

Youth Athletics League 2010

**Dates: May 19, 26, June 2, 9, 16, 23
@ Glenmore Athletic Park (5300 19 Street SW)**

**Cost: \$5/person/meet, \$25 for the series
Please contact Nikki to discuss club or school rates.**

Sanctioned by: Athletics Alberta

Check in and Warm- Up: 6:00 pm for all meets.

Meet duration: 6:30 pm – 8:00 pm

Age groups (as of Dec 31, 2010): 11 and under, 12-13, 14

Meet 1: May 19

4x100, 600, 60
Standing Long Jump, Ball Throw

Meet 2: May 26

1000, 60H,
High Jump, Shot Put

Meet 3: June 2

200, 800
High Jump, Discus Throw

Meet 4: June 9

1200, 100
Long Jump, Javelin Throw

Meet 5: June 16

200H, 600
Long Jump, Shot Put

Meet 6: June 23

800, 60H, 4x100
Standing Long Jump, Ball Throw

Youth Athletic League Rule Modifications:

- No starting blocks,
- 20" hurdles,
- All long jumps will be measured from the point of takeoff to the nearest point in the pit,
- We may have to limit the number of attempts in the high jump,
- Boys and girls may compete together.
- Only the longest throw is actually measured.

**Insurance: All athletes must be registered members of Athletics Alberta. If an athlete is not a member, they may purchase a Day of the Meet Athletics Alberta membership (\$5 / day) at the meet. More information can be found at:
www.athleticsalberta.com/main/?memberships.**

Information or group and school rates please contact Nikki Barlow at nikkibarlow_2@hotmail.com or Jason Lindsay at jwlindsa@hotmail.com.

JUST TRY IT!

