



Golden Bear Open: January 19-21, 2024

Hosted by Golden Bears and Pandas Athletics/Track & Field

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

<https://bearsandpandas.ca/sports/track-and-field>

Expected Timelines: Week of competition

Tuesday @ Noon	- Entry & scratch deadline via trackie only
Wednesday @ Noon	- Inclusion of club entries into USPORTS sections known and communicated via performance list
Wednesday @ 8:00PM	- Final Schedule
Thursday @ noon	- Heat Sheets posted (Sunday sections seeded and posted Saturday)
Friday @ 1:00PM	- Access to track open
Friday @ 3:00PM	- Competition begins

No athletes on track level before 2:30PM on Friday

Sanctioned by Athletics Alberta

Primary Purpose & Intent of Competition:

The primary objective of the Golden Bear Open (GBO) is to provide a high-quality competition for USPORTS athletes. All decisions about scheduling and seeding are made with that interest in mind.

All UNI events are governed by Canada West Playing Regulations

All Club window – U12/ U14 / U16 / U18 / U20 / Senior / Masters events are governed by WA rules

Eligibility:

GBO is open to the public to enter. Athletes and coaches must appear on a formal USPORTS eligibility roster or be active member of their respective provincial athletics association. International athletes should contact the meet director.

Athletes need to be in the U16 age category and up. Second year U14 athletes (ie 2011 birth year) are welcome to enter the U16 age category.

Select events on Sunday will be included for U13 athletes. See below for further details.

Select events for masters athletes will be included. See below for further details.

Inclusion into UNI categories:

This occurs by approval of request. It is assumed entries made within club entries, specifically the U20+ category desire to be included in UNI sections. At the closure of entries top entries within the U20+ category will be considered and included into UNI sections as deemed appropriate by event management team. These decisions will be made after the closure of entries. Individuals should check the meet program and start lists when they are published as per the timelines indicated.

Dates, Registration Links:

Golden Bear Open: **January 19-21, 2024** **52nd Annual**

https://www.trackie.com/event/GBO_2024

Registration Deadline: **Tuesday January 16, 2024 @ noon (late entries not accepted)**

Entry Fees:

1st event - \$30; 2nd event - \$25; 3rd event - \$15 Relays - \$30

Scratches / Entry Changes or Mistakes

Help us do a great job by doing your part!

All registrations are the responsibility of the athlete or the club registering. Verification of your entry is provided via trackie to the email inputted in the entry process. You can search your inbox by noreply@trackie.com If there is a mistake you need to deal with it in your trackie account and registration prior to the closure of entries.

If you have made a mistake or wish to scratch your entry, you are able to do this on your own prior to the closure of entries by logging into your trackie account. <https://www.trackie.com/my-account/>

Scratches that occur after the closure of entries should be emailed to the competition director (robfisher004@gmail.com) and cc'd to the meet director (wes.moerman@ualberta.ca). Scratches occurring after the closure of entries are not refunded, and are helpful to have to ensure proper seeding and great competitions for all athletes.

Seed Marks:

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USPORTS Rankings (Jan 1 2023 – Tue Jan 16). This occurs through the automated process in trackie. Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at NOON, with clear rationale and links to direct results provided to be considered.

ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

Coach Registration

Coaches who are not members of university coaching staff's must register in advance (same deadline as athlete entries). To be considered a coach you must be:

- a) Actively registered with respective provincial athletics association
- b) Have a current CRC completed, Safe sport course via coach.ca completed, completed Making Ethical decisions and be in training, trained or certified in the appropriate NCCP context

https://trackie.com/event/Coaches_UA_2024

Schedule notes:

Tentative schedule is posted on the trackie registration page:

Event & Time Emphasis

Friday Afternoon & Evening + Saturday Afternoon	= USPORTS & Top Entries by approval of request
Saturday AM, PM + Sunday Sections	= Remaining senior events and all other events offered. Club section 3k's will go Friday night.

Preferred Lanes, order of events and advancements:

Preferred lanes: Oval preferred = 6 /7/5/4/3/2/1
Order of events: Timed finals run FAST to SLOW
Whenever possible men compete before women at GBO.

Alternates in finals:

For events having heats and finals, alternates in the finals will be listed. Meaning, if 8 athletes advance to the final, places 9-11 will be listed as alternates. Alternates will be permitted to race in the final should scratches occur in time.

300m / 4x200 Lane Draws:

Timed Final Structure / Golden Bear Open

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

Call Room / Check In / Numbers

Check in is required, however there will be no call room in effect.

Track Events:

- You should be checked in for your event 20min prior to the event and arrive to the start line 5min prior to your event ready to race. We will not wait for you at the line.

- Field Events:

- Check in on site

- Numbers worn on back for races that finish in set lanes. Numbers worn on front for races that do not finish in set lanes. Hip numbers on right hip

USPORTS Minimum measurements

- A minimum measurement procedure will be in place for USPORTS – Long Jump & Pole Vault events. Marks will only be measured for distances above
 - LJ: Women: 4.50m and above Men: 5.50m and above

Event Offerings:

U13/U12/U11

- To support youth development, select events are offered on Sunday. They include 60m hurdles with scissor/breakdown hurdles, 150m sprint and shot put.

2024 Indoor GBO	UNI **By approval - see package**	Masters Specs	Senior Specs	U20 Specs	U18	U16	U13	U12
Sprints / Hurdles								
60m Hurdles	✓	✓	✓	✓	✓	✓	✓	✓
60m	✓		✓ as Open		✓	✓		
200m			✓ as Open		✓	✓	✓ 150m	✓ 150m
300m	✓		✓ as Open		✓	✓		
Relays								
4x200m	✓		✓ as Open					
4x400m	✓							
4x800m	✓							
Mid D / Long D / Walks								
600m	✓		✓ as Open		✓	✓		
1000m	✓		✓ as Open		✓	✓		
1200m						✓		
1500m	✓		✓ as Open		✓			
2000m						✓		
3000m	✓		✓ as Open					
Racewalk		✓ 1500m	✓ 800m					
Jumps								
Long Jump	✓	✓	✓ as Open		✓	✓		
Triple Jump	✓		✓ as Open		✓	✓		
Pole Vault	✓		✓ as Open					
High Jump	✓	✓	✓ as Open		✓	✓		
Throws / Multi Events								
Weight Thro	✓	✓	✓	✓	✓	✓		
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓
Pent - W / H	✓		request					
Para								
Wheelchair			✓ 200 & 300					
AMB			per request					
Multi's Events								
Pent Women	60mH		Hep - Day 1 Men	60m				
	High Jump			Long Jump				
	Shot Put			Shot Put				
	Long Jump			High Jump				
	800m			60mH				
			Hep - Day 2 Men	Pole Vault				
				1000m				
Web Stream available at: https://bearsandpandas.ca/sports/track-and-field								

Spectators/Parents

Fans, spectators and parents are encouraged to attend. You are asked to remain in the bleach sections and refrain from going onto the track and warm up areas.

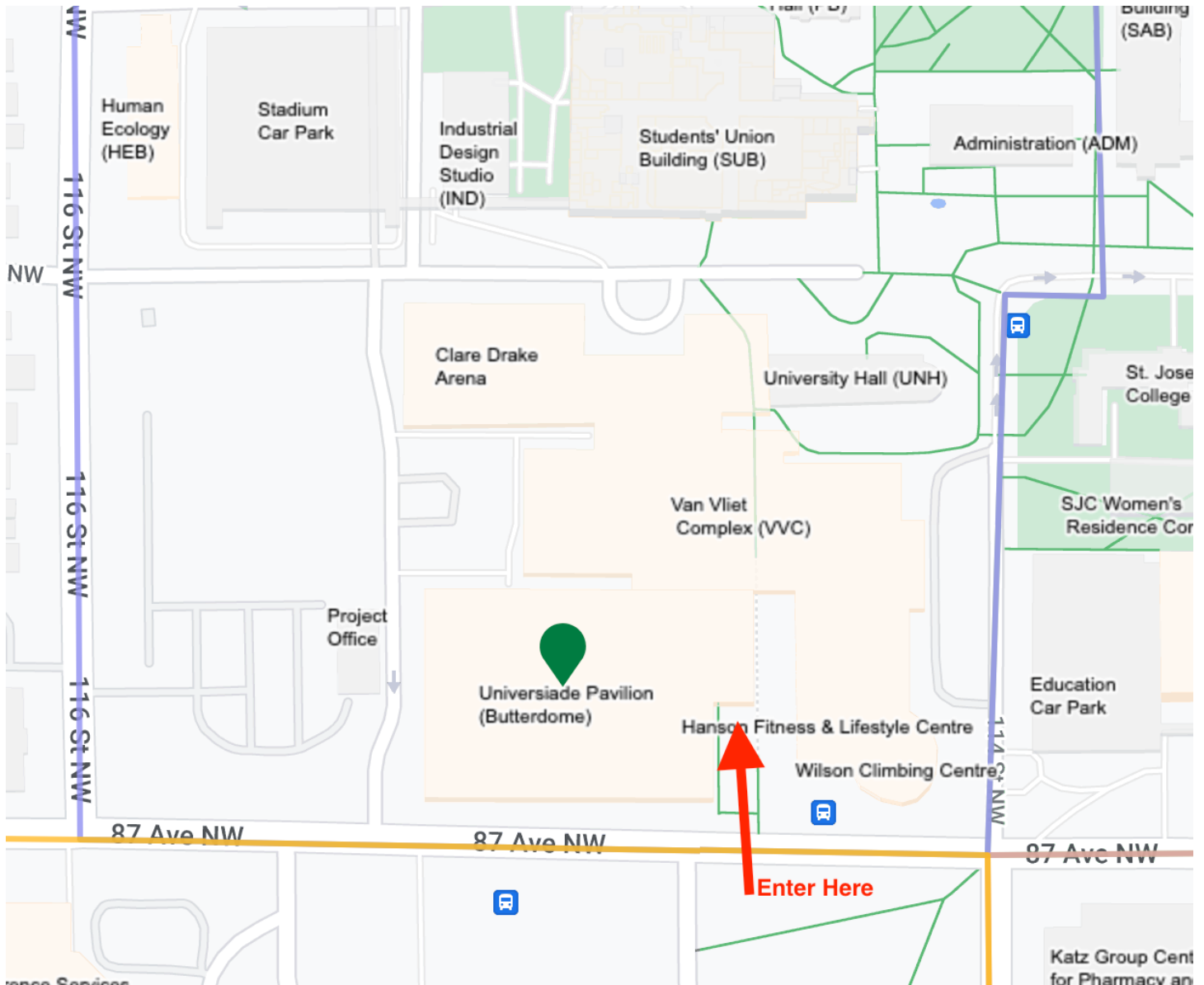
It is our intention to provide a webstream of the event. Exact links will be communicated closer to the event date and will be found at <https://bearsandpandas.ca/sports/track-and-field>

Location

Entry location occurs at the top of the ramp on the south side of the Van Vliet Centre (87 ae). This is the concourse level above the 60m start line. Map locations can be found at:

[Campus Map:](#)

[Building Map: https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html](https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html)



Contact Info / Role

Meet Director

Wes Moerman (head coach)
wes.moerman@ualberta.ca
780.492.5097

Competition Director
(schedule, entries, seeding)
Rob Fisher (asst coach)
robfisher004@gmail.com
780.975.2847

Timing/Results
(results & live results)
Vernon Schmid
vernon@ellistiming.ca