



## 2016 Trials Tune Up : Friday June 24 – Saturday June 25, 2016

Foote Field – 11601 68Ave Edmonton, AB T6G 2E1

Beynon Surface + concrete circles

### Expected Timelines : Week of competition

Wednesday @ noon	- Entry & scratch deadline ONLY via <a href="http://trackie.com/online-registration">trackie.com/online-registration</a>
	- Accepted entries posted on trackie
Wednesday @ 8:00PM	- Final Schedule posted
Thursday @ 10:00PM	- Heat Sheets posted
Friday @ 3:00PM	- Access to track open
Friday @ 5:00PM	- Competition begins

Sanctioned by Athletics Alberta with timing & results contracted through EllisTiming [www.ellistiming.ca](http://www.ellistiming.ca)

### Primary Purpose:

The primary objective of the Trials Tune up is to provide a competitive opportunity at the site of the 2016 Olympic Trials. All decisions about scheduling and seeding are made with that interest in mind.

## Timing & Registration Links:

Friday 5:00 – 8:30PM  
Saturday 11:00AM – 3:30PM

[www.trackiereg.com/TrialsTuneUp](http://www.trackiereg.com/TrialsTuneUp)

## Entry Fees:

1<sup>st</sup> event - \$25; 2<sup>nd</sup> event - \$15; 3<sup>rd</sup> event - \$10  
- Scratches / edit of entries made online via trackie only  
- No late entries. Deadline is Wednesday June 22, 2016 at Noon

## ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

## Order of events & directions of running:

- 100/200/Sprint hurdle races will be run in the direction chosen by meet management. We will be set up to run both directions to best suit athlete performance.
- Timed Finals will run FAST to SLOW
- Heats and Finals (100, 200, 100mH, 110mH) will be run regardless of number of participants

## Age Categories:

Track	Open to Age 13 age and up as of Dec 31. Seeded by performance
Hurdles	Open to Age 13 age and up as of Dec 31. Run at Junior & Senior Specs
Throws	Open to Age 13 age and up as of December 31. Junior & Senior Specs
Jumps	Open to Age 13 age and up as of December 31. Seeded by performance

## Call Room / Check In / Numbers

- Athletes are required to check in a minimum of 15min prior to event at check in table to pick up hip number and report to line. There will be no call room
- 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

## Accommodations

Coast Edmonton Plaza Hotel: 10155 105 St NW Edmonton, AB T5J 1E2 [coasthotels.com](http://coasthotels.com) (780) 423-4811

## Contact Info / Role

Meet Director

Wes Moerman (head coach)  
[wes.moerman@ualberta.ca](mailto:wes.moerman@ualberta.ca)  
780.492.5097

Competition Director  
(schedule, entries, seeding)  
Rob Fisher (asst coach)  
[huma004@shaw.ca](mailto:huma004@shaw.ca)  
780.975.2847

Timing/Results  
(results & live results)  
Vernon Schmid (contracted)  
[vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)

**Friday June 24, 2016**

5:45PM	100m	Heats	Women before Men
6:15PM	400mH	Timed Final	Women before Men; Fast to Slow
6:45PM	1500m	Timed Final	Women before Men; Fast to Slow
7:25PM	100m	Final	Women
7:35PM	100m	Final	Men
7:50PM	400m	Heats	Women before Men
8:15PM	5000m	Timed Final	Women before Men

**Field Events****Jumps**

5:00PM	Triple Jump	Women
6:30PM	Triple Jump	Men
5:30PM	Pole Vault	Men
5:30PM	High Jump	Men

**Throws**

5:00PM	Hammer	Women	West Throws Field. Jr & Sr combined
	DT	Women	West Throws - immediately after Hammer
6:30PM	Shot	Men	Shael gravel area - Jr & Sr combined

**Saturday June 25, 2016**

11:30AM	200m	Heats	Women before Men
1:00PM	100mH	Heats - 33"	Jr & Sr combined
1:10PM	110mH	Heats - 42"	Senior
1:20PM	110mH	Heats - 39"	Junior
1:40PM	800m	Timed Final	Women before Men; Fast to Slow.
2:15PM	200m	Final	Women before Men
2:40PM	110mH	Final - Sr 42"	
2:45PM	110mH	Final - Jr 39"	
3:10PM	100mH	Final	
3:20PM	400m	Final	Women before Men
3:40PM	3000mSC	Timed Final	Women before Men. Junior and Senior specifications

**Field Events****Jumps**

11:00AM	Long Jump	Men
1:00PM	Long Jump	Women
12:00PM	Pole Vault	Women
2:30PM	High Jump	Women

**Throws**

12:00PM	Hammer	Men	West Throws Field. Jr & Sr combined
	DT	Men	West Throws - immediately after Hammer
1:30PM	Shot	Women	Shael gravel area - Jr & Sr combined