

# Calgary Spring Challenge & Combined Events Meet Canada Summer Games Trials & Alberta Championships for Combined Events

**Saturday & Sunday May 11 & 12, 2013**

**This is the 33<sup>rd</sup> Annual Spring Combined Event meet and the 10<sup>th</sup> Annual Spring Team Challenge**

Host: University of Calgary Athletics Club

Sanctioned by: Athletics Alberta

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

**Facilities:** Foothills Athletic Park  
2431 Crowchild Trail NW  
Calgary, Alberta  
Maximum Spike length: 6mm Christmas tree or cones

## **Hospitality**

Hospitality Tent on site offering refreshments for all athletes

Volunteers / Officials / Coaches receive complimentary Lunch each day.

**Entry Fees: Cheques payable to: "UCAC"**

<b>Combined Events</b>	<b>\$40.00</b>
<b>Pee Wee / Bantam Multi Event</b>	<b>\$25.00 per day (covers entry in 4 events on the day)</b>
<b>Individual events - First event</b>	<b>\$15.00</b>
<b>- Additional events</b>	<b>\$10.00</b>

## **Athletics Alberta Day of Meet membership - \$5.00**

Athletes who are not members of their Provincial Athletics Association will be required to fill out this form and pay the fee.

## **Entry Deadline: Monday May 6, 2013.**

Late Entries: Late entries will be accepted at the Meet Director's discretion.

Late entries will have an additional \$5.00 fee/event

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

## **Information needed:**

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

**Send Entries to:** Email: [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)

Meet Inquires: 403-220-2479

## Individual Events:

Athletes must compete in one age category (exception is the non scoring Junior 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						
600m										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				
800m	X	X		X	X	X	X	X	X		
1000m										X	X
2000m						X	X				
Hurdles	110m		110m	110m							
Hurdles	400m	400m		300m	300m	200m	200m	200m	200m		

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	Sat	Sat									
Inv PV (Non-S)	Sun	Sun									
High Jump	Sat	Sat		Sat	Sat	Sun	Sat	Sun	Sun		
Long Jump	Sat	Sat		Sun	Sun	Sat	Sun	Sat	Sat	Sat	Sat
Stand LJ										Sun	Sun
Triple Jump	Sun	Sun		Sun	Sun						
Shot Put	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sun	Sun	Sun	Sun
Discus	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sat	Sat	Sat	Sat
Javelin	Sat	Sat	Sat	Sat	Sat	Sat	Sat				
Hammer	Sat	Sat	Sat	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 1.067m 9.14m	100m 0.84m 8.5m	110m 0.99m 9.14m	110m 0.91m 9.14m	100m 0.76m 8.5m	100m 0.84m 8.5m	80m 0.76m 8.0m	80m 0.76m 7.5m	80m 0.76m 7.5m		
Long Hurdles	400m 0.914m	400m 0.76m		300m 0.84m	300m 0.76m	200m 0.76m	200m 0.76m	200m 0.76m	200m 0.76m		
Shot Put	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	3kg	3kg	2kg	2kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg	750g	750g	750g	750g
Javelin	800g	600g		700g	500g	600g	500g				
Hammer	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg				

Peewee and Bantam track races: no blocks  
 Peewee Long Jump: No Board – 1m Take off area

## Combined Events

### Decathlon **Start time: 10:30am Saturday and 10:00am Sunday.**

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

### Octathlon **Start time: 10:30am Saturday and 10:00am Sunday.**

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

### Heptathlon **Start time: 11:00am Saturday and 12:00pm Sunday.**

	1 <sup>st</sup> day	Hurdles	High Jump	Shot Put	200m	2 <sup>nd</sup> day	Long Jump	Javelin	800m
Open Women		100m 0.84m	X	4kg	X		X	600g	x
Junior Women		100m 0.84m	X	4kg	X		X	600g	X
Youth Women		100m 0.76m	X	3kg	X		X	500g	X
Masters Women		TBD	X	TBD	X		X	TBD	X

### Midget Pentathlon **Start time: 10:30am Sunday**

<b>Boys</b>	100m Hurdles 0.84m	Long Jump	Shot Put (4kg)	High Jump	1000m
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### **Start time: 10:30am Sunday**

<b>Girls</b>	80m Hurdles 0.76m	High jump	Shot Put (3kg)	Long Jump	800m
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## 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: The top 10 scorers at the end of the meet will be designated as the representative team.
  - 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:
  - 1) Open, 2) Youth/Midget and 3) Bantam/Peewee
5. Scoring team members of the Winning Teams will receive T-Shirts.

### Past Winners of Spring Team Challenge

Year	Open	YOUTH/MID	BAN/PW
2012	UCAC	CALTAF	Edmonton Columbians
2011	UCAC	CALTAF	Edmonton Harriers
2010	UCAC	CALTAF	Calgary Spartans
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

### Awards:

**Medals: Top 3 in each event**

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

#### 3 Categories:

**Open** (1995 & earlier)

**Youth/Midget** (1996-97 / 1998-99)

**Bantam/Peewee** (2000-2001 / 2002 & later)

### Accommodation

#### Village Park Inn

1804 Crowchild Trail NW, Calgary , AB, T2M 3Y7

**RATE: \$129.00 per night plus taxes**

25 Standard Double Queen rooms

15 Standard Single Queen Size (includes pull up cot)

Contact Front Desk at 403-289-0241 or email [reservations@villageparkinn.com](mailto:reservations@villageparkinn.com).

Indicate you are with "Spring Challenge"

**Rooms are set aside till May 1, 2013**

**Cancellation of room(s) is required by 12pm (noon) one day prior to arrival in order to avoid a cancellation charge of one night's room & tax.**