



GOLDEN BEAR OPEN TRACK AND FIELD MEET

Supplemental Information

Friday, Saturday, and Sunday, January 22nd, 23rd, and 24th, 2016

MEET WEBSITE, ENTRIES AND FEES:

ALL REGISTRATION info at : <https://www.trackie.com/online-registration/>

The entries deadline is **Tuesday, January 19th, 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/golden-bear-open/2352/#.Vo_m04-cHSc

Athlete names for relay entries must be submitted at the results table 30 minutes before the scheduled time of the race.

SCRATCHES & REGISTRATION:

Friday 3:00 – 8:00

Saturday/Sunday: 45min prior to first event till end of meet

AWARDS:

No awards will be provided at the GBO. Medals and awards will be provided at the Green and Gold Youth meet. Provincial championship medals will be provided at Golden Bear Challenge (Feb) as that meet serves as the Athletics Alberta Sr. Provincial Indoor Championship in 2016.

AGE CATEGORIES:

Midget: born 2001/2002; Youth: born 1999/2000; Junior: born 1997/1998; Open: born 1998 or earlier, Masters: born January 22nd, 1981 or earlier. **Note for Tyke, Pee Wee and Bantam athletes: Please see Technical Package for the Green and Gold Youth Meet to be held on January 31st, 2016 at:** https://www.trackie.com/online-registration/event/green-and-gold-youth/2524/#.Vo_nDo-cHSc

EVENTS OFFERED:

Not all events will be offered for each age category, please refer to the schedule for details.

60m, 200m, 300m, 400m, 600m, 800m, 1000m, 1200m, 1500m, 2000m, 3000m, 60m Hurdles, 1500m RW, 4x200m Relay, 4x400m, Relay, 4x800m Relay, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Weight Throw, Pentathlon, Heptathlon

Order of EVENTS (Combined Events):

Events	Gender					
Open	F	60mH	HJ	SP	LJ	800m
Open	M (Day 1)	60m	LJ	SP	HJ	
	M (Day 2)	60m H	Pole Vault	1000m		

EVENTS SPECIFICATIONS:

Events	Gender	Midget	Youth	Junior	Open
Shot Put	M / W	4 kg / 3 kg	5 kg / 3 kg	6 kg / 4 kg	7.26 kg / 4 kg
Weight Throw	M / W	16 lbs / 16 lbs	20 lbs / 16 lbs	25 lbs / 20 lbs	35 lbs / 20 lbs
Hurdles-height first/spacing	F	30" 12 m / 8 m	30" 13 m / 8.5 m	33" 13 m / 8.5 m	33" 13 m / 8.5 m
Height first/spacing	M	33" 13 m / 8.5 m	36" 13.72 / 9.14	39" 13.72 / 9.14	42" 13.72 / 9.14

Event specifications for Masters' events will be as per the World Masters Athletics web site (i.e.: http://www.world-masters-athletics.org/files/laws_rules/Appendix-A-K.pdf).

VOLUNTEERS:

As with all large capacity events, volunteers are critical to successful execution. If you wish to help please sign up at: <http://uasports.ivolunteer.com/january>