



**THE UNIVERSITY OF ALBERTA TRACK AND FIELD TEAM
IS INVITING ATHLETES TO THE 4th ANNUAL
GREEN AND GOLD YOUTH TRACK AND FIELD MEET**

Sunday, January 31st, 2016

THE UNIVERSIADE PAVILION

Sanctioned by Athletics Alberta

Timing and Results provided by: Ellis Timing www.ellistiming.ca

LOCATION AND FACILITY:

Universiade Pavilion, University of Alberta, 87 Avenue and 114 Street in Edmonton. Track: Seven lane, 200-metre oval, 60-metre 12 lane straight with 40 metre run-off. Mondo surface for all running and jumping events. Fully automatic timing by FinishLynx. A concrete shot put and weight throw circle and a movable wooden circle will be used. Change rooms available. Maximum spike length of 6mm for all events. **No pin style spikes will be allowed, only metal or ceramic pyramid or Christmas tree style spikes will be allowed.**

MEET WEBSITE, ENTRIES AND FEES:

The entries deadline is **Tuesday, January 26th, 2016 at noon**. Trackie Reg the ONLY accepted method of entry and payment. All meet information and to enter please go to:

<https://www.trackie.com/online-registration/event/green-and-gold-youth/2524/#.Vo1A6I-cHSc>

It is the expectation that athletes who enter the meet will follow the intention of the Tyke, Pee Wee and Bantam multi-event format and compete in all of the events for that session. One exception is the Bantam hurdles which will run as an individual event separate from the multi-event format. It is our hope that with the generous schedule that all Pee Wee and Bantams do both available sessions.

Entry Fees: \$5.00 per athlete registration fee, \$15.00 per session entered. Bantam non multi-event \$5. Relay Teams are free. All entries must pay at time of registration.

CONTACT INFO:

Meet Director

Wes Moerman – Head Coach
University of Alberta Track and Field Program
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Competition Director

Rob Fisher – Assistant Coach
University of Alberta Track and Field Program
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Timing and Results

Nikki Ellis (Contracted)
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GENERAL RULES AND PROCEDURES:

All track events athletes must check in at the marshalling table at least 15 minutes before the scheduled start time for their event. The marshal will then send the athletes to the start line where they will meet a starter's assistant.

All field events athletes must check in at the event site at least 15 minutes before the scheduled start time for their event.

All sessions will run as multi-events. Overall winners will be determined based upon points earned in the individual competitions. Any athlete not participating in all events is ineligible for the overall awards.

Athletes will have 3 attempts at all field events except High Jump.

Tyke and Pee Wee Long Jump will use a 1m take-off board and the jump will be measured from take-off point.

Pee Wee High Jump – Three consecutive failures will eliminate the jumper from further competition. The starting height will be 0.80m. The bar will be raised by increments of 10cm until a height of 1.00m and by increments of 5cm thereafter.

Bantam High Jump - Three consecutive failures will eliminate the jumper from further competition. The starting height will be 0.90m. The bar will be raised by increments of 10cm until a height of 1.10m and by increments of 5cm thereafter.

Note: If an athlete misses or scratches an event in the multiple events formats, they will not receive any points from that event, but will be allowed to continue with further events that session.

Field events may be split into flights if numbers warrant.

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

SCRATCHES & REGISTRATION:

Team packages will be available at the Pavilion registration desk on Sunday, January 31st from 8:00 a.m. through the duration of the meet. Scratches will take place at the registration desk on Sunday from 8:00 a.m. to 2:00 p.m.

AGE CATEGORIES:

Tyke: born 2007 or earlier; Pee Wee: born 2005/2006; Bantam: born 2003/2004

EVENTS OFFERED:

Session # 1

Pee Wee Events: Long Jump, 150m, Shot Put (3kg)

Bantam Events: 60m, High Jump, 800m

Session #2 – Parents and coaches are encouraged to travel with their athletes from event to event. Please be aware of other events going on during that time as to not cause interference.

Tyke Events: 60m, Shot Put (2kg), Long Jump

Demonstration event: 6”, 12”, and 18” hurdles – for interest only, no results will be tracked, athletes can attempt as many times as they like.

Tyke athletes are asked to only do hurdle demonstration during breaks in their field event schedule.

Bantam non multi-event: 60m Hurdles (30”)

Session # 3

Pee Wee Events: 60m, HJ, 600m

Bantam Events: SP (3kg), 200m, LJ

Relay 4x200m

Tyke, Pee Wee, Bantam

4th ANNUAL GREEN AND GOLD YOUTH TRACK AND FIELD MEET

TENTATIVE SCHEDULE

SUNDAY, JANUARY 31st, 2016

TIME	TRACK EVENTS	LONG JUMP PIT #1	LONG JUMP PIT #2	HIGH JUMP #1/2	HIGH JUMP #3/4	SHOT PUT #1	SHOT PUT #2
Session #1 9:00 am	60m – Bantam G/B	Pee Wee G	Pee Wee G			Pee Wee B	Pee Wee B
				Bantam B	Bantam G		
	150m – Pee Wee G/B						
	800m – Bantam G/B	Pee Wee B	Pee Wee B			Pee Wee G	Pee Wee G
Session #2 11:30 am	60m – Tyke G/B						
	60m Hurdle (6”, 12”, 18”) Demonstration – Tyke G/B	Tyke B	Tyke B			Tyke G	Tyke G
		Tyke G	Tyke G			Tyke B	Tyke B
	60m Hurdles (30”) – Bantam G/B						
Session #3 2:00 pm	60m – Pee Wee G/B	Bantam G	Bantam G			Bantam B	Bantam B
	200m – Bantam G/B			Pee Wee B	Pee Wee G		
	600m – Pee Wee G/B	Bantam B	Bantam B			Bantam G	Bantam G
4:30 pm	4x200m Relay Tyke, PW, Ban, G/B						