

2010 Calgary Indoor Track Series

Location: Jack Simpson Track, Kinesiology Building, U of Calgary
Hosted by: Calgary Track Council and University of Calgary Track & Field Program
Sanctioned by: Athletics Alberta
Website: http://uofcathletics.ca/Calgary_Indoor_Track_Series.htm
Categories: **Ages as of December 31 the year of Competition**

10 years and under
11-15 years (will compete in one year divisions)

Open: age 16 and over

Masters: Men 35+, Women 35+

Invitational events: Field sizes will be limited. Athletes may submit performances for consideration of entry.

#1 Dino Opener

Saturday December 5, 2009 10:00am – 4:00pm

Track - 60m, 4x200m, 800m(12&Older), 150m(13&Under), 300m(14&older), 3000m(Open),

Invitational 60 Hurdles

Invitational Field – 3:00pm Open Men and Women High Jump Jack Simpson
Opening Heights: Men – 1.70m Women – 1.40m

#2 Dino Classic

Saturday January 9, 2010 10:00am – 4:00pm

Track - 60m, 150m(13&Under), 300m(14&older), 1000m, 4x200m Relay (Open),

Invitational 60 Hurdles

Varsity & Invitational Field – 3:00pm Open Men and Women High Jump Jack Simpson
Opening Heights: Men – 1.70m Women – 1.40m

#3 Jack Simpson Open

Saturday January 23, 2010 10:00am – 4:00pm

Track - 60m, 4x200m, 300m(14&older), 600m, 1200m(12-13Years)1500m(14&Older)

#4 Olympic Oval Field Meet

Sunday February 7, 2009

Varsity and Invitation Field Events –

10:00am	Open Men and Women High Jump	Jack Simpson
	Opening Heights: Men – 1.70m	Women – 1.40m
10:00am	Open Men and Women Pole Vault	Olympic Oval
	Opening Heights: Men – 3.00m	Women – 2.50m
10:00am	Open Men and Women Long Jump	Olympic Oval
12:00pm	Open Men and Women Shot Put	Olympic Oval
12:00pm	Open Men and Women Triple Jump	Olympic Oval

#4 Dino Indoor Challenge

Saturday April 24, 2010 10:00am – 4:00pm

High School age Categories – Junior and Senior added

Track - 60m, 4x200m, 800m, 3000m

Awards:

- For each meet: top 3 in each event will receive ribbons.
- Participant ribbons will be available for all finishers.
- Athletes are expected to pickup their awards at the registration table after final results are posted. Ribbons will not be mailed out.
- For the entire series: top 3 total point winners in each age group will receive medals. Points will be accumulated for athletes finishing in the top eight in each event as follows: 10, 8, 6, 5, 4, 3, 2, 1 for 1st, 2nd, 3rd, etc. down to 8th place.

Series T-Shirts

- Series T-shirts will be awarded to every athlete who completes 5 individual events.
- Athletes are asked to indicate their T-Shirt size with their first entry into the series.

ENTRIES:

Entry deadline: Entries must be received by the Tuesday prior to the meet.

Entries may be limited due to space and time constraints and will be processed on a first come first serve basis.

Day of Meet entries will only be accepted at Meet Director's discretion

- a) FAX to Doug Lamont at (403) 210-8187
- b) Email to lamont@ucalgary.ca

Entry Fee is \$8 per athlete per event
\$8 per Relay team (Day of meet entries are OK)

Make cheques payable to "University of Calgary"

Entry information should include:

- Name and club or school
- Male or Female and Birthdate
- Events and seed performance or expected performance.

T-SHIRT SIZE – be sure to include your T-shirt size with your first entry, if you expect to complete 5 Individual events during the series.

Initial Entry lists will be posted on Wednesday at on the series website.

Athletics Alberta Membership

- **All participants must be a member of Athletics Alberta:**
- **“Day of Meet” Membership is available for one meet only**
- Fully automatic phototiming (FinishLynx).
- **Juvenile Girls & Boys 60m** –: will have timed section finals. If they would like to run heats to finals, they can request to run Open.

RESULTS

Results will be posted at the main entrance as soon as possible and Saturday night on the series website.