

**17th Annual Dinos High School
Track & Field Challenge
Sanctioned by Alberta Schools Athletic Association**

Hosts: **University of Calgary Track & Field**

When: Thursday May 2, 2019 5:00pm – 9:00pm Foothills Track
 Wednesday May 8, 2019 5:00pm – 9:00pm Foothills Track
 Friday May 10, 2019 4:30pm – 9:00pm Foothills Track
No Alternate Date (s) planned

Where: Foothills Athletic Park
 2424 Crowchild Trail NW
 Calgary, Alberta

Completion of entries. Two choices:

1. **Trackie.reg** – Teams can use trackie.reg to register for the meets
Online Registration: <https://www.trackie.com/online-registration/>
Payment by VISA/MASTERCARD/cheque (payable to UCAC)
2. **Hytek Team Manager** – teams wishing to use Team Manager can request the Entry file
Send Entries: uofcathleticsentries@gmail.com
Payment by cheque payable to “UCAC”. Not able to issue invoices.

Entry Fee: \$5.00 per athlete per event Relays: \$5.00 per Team
Team Maximum: \$200.00 per meet
Maximum Entry Fee for Series: \$600
Cheques payable to: University of Calgary Athletics Club

Entry Deadline: 7:00pm the Monday before the competition

Scratch Deadline: 10:00am the day of the meet (**Entry fee for meet is determined by entries at this time**)
Changes can be made directly on Trackie account

Inquiries: Phone 403-220-2479

Officials: University of Calgary will provide the Head Official for each event.
 Phototiming will be provided for all running events.

Volunteers: Participating schools are required to provide one volunteer to assist with officiating

Age Categories:

Senior: Under 19 before September 1, 2018
Intermediate: Under 17 before September 1, 2018
Junior: Under 16 before September 1, 2018

Athletes will compete in their age category. Categories may be combined at Meet Director's discretion.

Tentative Schedules:

Times are approximate and Final Schedule may vary depending on number of entries.

		Red	Gold	White
		May 2, 2019	May 8, 2019	May 10, 2019
Start Time		5:00pm	5:00pm	4:30pm
	TRACK	100m	Sprint Hurdles	Pentathlon 100m
		1500m	800m	4x100m
			200m	400m
				3000m
				300m Hurdles
	FIELD			Pentathlon 800m
	5:00pm	Men's Pole Vault Jr Women's High Jump Jr Women's Long Jump Int Women's Long Jump Jr Men's Triple Jump	Women's Pole Vault Jr Men's High Jump Jr Men's Long Jump Sr Men's Long Jump Jr Women's Triple Jump	Pentathlon Girls High Jump Boys Long Jump
	6:00pm	Int Women's High Jump Sr Women's Long Jump Sr Men's Triple Jump	Int Men's High Jump Int Men's Long Jump Int Women's Triple Jump	Pentathlon Girls Shot Put Boys Shot Put
	7:00pm	Int Men's Triple Jump Sr Women's High Jump	Sr Men's High Jump Sr Women's Triple Jump	Pentathlon Girls Long Jump Boys High Jump
	5:00pm	Jr Men's Shot Put Int Women's Discus Int Men's Javelin	Jr Women's Shot Put Jr Men's Discus Int Women's Javelin	Jr Women's Discus Jr Men's Javelin
	6:00pm	Int Men's Shotput Sr Women's Discus Sr Men's Javelin	Int Women's Shot Put Int Men's Discus Jr Women's Javelin	Sr Men's Discus Sr Women's Javelin
	7:00pm	Sr Men's Shotput	Sr Women's Shot Put	

Specifications:

	Distance	Hurdles	Shot Put	Discus	Javelin
Junior Girls	80m	76cm (30")	3kg	1kg	500g
Intermediate Girls	80m	76cm (30")	3kg	1kg	500g
Senior Girls	80m	84cm (33")	4kg	1kg	600g
Junior Boys	100m	84cm (33")	5kg	1.5kg	700g
Intermediate Boys	100m	84cm (33")	5kg	1.5kg	700g
Senior Boys	100m	91cm (36")	6kg	1.75kg	800g
Open Girls	300m	76cm (30")			
Open Boys	300m	84cm (33")			