



# TRACK & FIELD

Date: April 19<sup>th</sup>, 2024

**Date:** Friday, July 5 and Saturday, July 6, 2024

**Time:** Check In: TBD Start Time: 09:00 am

**Location:** Kate Andrews High School, 2112 – 21 St, Coaldale, AB

**Regional Representation:**

Open registration – no limit on the number of participants per region per individual and relay event.

**Events and Age Groups:** Ages as of December 31 of current year

|    |              |                             |                          |
|----|--------------|-----------------------------|--------------------------|
| MM | Mighty Mite  | Will be 7, 8 or 9 years old | Born in 2017, 2016, 2015 |
| PW | Pee Wee      | Will be 10 or 11 years old  | Born in 2014, 2013       |
| B  | Bantam       | Will be 12 or 13 years old  | Born in 2012, 2011       |
| M  | Midget       | Will be 14 or 15 years old  | Born in 2010, 2009       |
| Y  | Youth        | Will be 16 or 17 years old  | Born in 2008, 2007       |
| J  | Junior       | Will be 18 or 19 years old  | Born in 2006, 2005       |
| S  | Senior       | Will be 20 to 35 years old  | Born in 2004 – 1989      |
| MA | Masters      | Will be 36 to 54 years old  | Born in 1988 – 1970      |
| MP | Masters Plus | Will be 55 plus             | Born in or before 1969   |

**Note:** MM to J athletes may choose to compete in an older age division, however, if they so choose, they must compete in that division for all events and for the duration of the Games with the exception of relays.

**For relays only,** younger athletes may move up to an older division for that event only (i.e. Pee Wee can move up into a Bantam to fill a team).

Please see the last two pages of this document which outline specific events offered for each age group.

**Event and Equipment Specifications:**

**Ball Throw:** A softball 12 inches in circumference will be used for all groups. There is no specification on the type of throw the participant uses.

**Shot Put – Discus – Javelin:**

| FEMALE   | PW  | B    | M    | Y    | J    | S    | MA   | MP   |
|----------|-----|------|------|------|------|------|------|------|
| SHOT PUT | 6lb | 6lb  | 3kg  | 3kg  | 4kg  | 4kg  | 4kg  | 3kg  |
| DISCUS   | x   | 750g | 1kg  | 1kg  | 1kg  | 1kg  | 1kg  | 1kg  |
| JAVELIN  | x   | 500g | 600g | 600g | 600g | 600g | 600g | 500g |

| MALE     | PW  | B   | M   | Y   | J   | S   | MA  | MP  |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|
| SHOT PUT | 6lb | 6lb | 4kg | 5kg | 6kg | 6kg | 6kg | 6kg |



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|         |   |      |      |       |        |        |        |      |
|---------|---|------|------|-------|--------|--------|--------|------|
| DISCUS  | x | 750g | 1kg  | 1.5kg | 1.75kg | 1.75kg | 1.75kg | 1kg  |
| JAVELIN | x | 600g | 600g | 700g  | 800g   | 800g   | 800g   | 600g |

## Hurdles

**Female – 80 m**      12 m to first hurdle, 8 m between hurdles  
Midget and Youth @ 76 cm, Junior and Senior @ 84 cm

**Male – 100 m**      13 m to first hurdle, 8.5 m between hurdles  
Midget and Youth @ 84 cm, Junior and Senior @ 91 cm

**Family Relay:** (4x100) Must be at least 3 members of immediate family (any age and gender).

## Rules and Regulations:

1. International Association of Athletics Federations Rules apply unless otherwise stated.
2. All participants must be registered by their Regional Director prior to the registration deadline.
3. Athletes will **not** be allowed to register on site.
4. Athletes may participate only in the events in which they originally registered. **No athletes will be allowed to change their events the days of competition.**
5. Competitors are allowed a **maximum of any 5 individual events plus 1 relay, plus the family relay.**
6. Every athlete must be able to produce appropriate identification at all times.
7. Participants in all races should report to the start line 20 minutes prior to the event starting time indicated on the final schedule. Any competitor not on time for their race will be automatically scratched.
8. Heats (where numbers warrant) will be held in 50m, 100m, 200m, and hurdles. If 7 or fewer athletes are registered in an event, the event will be run at the time allocated for its final. All other races will be timed finals.
9. Participants in all field events should report to their event site 20 minutes prior to their event. Any competitor not on time for their event will enter the competition as per rules of that event.
10. If you have a track event and a field event at the same time, report to your field event and tell the Head Official that you also have a track event. When you return to the field event, you will continue in that event in the round that is currently in progress (competition order can change). If the event is completed by the time you return, you will not be allowed to compete.



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11. For the purpose of scoring points for your region, Athletics is considered a double sport. The men and women's results will contribute separately to your regions' aggregate point total.
12. Only the region name must be on the registration form for relays. On the day of the event, names of relay runners will be submitted by 12:00 noon.
13. **No event will start earlier than the posted time** unless all competitors are present and agree to start early.
14. Where the number of entries in a track event suffices, heats will be timed with the top 2 finishers of each heat advancing along with the next fastest times from all heats to fill the 7 lanes.
15. All athletes must wear proper footwear while competing.
16. The Southern Alberta Summer Games has a Zero Tolerance Harassment Policy. If a competitor, coach, parent, or spectator is abusive in any way towards officials, other competitors, or volunteers, they will be immediately ejected from competition.

### **Registration Deadline:**

#### **Registration Deadline as designated by the Regional Director.**

All registrations are done through your Regional Director, who will determine the Regional Deadline. The registration fee must also be submitted to your Regional Director. ***Signed consent forms must accompany the waivers.***

#### **No late registrations will be accepted.**

Events will be cancelled if there are one or less individuals or teams registered. Should any event be cancelled due to lack of registrations, the athletes being affected by the cancellation will be given an opportunity to re-register in another suitable category if event is scheduled to run.



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## FEMALE ATHLETIC EVENTS

| Event                  | Age Categories |    |   |   |   |   |   |    |    |
|------------------------|----------------|----|---|---|---|---|---|----|----|
|                        | MM             | PW | B | M | Y | J | S | MA | MP |
| 50 Meter               | MM             |    |   |   |   |   |   | MA | MP |
| 100 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 200 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 400 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 800 Meter              |                | PW | B | M | Y | J | S | MA | MP |
| 1500 Meter             |                |    | B | M | Y | J | S | MA | MP |
| Hurdles                |                |    |   | M | Y | J | S |    |    |
| Long Jump              | MM             | PW | B | M | Y | J | S | MA | MP |
| High Jump              | MM             | PW | B | M | Y | J | S | MA | MP |
| Triple Jump            |                |    | B | M | Y | J | S | MA | MP |
| Ball Throw             | MM             | PW |   |   |   |   |   |    |    |
| Shot Put               |                | PW | B | M | Y | J | S | MA | MP |
| Discus                 |                |    | B | M | Y | J | S | MA | MP |
| Javelin                |                |    | B | M | Y | J | S | MA | MP |
| 4 x 100 Relay          | MM             | PW | B | M | Y | J | S | MA | MP |
| Family Relay (4 x 100) | MM             | PW | B | M | Y | J | S | MA | MP |



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## MALE ATHLETIC EVENTS

| Event                  | Age Categories |    |   |   |   |   |   |    |    |
|------------------------|----------------|----|---|---|---|---|---|----|----|
|                        | MM             | PW | B | M | Y | J | S | MA | MP |
| 50 Meter               | MM             |    |   |   |   |   |   | MA | MP |
| 100 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 200 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 400 Meter              | MM             | PW | B | M | Y | J | S | MA | MP |
| 800 Meter              |                | PW | B | M | Y | J | S | MA | MP |
| 1500 Meter             |                |    | B | M | Y | J | S | MA | MP |
| Hurdles                |                |    |   | M | Y | J | S |    |    |
| Long Jump              | MM             | PW | B | M | Y | J | S | MA | MP |
| High Jump              | MM             | PW | B | M | Y | J | S | MA | MP |
| Triple Jump            |                |    | B | M | Y | J | S | MA | MP |
| Ball Throw             | MM             | PW |   |   |   |   |   |    |    |
| Shot Put               |                | PW | B | M | Y | J | S | MA | MP |
| Discus                 |                |    | B | M | Y | J | S | MA | MP |
| Javelin                |                |    | B | M | Y | J | S | MA | MP |
| 4 x 100 Relay          | MM             | PW | B | M | Y | J | S | MA | MP |
| Family Relay (4 x 100) | MM             | PW | B | M | Y | J | S | MA | MP |