

# *Dinos Indoor Track Series*

## 2022-2023



Hosted by Dinos Track & Field, University of Calgary  
Sanctioned by Athletics Alberta

**Location:** Jack Simpson track, Kinesiology Building, University of Calgary.  
Invitational Field Events will be held in the Olympic Oval (except for HJ).

**Map of Campus:** <http://www.ucalgary.ca/map/>

**Meet Enquiries:** [christine.diane.laverty@gmail.com](mailto:christine.diane.laverty@gmail.com)

**Registration Enquiries:** [momfirst\\_2000@yahoo.com](mailto:momfirst_2000@yahoo.com)

**Website:** [www.calgarytrackcouncil.com](http://www.calgarytrackcouncil.com), "Dinos Indoor Track Series"

### **Entry Fees:**

\$20 per athlete per event

**Entry deadline:** Midnight Sunday January 22<sup>nd</sup> for the January 29<sup>th</sup> meet.

### **Late Entries:**

Late entries can be made on Trackie for a charge of \$35/event, until **Tuesday January 24<sup>th</sup> (Jan. 29<sup>th</sup> meet)** at midnight. No entries will be allowed after the late entry deadline.

**\*Day of Meet Entries will not be accepted.**

**Entries:** Trackie Registration, <https://www.trackie.com/online-registration/>

**Athletics Alberta Membership:** All participants must be a member of Athletics Alberta.  
To register with Athletics Alberta, go to: <https://www.trackie.com/members/UN-AB.php>

**Photo Timing:** Fully automatic photo timing (FinishLynx)

**Spike Length:** Must be cones (no pyramids), a maximum length 6mm

**Age Categories:** *Ages as of December 31, the year of competition*

- 9 years and under
- 10-15 years (will compete in one-year divisions)
- Under 18 (60m Only & 60m Hurdles)
- Open
- Masters: 35+ years old as the day of meet (will be age graded in results)

## Events

	Dinos Opener	Jack Simpson Open	Dinos Classic
	Sunday, December 4, 2022	Sunday, January 8, 2023	Sunday, January 29, 2023
	10:00am – 7:00pm	10:00am – 7:00pm	11:00am – 7:00pm
60m	All ages	All ages	All ages
150m	U14/U12/U10	15/14/13/12/11/10/U9	13/12/11/10/U9
300m	U16/Masters/Open	Open/Masters/11/10/U9	15/14//Masters/Open
400m	U12/U10	15/14/13/12	
600m	Open	Open/Masters	Open/13/12/11/10/U9
800m	U16/U14		
1000m	Masters/Open		U16/Open
1200m		15/14/13/12/11/10	
1500m		Open/Masters	Open/Masters
60m Hurdles	14 & older (Invitational)	14 & older	14 & older
4x200m	U12/U10	U16/U14	
High Jump	Invitational		
Long Jump			Invitational – Open
Triple Jump			Invitational – Open
Pole Vault			Invitational – Open
Shot Put			Invitational – Open

**\*All events will be timed finals with the exception of the Open 60m**

**Schedule:** [www.calgarytrackcouncil.com](http://www.calgarytrackcouncil.com) (to be posted soon!)

- **Final Schedule** posted the day before the competition, once entries are finalized.
- **Heat Sheets** posted at the main entrance to the Jack Simpson track prior to the meet.
- **Results** posted at the main entrance to the Jack Simpson track, and online at [www.calgarytrackcouncil.com](http://www.calgarytrackcouncil.com) under "Live Results". Monday, the PDF versions will be posted online.

### Awards:

- Top 10 finishers in each event, except the Open category, will receive a ribbon. Masters athletes will receive ribbons per event, based upon age graded results.  
***Ribbons must be collected on-site, the day of the event.***
- The Open category will be competing for a Series medal, awarded at the conclusion of the Dinos track meet series, to the top 3 overall men and women. ***Invitational events will not be scored for the Series Championships.***

### Marshalling:

**Track Events-** Athletes must check in at the Clerk's Table no later than 20 mins prior to the start of their event. Athletes must be at the start line 10 mins prior to their event.

**Field Events-** Will check in on-site, 30 mins prior to the start of the event.

**Spectators:**

Space at Jack Simpson track is very tight. Spectators are asked to remain on the red sections of the track, or in the stands (if available). Spectators are not to use the washrooms in Jack Simpson; please use the ones located on second floor, at the top of the stairs. Athletes and Spectators must stay off the gymnasium floor, fitness training equipment, and be aware at all times when crossing the track.

**Start Procedures:****Starting Blocks**

Athletes 14 years and older must use starting blocks for sprint events.

Athletes 13 years and younger will not have starting blocks for sprint events.

**60m**

Open Men and Open Women 60m will have heats and A & B final. Athletes choosing not to run the final are asked to notify the results table immediately after the heats to advance the next possible qualifier. Seeding of the final will be based on time only.

**150m**

All age groups will run the entire race in lanes.

All races are timed finals.

**300m**

14 years and Older will run the entire race in lanes.

13 and younger will use a waterfall start line.

All races are timed finals.

**400m/600m**

14 years and older will run the first two corners in lanes and then cut in.

13 years and younger will use a waterfall start line.

All races are timed finals.

**800m and longer**

Waterfall start or one Corner stagger at the discretion of the Meet Director and the Starters.

All races are timed finals.

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**INVITATIONAL EVENTS**

**Will be for athletes 18 & Older as an Open Classification. Top 12 athletes (Male and Female) will be selected for the Long Jump and Top 18 athletes (Co-Ed) for the Pole Vault and Shot Put. Athletes must register by the Entry Deadline (there will be no Late Registration deadline). Athletes, not accepted, will be notified by a trackie mass email Monday morning and a refund will be issued.**

**Note: Long Jump and Shot Put will be 4 jumps or throws per athlete. No Final.**