



2010 Zone 2 & Zone 3 Alberta Summer Games Trials May 15 & 16, 2010

When: Calgary Spring Challenge Track and Field Meet

www.uofcathletics.ca for further information and registration

Email: lamont@ucalgary.ca to enter

Where: Glenmore Track (5300 – 19th St. SW Calgary)

Age Categories: There are two age groups for Alberta Summer Games

Midget: 14 and 15 year old born in 1995/ 96

Youth: 16, 17 years old born in 1993 / 94

There are 40 competitors per zone (20 female and 20 male)

There will be 5 coaches/ chaperones. (female and male)

Eligibility: All athletes must meet the following criteria in order to participate in the Zone 2 (Big Country) and Zone 3 (Calgary) ASG trials:

1. Athletes are eligible as per the age groups outlined.
2. Athletes must compete in the zone they reside in. **No exceptions.**
3. Athletes who have participated in the national level programs are not eligible at the provincial level in their age group or a younger age group.
4. National Team members are not eligible to attend the Alberta Summer Games.
5. Athletes must compete in the trial meet and fill in the documents and pay the \$85.00 by cheque made out to Athletics Alberta and dated June 8th, 2010.
6. A full commitment is expected for the trial meet, practices and games.

Entry Information: please refer to the website:

www.uofcathletics.ca

Costs:

Entry to Trial Meet: first event: \$15.00 , additional \$10.00

Combined Events (Pentathlon, Heptathlon, Decathlon : \$35.00)

Alberta Summer Games:

\$85.00 Cheque payable to Athletics Alberta dated June 8, 2011The team will be chosen by June 8' 2010. At that time cheques will be returned to owner or cashed.

Running Events:

Females: 15 and under (Midget)

100, 200, 300, 800, 1200, 2000m, 80mhurdles, 200m hurdles

Females; 17 and under (Youth)

100,200,300,800, 1500, 3000, 100mh, 400mh

Males: 15 and under (Midget)

100,200,300,800,1200, 200m, 100mh, 200mh

Males: 17 and under (Youth)

100,200,400,800,1500,3000m, 110mh, 400mh

Jumps: Long Jump, Triple Jump, High Jump

Throwing Events:

Shot Put :

3kg Midget Females, 4kg Midget Males Youth Females and 5kg Youth Males

Discus: 1 kg Midget Female and Male, Youth Female, 1.5 kg Youth Male

Javelin: 600 gram Midget, Youth female and Midget Male, 700g Youth Male

Hurdles:

Females: Midget 80m hurdles (30 inches and 8.0 m apart)

200m hurdles (30 inches)

Youth: 100m hurdles (30 inches and 8.5 m apart)

400m hurdles at 30 inches

Males: Midget and Youth: 110 m hurdles - Midget 33 inches, Youth 36 inches

Midget 200m at 30 inches Youth: 400mH at 36 inches

Relays: All age groups

4x 100m relays

Medley relays: (400, 200, 200, 800)

Combined Events:

Pentathlon: Midget Girls and Midget Boys (100m, high jump, shot put, long jump, and 800m (girls) 1000m (boys)

Heptathlon: Youth Girls (100m hurdles, high jump , shot put, 200m, long

jump, javelin throw, 800m

Octathlon: Juvenile Boys (100m, long jump, shot put, 400m, 110m hurdles, high jump, javelin throw, 1000m.

Alberta Summer Games Qualification:

The athletes will be selected using the following criteria:

1. Multiple first place finishes at trials with standard
 2. Multiple first place finishes at trials with standard elsewhere
 3. One first place finish at trials with standard and multiple second place finishes
 4. One first place finish at trials with standard elsewhere and multiple second place finishes with standard elsewhere
 5. Multiple second place finishes at trials with standard
 6. Multiple second place finishes at trials with standard elsewhere
 7. Standard achieved elsewhere at Alberta Athletics sanctioned event
 8. Multiple first place finish at trials with no standard
 9. One first place finish at trials and multiple second place finishes at trials with no standard
 10. Multiple second place finishes at trials with no standard
 11. One second place finish at trials or a lower place at trials with no standard
- Each zone can only enter 2 people per event
 - Substitutes may be included up to two weeks before the games.
 - Consideration will be given for those wanting to do more than one event.
 - Consideration will be given to the schedule of the track meet to allow for doubling in events and allowing sufficient rest time.

Standards: These are guidelines only.

Midget Boys	Youth Boys	Event	Midget Girls	Youth Girls
12.65	11.85	100m	13.75	13.45
25.15	23.95	200m	28.55	28.05
56.55	53.55	300/400	63.55	62.85
2:17.3	2:10.0	800m	2:36.0	2:31.5
4:48.5	4:35.0	1200/ 1500m	5:25.0	5:18.0
10:50.0	10:00.0	2000/ 3000m	12.30.0	11:45.0
not offered	not offered	80m hurdles	15.00	not offered
16.95	not offered	100m hurdles	not offered	17.65
not offered	18.50	110m hurdles	not offered	not offered
48.00	not offered	200/300mh	53.00	?
not offered	59.90	400m hurdles	not offered	1:12.55
1.60m	1.70m	High Jump	1.35m	1.45m
?	11.00m	Triple Jump	?	9.30m
5.30m	5.75m	Long Jump	4.30m	4.60m
31.0m	34.0m	Discus	20.0m	22.0m
10.00m	11.00m	Shot Put	8.20m	9.50m
36.0m	40.0m	Javelin	22.0m	26.0m

If you have any questions please contact:

Trial Meet information:

Doug Lamont

220 – 2479

lamont@ucalgary.ca

Zone 3 Calgary:

Brenda Van Tighem bmvt@telusplanet.net or call 403 238 9747

Zone 2: Big Country

Connie Onishenko conniesmails@gmail.com or call 403- 554- 3995

**** The teams will try and meet 4 or 5 times prior to the games.**

Alberta Summer Games Track & Field Application Form
July 18 to 21st Peace River, Alberta

Name:

Birth date:

Mailing Address:

Email address:

Phone Number:

Health Care Card:

List Any Health Concerns:

Emergency contact information:

Coach Contact Information:

Events you are interested in competing in:

Parent signature:

- This form is due with cheque: May 15th at Glenmore Track
- Please include the \$85.00 cheque made out to Alberta Athletics