July 3rd	
Morning Session		Morning Session	
8:30am	100m Hurdles Heptathlon	8:30am	110m Hurdles Decathlon
	80m Hurdles Pentathlon Girls		100m Hurdles Pentathlon Boys
	60m Timed Finals Tyke & PW		150m Timed Finals Tyke, PW & Ban
	80m Timed Finals Bantam		5000m Finals Junior, Senior
	1200m Finals Midget		3000m Finals Youth, Masters
	1500m Finals		2000m Finals Midget
	100m Heats		200m Heats
	100m Timed Finals Tyke & PW		1500m and 3000m Race Walk
	80m Hurdles Timed Finals Bantam		600m Timed Finals Tyke, PW & Ban
	Sprint Hurdle Heats Midget to Open		
Afternoon session		Afternoon session	
2:00pm	Sprint Hurdle Finals Open to Midget	1:30pm	Intermediate Hurdles Timed Finals
	100m Finals		800m Timed Finals
	1500m/2000m/3000m Steeplechase		200m Finals
	200m Heptathlon		800m Heptathlon
	300m/400m Timed Finals		1000m Pentathlon Boys
	800m Pentathlon Girls		1500m Decathlon
	4x100m Relay		4x400m Relay
6:00pm	End of Competition	5:00pm	End of Competition

Tentative Field Event Days

Saturday, July 2 nd Morning Session		Sunday, July 3 rd Morning Session	
	Tyke Long Jump		Tyke Shot Put
	PW Long Jump		PW High Jump
	PW Shot Put		PW Javelin Throw
	Ban High Jump		Ban Long Jump
	Ban Javelin Throw		Ban Shot Put
	Pole Vault Men		Pole Vault Women
	Triple Jump		Long Jump
	High Jump Women		High Jump Men
	Shot Put Men		Shot Put Women
	Javelin Women		Javelin Men
	Hammer Throw Women		Discus
	High Jump Heptathlon		Long Jump Heptathlon
	Long Jump Decathlon		Discus Decathlon
	High Jump Pentathlon Girls		Long Jump Pentathlon Boys
	Shot Put Heptathlon		Pole Vault Decathlon
	Shot Put Decathlon		Shot Put Pentathlon
	Shot Put Pentathlon Girls		Javelin Heptathlon
Afternoon session		Afternoon session	
	Triple Jump		Long Jump
	High Jump Women		High Jump Men
	Hammer Throw Men		Pole Vault Decathlon Men
	Shot Put Men		Shot Put Women
	Javelin Women		Javelin Men
	High Jump Decathlon		Discus
	Long Jump Pentathlon		Javelin Decathlon
			High Jump Pentathlon Boys

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 both days.