

THE CHINOOK TRACK AND FIELD CLUB INVITES YOU TO THE  
**Chinook Throws Gala 2015**

ON

**Friday, Saturday and Sunday, May 15-17, 2014**

AT

**THE UNIVERSITY OF LETHBRIDGE**

Sanctioned by Athletics Alberta and Athletics Canada

**As per rule 2.16 of the National Team Selection Rule Book this meet has been certified for inclusion as a standards meet. More info can be found at:  
[https://www.athletics.ca/files///NATIONALTEAMSELECTIONRULESBOOKEN\(REVMAR2012\).PDF](https://www.athletics.ca/files///NATIONALTEAMSELECTIONRULESBOOKEN(REVMAR2012).PDF)**

**LOCATION AND FACILITY:**

University of Lethbridge Community Stadium, 4401 University Dr - Lethbridge. Track: Six lanes, 400-metre track Concrete shot put, discus, and hammer circles. Change rooms available.

**ENTRIES:**

The entries deadline will be Friday, May. 8 at 16:00. Late entries, if allowed will be charged double.

Please send entries to [steinke@uleth.ca](mailto:steinke@uleth.ca)

**ENTRY FEES:**

\$50.00 Entry fee - allows for entry into as many events as wished. There will be no entry fee charge for athletes who are scratched from the meet by Wednesday, May 13<sup>th</sup>. Please make cheque payable to: CHINOOK TRACK AND FIELD.

Please send entries to:     E-mail:     Steinke@uleth.ca  
  Mail:       Chinook Track and Field  
  Box 21047 140 Columbia Blvd  
  Lethbridge, AB. T1K 6X4

**AGE CATEGORIES:**

Juvenile/youth - 1998/99; Junior - 1996/97; Open - 1995 and earlier.

**EVENTS OFFERED:**

**\*\*\*Shot Put, Hammer, Discus , Javelin**

**NOTE:**

**EVENTS SPECIFICATIONS:**

Events	Gender	Midget	Youth	Junior	Open
Shot Put	W / M	N/A	3kg / 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W / / M	N/A	3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	N/A	500g/700g	600g/800g	600g/800g
Discus	W/M	N/A	1kg/1.5kg	1kg/1.75kg	1kg/2kg

## **Tentative Schedule:**

**final schedule will be sent out on Wednesday May 13<sup>th</sup>**

Friday May 16

3:00 pm Shot Put A – Two Circles

4:30 pm Javelin A

4:30 pm Discus A

6:30 pm Hammer A Women

7:30 pm Hammer A Men

Saturday May 17

9:00 a.m. Hammer B Women

10:30 a.m. Hammer B Men

12:00 p.m. Shot Put B – two circles

1:00 p.m. Discus B

1:00 p.m. Javelin B

3:30 p.m. Shot Put C – two circles

4:30 p.m. Discus C

6:00 p.m. Hammer C – Women

7:00 p.m. Hammer C – Men

–Hammer, Shot and Discus C for women and men will be partially invited/ranked events and MAY be limited to 8 entries. If this event is limited to 8 entries for both men and women, then half of those entries will by invite/ranking and the other half will come from the Hammer, Shot and Discus B events by place of finish. These will be run as open events only with senior weight implements being used

Sunday May 18

10:00 a.m. Shot Put D – Two Circles

11:00 a.m. Discus D

11:00 a.m. Javelin D

2:00 p.m. Hammer D – Women

3:00 p.m. Hammer D – Men

### **Accommodations:**

**Lethbridge Lodge – Please see the included Info below for great rates including a buffet breakfast.**



**GREAT  
RATES!**



## **Chinook Throws Gala May 15<sup>th</sup> - May 17<sup>th</sup>, 2015**

Rates starting at

**\$114.00 with breakfast!**

**For a Deluxe Room two Queen Beds**

**Rates include up to 4 complimentary hot buffet breakfasts per room**

For individual reservations please call our reservations line at  
1-800-661-1232 and quote group code "GALA051515"

\*\*\*For Team Blocks call Amanda at 403-331-6919\*\*\*

**Complimentary Amenities:**

- Airport shuttle
- Wireless Internet
- Parking
- Local calls

**Hotel Features:**

- Downtown location
- Indoor pool & hot tub
- Fitness Facility
- Indoor tropical courtyard
- botaniCa Restaurant
- Cotton Blossom Lounge
- Essies Nightclub

**LETHBRIDGE LODGE**

HOTEL AND CONFERENCE CENTRE