



## Calgary Spring Challenge & Combined Events Meet Alberta Summer Games Trials (Zone 2 & 3)

**Saturday & Sunday May 15 & 16, 2010**

(as of March 24, 2010)

Host: University of Calgary Athletics Club

Sanctioned by: Athletics Alberta

WEBSITE: [www.uofcathletics.ca](http://www.uofcathletics.ca)

**This is the 30<sup>th</sup> Annual Spring Combined Event meet and the 7<sup>th</sup> Annual Spring Team Challenge!**

**Facilities:** Glenmore Athletic Park  
5300 19 Street SW  
Calgary, Alberta

### Hospitality

Refreshment Tent on site for athletes

Hospitality Tent offering complimentary lunch and refreshments each day for Volunteers / Officials / Coaches

|                    |                          |                     |                |
|--------------------|--------------------------|---------------------|----------------|
| <b>Entry Fees:</b> | <b>Combined Events</b>   |                     | <b>\$35.00</b> |
|                    | <b>Individual events</b> | - First event       | <b>\$15.00</b> |
|                    |                          | - Additional events | <b>\$10.00</b> |

**\$5.00 Day of Meet membership:** Athletes who are not members of their Provincial Athletics Association will be required to fill out this form and pay the fee.

**Cheques payable to: "UCAC"**

**Entry Deadline: Monday May 10, 2010.**

**Late Entries:** Late entries will be accepted at the Meet Director's discretion.  
Late entries will have an additional \$5.00 fee/event

**Send Entries to:** Email: [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)  
**Team Manager Event File:** contact Doug Lamont, [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)

**Fax:** 403-210-8187  
**Mail:** University of Calgary Athletics Club  
Faculty of Kinesiology  
2500 University Drive NW  
Calgary, AB, T2N 1N4

### Information needed:

Name / Gender / Birthdate (mm/dd/yy) / Athletics Alberta # / Events/ Seed Performances

### Awards:

**Medals:** Top 3 in each event

**T-Shirts:** each member of Top Team in Each Category

### 3 Categories:

**Open** (1992 and earlier) **Youth/Midget** (1993-94 / 1995-96) **Bantam/Peewee** (1997-98 / 1999-2000)

## Individual Events:

| TRACK           | Open Men | Open Women | Junior Men N-Score | Youth Boys | Youth Girls | Midget Boys | Midget Girls | Bantam Boys | Bantam Girls | Peewee Boys | Peewee Girls |
|-----------------|----------|------------|--------------------|------------|-------------|-------------|--------------|-------------|--------------|-------------|--------------|
| <b>Saturday</b> |          |            |                    |            |             |             |              |             |              |             |              |
| 60m             |          |            |                    |            |             |             |              |             |              | X           | X            |
| 80m             |          |            |                    |            |             |             |              | X           | X            |             |              |
| 100m            | X        | X          |                    | X          | X           | X           | X            |             |              |             |              |
| 300m            |          |            |                    |            |             | X           | X            |             |              |             |              |
| 400m            | X        | X          |                    | X          | X           |             |              |             |              |             |              |
| 1000m           |          |            |                    |            |             |             |              |             |              | X           | X            |
| 1200m           |          |            |                    |            |             | X           | X            | X           | X            |             |              |
| 1500m           | X        | X          |                    | X          | X           |             |              |             |              |             |              |
| Hurdles         |          | 100m       |                    |            | 100m        | 100m        | 80m          | 80m         | 80m          |             |              |
| <b>Sunday</b>   |          |            |                    |            |             |             |              |             |              |             |              |
| 150m            |          |            |                    |            |             |             |              | X           | X            | X           | X            |
| 200m            | X        | X          |                    | X          | X           | X           | X            |             |              |             |              |
| 600m            |          |            |                    |            |             |             |              |             |              | X           | X            |
| 800m            | X        | X          |                    | X          | X           | X           | X            | X           | X            |             |              |
| 2000m           |          |            |                    |            |             | X           | X            |             |              |             |              |
| Hurdles         | 110m     |            | 110m               | 110m       |             |             |              |             |              | 60m         | 60m          |
| Hurdles         | 400m     | 400m       |                    | 300m       | 300m        | 200m        | 200m         | 200m        | 200m         |             |              |
| Steeple         | X        |            |                    |            |             |             |              |             |              |             |              |

| Field       | Open Men | Open Women | Junior Men N-Score | Youth Boys | Youth Girls | Midget Boys | Midget Girls | Bantam Boys | Bantam Girls | Peewee Boys | Peewee Girls |
|-------------|----------|------------|--------------------|------------|-------------|-------------|--------------|-------------|--------------|-------------|--------------|
| Pole Vault  | Sun      | Sun        |                    |            |             |             |              |             |              |             |              |
| High Jump   | Sat      | Sat        |                    | Sat        | Sat         | Sun         | Sat          | Sun         | Sun          |             |              |
| Long Jump   | Sat      | Sun        |                    | Sat        | Sun         | Sat         | Sun          | Sat         | Sat          | Sat         | Sat          |
| Stand LJ    |          |            |                    |            |             |             |              |             |              | Sun         | Sun          |
| Triple Jump | Sun      | Sun        |                    |            |             |             |              |             |              |             |              |
| Shot Put    | Sat      | Sat        | Sat                | Sat        | Sat         | Sat         | Sat          | Sun         | Sun          | Sun         | Sun          |
| Discus      | Sun      | Sun        | Sun                | Sun        | Sun         | Sun         | Sun          |             |              |             |              |
| Javelin     | Sat      | Sat        | Sat                | Sat        | Sat         | Sat         | Sat          |             |              |             |              |
| Hammer      | Sun      | Sun        |                    |            |             |             |              |             |              |             |              |
| Ball Throw  |          |            |                    |            |             |             |              | Sat         | Sat          | Sat         | Sat          |

| Specs          | Open Men       | Open Women    | Junior Men N Score | Youth Boys    | Youth Girls   | Midget Boys   | Midget Girls  | Bantam Boys   | Bantam Girls  | Peewee Boys | Peewee Girls |
|----------------|----------------|---------------|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|-------------|--------------|
| Sprint Hurdles | 110m<br>1.067m | 100m<br>0.84m | 110m<br>0.99m      | 110m<br>0.91m | 100m<br>0.76m | 100m<br>0.84m | 80m<br>0.76m  | 80m<br>0.76m  | 80m<br>0.76m  |             |              |
| Long Hurdles   | 400m<br>0.914m | 400m<br>0.76m |                    | 300m<br>0.84m | 300m<br>0.76m | 200m<br>0.76m | 200m<br>0.76m | 200m<br>0.76m | 200m<br>0.76m |             |              |
| Shot Put       | 7.26kg         | 4kg           | 6kg                | 5kg           | 4kg           | 4kg           | 3kg           | 3kg           | 3kg           | 2kg         | 2kg          |
| Discus         | 2kg            | 1kg           | 1.75kg             | 1.5kg         | 1kg           | 1kg           | 1kg           |               |               |             |              |
| Javelin        | 800g           | 600g          |                    | 700g          | 600g          | 600g          | 600g          |               |               |             |              |
| Ball Throw     |                |               |                    |               |               |               |               | X             | X             | X           | X            |

## Combined Events

### Decathlon **Start time: 9:00am Saturday and Sunday.**

|             | 1 <sup>st</sup><br>day | 100m | Long<br>Jump | Shot<br>Put | High<br>Jump | 400m | 2 <sup>nd</sup><br>day | Hurdle        | Discus | Pole<br>Vault | Javelin | 1500m |
|-------------|------------------------|------|--------------|-------------|--------------|------|------------------------|---------------|--------|---------------|---------|-------|
| Open Men    |                        | X    | X            | 16lb        | X            | X    |                        | 110m<br>1.07m | 2kg    | X             | 800g    | x     |
| Junior Men  |                        | X    | X            | 6kg         | X            | X    |                        | 110m<br>0.99m | 1.75kg | X             | 800g    | X     |
| Masters Men |                        | X    | X            | TBD         | X            | X    |                        | TBD           | TBD    | X             | TBD     | X     |

### Octathlon **Start time: 9:00am Saturday and Sunday.**

|           | 1 <sup>st</sup><br>day | 100m | Long Jump | Shot Put | 400m | 2 <sup>nd</sup><br>day | Hurdle        | High<br>Jump | Javelin | 1000m |
|-----------|------------------------|------|-----------|----------|------|------------------------|---------------|--------------|---------|-------|
| Youth Men |                        | X    | X         | 5kg      | X    |                        | 110m<br>0.91m | X            | 700g    | X     |

### Heptathlon **Start time: 9:30am Saturday and Sunday.**

|               | 1 <sup>st</sup><br>day | Hurdles       | High Jump | Shot Put | 200m | 2 <sup>nd</sup><br>day | Long Jump | Javelin | 800m |
|---------------|------------------------|---------------|-----------|----------|------|------------------------|-----------|---------|------|
| Open Women    |                        | 100m<br>0.84m | X         | 4kg      | X    |                        | X         | 600g    | x    |
| Junior Women  |                        | 100m<br>0.84m | X         | 4kg      | X    |                        | X         | 600g    | X    |
| Youth Women   |                        | 100m<br>0.76m | X         | 4kg      | X    |                        | X         | 600g    | X    |
| Masters Women |                        | TBD           | X         | TBD      | X    |                        | X         | TBD     | X    |

### Midget Pentathlon **Start time: 9:15am Sunday**

|             |      |           |                   |           |       |
|-------------|------|-----------|-------------------|-----------|-------|
| <b>Boys</b> | 100m | Long Jump | Shot Put<br>(4kg) | High Jump | 1000m |
|-------------|------|-----------|-------------------|-----------|-------|

### **Start time: 9:30am Sunday**

|              |      |           |                   |           |      |
|--------------|------|-----------|-------------------|-----------|------|
| <b>Girls</b> | 100m | High jump | Shot Put<br>(3kg) | Long Jump | 800m |
|--------------|------|-----------|-------------------|-----------|------|

## Spring Team Challenge

### Rules

1. Clubs designate a roster of athletes to score for their team.
  - a. Roster size: minimum 5 athletes and a maximum of 10 athletes
  - b. Teams with more than 10 athletes competing must submit their 10 member roster within a half hour of the end of the first day of competition.
  - c. Athletes must be registered with their Provincial Association and the club they are representing.
  - d. Teams can have any mix of male and female athletes.
2. Athletes can score in as many events as they wish. Non-Scoring competitors will not be removed from the results for scoring purposes.
3. Scoring will be based on final placing in the event. 10-8-6-5-4-3-2-1
4. Champions will be determined in 3 Categories: Open, Juvenile/Midget and Bantam/Peewee
5. Winning teams will receive T-Shirts.

### Past Winners of Spring Team Challenge

| <b>Year</b> | <b>Open</b>           | <b>JUV/MID</b> | <b>BAN/PW</b>    |
|-------------|-----------------------|----------------|------------------|
| 2010        | TBD                   | TBD            | TBD              |
| 2009        | UCAC                  | CALTAF         | Calgary Spartans |
| 2008        | UCAC                  | CALTAF         | Calgary Spartans |
| 2007        | Calgary International | CALTAF         | Leduc            |
| 2006        | Calgary International | Not awarded    | Not awarded      |
| 2005        | UCAC                  | Not awarded    | Not awarded      |
| 2004        | UCAC                  | Not awarded    | Not awarded      |

### Accommodation:

UCAC has negotiated special rates with the Quality Inn in Motel Village. Rooms rates are listed below and include a continental breakfast. Rooms must be booked by April 14, 2010. Remember to mention Calgary Spring Challenge when booking in order to qualify to the special room rates.

### Quality Inn

2359 Banff Trail NW, Calgary, AB

[www.qualityinnuofc.com](http://www.qualityinnuofc.com)

Phone: (403) 289-1973

Fax: (403) 282-1241

Reservations: 1-800-661-4667

| <b>Room Type</b>           |  |  | <b>Supertwin</b> | <b>King</b> | <b>Queens</b> |
|----------------------------|--|--|------------------|-------------|---------------|
| <b># of Rooms</b>          |  |  | 10               | 5           | 30            |
| <b>Rate</b>                |  |  | \$89.00          | 99          | \$99.00       |
| <b>Max # of Ppl Per Rm</b> |  |  | 2 ppl            | 2 ppl       | 4 ppl         |

Cut off Date: April 14, 2010 Mention Group Name: Spring Challenge





# Spring Team Challenge Entry Form

CLUB \_\_\_\_\_

Category: OPEN JUV/MD BAN/PW

|      |             |        |                | Office use |
|------|-------------|--------|----------------|------------|
| Name | Yr of Birth | Gender | Events entered | Points     |
| 1    |             |        |                |            |
| 2    |             |        |                |            |
| 3    |             |        |                |            |
| 4    |             |        |                |            |
| 5    |             |        |                |            |
| 6    |             |        |                |            |
| 7    |             |        |                |            |
| 8    |             |        |                |            |
| 9    |             |        |                |            |
| 10   |             |        |                |            |

Total

## Rules

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  - b. Athletes must be registered with their Provincial Association and the club they are representing.
  - c. Teams can have any mix of male and female athletes.

2. Scoring will be based on final placing in the event. 10-8-6-5-4-3-2-1

3. Three Category Champions will be determined:

**OPEN JUVENILE/MIDGET BANTAM/PEEWEE**

Signed: \_\_\_\_\_

**To be submitted by one half hour past the end of Saturday events**