



2016 Indoor Competitions by University of Alberta

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

Expected Timelines : Week of competition

Tuesday @ noon	- Entry & scratch deadline ONLY via trackie.com/online-registration
Wednesday @ noon	- Final Schedule
Thursday @ 10:00PM	- Heat Sheets posted
Friday @ 3:00PM	- Access to track open
Friday @ 4:30PM	- Competition begins

No athletes on track level before 3:00PM on Friday

Primary Purpose:

The primary objective of the Golden Bear Open (GBO) & Golden Bear Challenge (GBC) is to provide a high quality competition for CIS athletes. All decisions about scheduling and seeding are made with that interest in mind.

Both the GBO & GBC are open to the public to enter, and provide enhanced competitive opportunities for interested athletes.

Dates & Registration Links:

Golden Bear Open (GBO): **January 22-24, 2016** **44th Annual**

<http://www.trackie.com/online-registration/event.php?id=2352>

- Draft Schedule posted at above link & below in yellow
- Full technical package released December 11th, 2015

Green & Gold Youth: **January 31, 2016** **4th Annual**

<http://www.trackie.com/online-registration/event.php?id=2524>

- Draft Schedule to be posted at above link on December 11th, 2015
- Full technical package released December 11th, 2015

Golden Bear Challenge (GBC): **February 12-14, 2016** **INAGURAL**

<http://www.trackie.com/online-registration/event.php?id=2351>

- Draft Schedule posted at above link & below in green
- Full technical package released December 11th, 2015

Event & Time Emphasis for GBO & GBC

Friday Night + Saturday Afternoon = Top CIS & Top Senior Events only

Saturday AM + Sunday if applicable = Remaining senior events + Broader community + Junior and below divisions

If entry lists become too large to maintain a desirable schedule for top CIS athletes, then slower seeded club athletes will be moved to remaining sections not during peak CIS time.

Entry Fees:

1st event - \$25; 2nd event - \$15; 3rd event - \$10

- Scratches / edit of entries made online via trackie
- Late entries, if accepted, must be approved by meet director and incur a \$20/late entry fee

ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

Preferred Lanes & order of events:

- Timed finals run FAST to SLOW
- Oval preferred = 6 /7/5/4/3/2/1

300m Lane Draws:

Timed Final Structure:

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

Heats/Finals Structure:

According to CW playing regulations
Heats are arranged according to seedtime in Lane 6, 7, 5, 4, 3 (ie not random draw)

Finals are a two section final of 4 athletes seeded in lanes 6, 7, 5, 4 according to heats performance

Call Room / Check In / Numbers

- CIS & Senior 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
- Age class events (Junior/Youth) have call room in effect: 20min open, 10min prior closed
- 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

Age Class Events Offered:

	Tyke/ PeeWee/ Bantam	Midget	Youth	Junior	Senior
GBO : Jan 22-24	No	Yes	Yes	Yes	Yes
G & G Youth Jan 31	Yes	No	No	No	No
GBC : Feb 12 - 14	No	No	Yes	**No **	Yes

At GBC Junior athletes are welcome to enter senior aged and specification events

Accommodations

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

Contact Info / Role

Meet Director

Wes Moerman (head coach)
wes.moerman@ualberta.ca
780.492.5097

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

Timing/Results
(results & live results)
Nikki Ellis (contracted)
nikki@ellistiming.ca

2016 GBO Tentative Schedule - Jan 22-24

Friday GBO: January 22, 2016					
	Track	Long Jump	Pole Vault	High Jump	Throws
4:30pm	60m H Pent W	Varsity Men			Senior Men WT
4:45pm	60m Hep M				
5:00pm	60m Open W/M Heats		Senior Men PV		
5:10pm			3.70m Plus	Pent Wonen	
5:15pm					
5:45pm	3000m Senior W Final	Hep Men			
6:15pm	3000m Senior M Final				
6:45pm		Varsity Women			Pent Women (West)
7:00pm	4x200m Varsity W/M Final				Senior Women WT
7:45pm					Hep Men (West)
8:15pm	4x800m Varsity W/M Final	Pent Women			
8:30pm				Hep Men	
9:15pm	800m Pent W				

Saturday - Session 2 – GBO: January 23					
	Track	Long Jump	Pole Vault	High Jump	Throws
1:00pm	60m H Hep M	TJ Varsity M		Senior W	Senior W
1:10pm	60m H Senior M/W Heats				
1:30pm	60m Open W/M Semi Finals				
1:35pm			Hep Men		
2:00pm	600m Varsity W/M Final				
2:30pm	60m Open W/M Finals				
2:45pm	60m H Senior W/M Final				
3:00pm	300m Varsity W/M Finals	TJ Varsity W	Senior W PV	Senior M	Senior M
3:45pm	1500m Open W/M Final		3.30m Plus		
4:20pm	1000m Varsity W/M Final				
4:45pm	1000m Hep M				
5:00pm	4x400m Open W/M Final	Jr, Mas M			Mid, Yth, Jr, Mas M WT
5:30pm	300m Mid W/M Finals				
5:50pm	400m Yth, Sr W/M Finals				

Saturday - Session 1 – GBO: January 23					
	Track	Long Jump	Pole Vault	High Jump	Throws
9:00am	60m Mid, Yth, Jr W/M Heats	Mid Men Pit 2	Senior Men	Youth Women	Mid, Yth, Jr, Mas W WT Master Men (West)
10:00am	1200m Mid W/M Final	Jr, Mas W Pit 1	< 3.70m		
10:20am	1500m Yth, Jr, Mas Final			Yth, Jr Men	Master Women (West)
10:45pm	60m Mid, Yth W/M Finals		Senior Women		
11:15pm	60m Jr, Mas W/M Finals		< 3.30m		
11:25pm	1500m RW Open W/M Final				

Sunday GBO: January 24, 2016					
	Track	Long Jump	Pole Vault	High Jump	Throws
9:00am	60m H Mid, Yth, Jr, Mas W Finals	Midget Women			Midget Women
9:30am	60m H Mid, Yth, Jr, Mas M Finals		Mid, Yth, Jr, Mas Men	Jr, Mas Women	Youth, Jr Women
10:00am	3000m Yth, Jr, Mas W/M Finals	Jr, Mas Men			
10:50am	2000m Mid W/M Finals			Mid, Mas Men	
11:15am	200m Mid, Yth W/M Heats				
1:00pm	200m Jr, Sr, W/M Heats	Youth Men		Midget Women	Midget Men
1:45pm	800m Mid, Yth, Jr, Sr, Mas Finals				
2:30pm	200m, Mid, Yth, Jr, Sr, Mas W/M Finals	Youth Women			Youth, Jr Men
3:30pm	4x200m Mid, Yth, Jr, Mas W/M Finals				

2016 GBC Tentative Schedule FEBRUARY 12 - 14

Friday GBC: February 12th, 2016					
	Track	LJ / TJ	Pole Vault	High Jump	Throws
4:30pm	60m Hep Men			Senior Women	Senior Men WT
4:40pm	60m Senior W/M Heats				
5:05pm		Hep Men LJ			
5:30pm	1000m Senior W/M Finals				
6:00pm		Senior Men LJ	Senior Women		
6:30pm	4x200m Senior W/M Finals				Hep Men SP
6:50pm	3000m Senior W/M Finals				
7:15pm				Hep Men	Senior Women SP
8:15pm		Senior Women TJ			
8:25pm	4x400m Senior W/M Finals				
8:45pm	4x800m Senior W/M Finals				

Saturday GBC: February 13th, 2016					
	Track	LJ / TJ	Pole Vault	High Jump	Throws
9:30am		Youth Women	Youth Women	Youth Men	
9:45am	60m H Youth W Heats				
10:00am	60m H Pent Women				Youth Women SP
10:15am	60m H Youth Men Heats				
10:30am	60m H Hep Men				
10:40am		Youth Men		Pent Women	
11:00am	60m H Youth Men Finals				
11:10am	60m H Youth Women Finals				
11:25pm	300m Youth W/M Timed Finals				
11:45am			Hep Men		Youth Men SP
11:50am	300m Senior W/M Heats				
12:00pm		Senior Men TJ		Youth Women	
12:30pm	600m Youth W/M Finals				Pent Women
1:00pm	600m Senior W/M Finals				
1:30pm	1000m Hep Men		Yth, Senior Men		Senior Women WT
1:40pm	60m H Senior W/M Heats				
2:00pm	60m Youth W/M Heats				
2:20pm	60m Senior W/M Semi Finals	Pent Women LJ			
2:40pm	60m H Senior M/W Finals			Senior Men	
3:00pm	300m Senior W/M Finals				Senior Men SP
3:30pm	800m Pent Women	Senior Women LJ			
3:40pm	60m Senior W/M Finals				
3:50pm	60m Youth W/M Finals				