



THE UNIVERSITY OF ALBERTA TRACK AND FIELD TEAM  
IS INVITING ATHLETES TO THE 40<sup>th</sup> ANNUAL  
**GOLDEN BEAR OPEN TRACK AND FIELD MEET**

ON

Friday, Saturday, and Sunday, January 20<sup>th</sup>, 21<sup>st</sup>, and 22<sup>nd</sup>, 2012

AT

THE UNIVERSIADE PAVILION  
Sanctioned by Athletics Alberta

**LOCATION AND FACILITY:**

Universiade Pavilion, University of Alberta, 87 Avenue and 114 Street in Edmonton. Track: Seven lanes, 200-metre oval, 60-metre 12 lanes straight with 40 metre run-off. Mondo surface for all running and jumping events. Fully automatic timing by FinishLynx. A concrete shot put and weight throw circle and a movable wooden circle will be used. Change rooms available. Maximum spike length of 6mm for all events. **No pin style spikes will be allowed, only metal or ceramic pyramid or Christmas tree style spikes will be allowed.**

**WEBSITE:**

Please refer to <http://www.ellistrack.ca/GBO> for Hy-Tek Team Manager event file, schedules, performance lists, and results. All updates to these items leading up to January 19<sup>th</sup> will be on this site.

**ENTRIES AND FEES:**

The entries deadline is **Friday, January 13<sup>th</sup>, 2012 @ 12:00 p.m.** Scratch deadline is (and changes to seed times are allowed until) noon Wednesday, January 18<sup>th</sup>, 2012. All club entries **MUST** be submitted via Hy-Tek Team Manager. All unattached athlete entries NOT using Hy-Tek Team Manager will be charged an additional \$2 per entry. Please send entries electronically to:

[nikki@ellistrack.ca](mailto:nikki@ellistrack.ca)

To send entries by Hy-Tek Team Manager, download Hy-Tek Team Manager Lite at <http://www.hy-tek ltd.com/downloads.html>, then import the Hy-Tek Meet event file from: <http://www.ellistrack.ca/GBO>. Clubs will receive confirmation on receipt of their entries.

**EVENTS MARKED "VARSITY" ARE FOR UNIVERSITY ATHLETES ONLY.** "Requests for Invite" for club athletes to participate in a varsity event are to be sent to the Meet Director and **MUST BE APPROVED BEFORE ENTERING IN HY-TEK.** **ALL** invite requests will be subject to seed verification, comparison to recommended minimum seed performance (see below), and room in the event and schedule.

Recommended Minimum Verified Seed Performances for Varsity-only events:

	<u>Men's</u>	<u>Women's</u>
300m	36.50	42.00
600m	1:24.00	1:39.50
1000m	2:36.00	3:04.00

Athlete names for Relay entries must be submitted at the results table 30 minutes before the scheduled time of the race on the Relay Entry Form provided. (The Relay Entry Form is also available from the Athletics Alberta website at <http://www.athleticsalberta.com/v2/forms.htm>.)

**Please Note:** Entries for Pee Wee and Bantam field events will be numerous. If your intention is not to compete in all the events for the multiple event format, please (as per entry procedures) enter in all multiple events for that day and then **formally scratch from the events you do not intend to compete in.** This will help the meet organizers produce a more accurate schedule earlier in the week leading up to the meet.

The Meet Director reserves the right to limit entries for Pee Wee and Bantam field events due to facility and schedule time constraints. If field sizes are limited, entries will be based on "first come, first served" and whether the athlete is under-aged (i.e. born after 2002).

**Entry Fees:** \$5.00 per athlete registration fee, \$10.00 for each individual event, \$20.00 per relay team or combined events entered. Pee Wee and Bantam multiple event fees will be \$15.00 per day. Late entries MAY be accepted at the discretion of the Meet Director for a fee of \$25.00 per event.

**Please make cheque payable to: GOLDEN BEAR ATHLETICS.**

Any questions relating to the meet can be directed to:

**MEET DIRECTOR**

Rob Fisher, Assistant Head Coach  
University of Alberta Track and Field Program  
[rob.fisher@ualberta.ca](mailto:rob.fisher@ualberta.ca)  
Phone: 780-975-2847

**Entries Chairperson**

Nikki Ellis  
[nikki@ellistrack.ca](mailto:nikki@ellistrack.ca)

**ACCOMMODATION:**

Meet hotel for GBO:

**Coast Edmonton House**

10205 100 Avenue NW, Edmonton, AB T5J 1E2

**Booking Contact: David Bauer 780-423-7534 or 780-974-4234****Please call and quote Golden Bear Open Track and Field****AGE CATEGORIES:**

Pee Wee: born 2001 or later; Bantam: born 1999/2000; Midget: born 1997/1998; Youth: born 1995/1996;  
 Junior: born 1993/1994; Open: born 1993 or earlier; Masters: born January 20, 1977 or earlier.

**EVENTS OFFERED:**

Events	Open			Master		Junior++		Youth		Midget		Bantam		Pee Wee	
	Fri	Sat	Sun	Sat	Sun	Sat	Sun	Sat	Sun	Sat	Sun	Sat	Sun	Sat	Sun
60 m		X		X		X		X		X					
200 m			X		X				X		X				
300 m (Varsity)	V							X		X					
400 m		X		X											
600 m (Varsity)		V													
800 m			X		X				X		X				
1000 m (Varsity)	V														
1200 m										X					
1500 m		X		X		X		X							
2000 m											X				
3000 m	X				X		X		X						
60 m H	X			X*		X*		X*		X*					
4 x 200 m (Varsity)		V			X				X		X				
4 x 400 m (Varsity)	V														
4 x 800 m (Varsity)		V													
1500m Race Walk			X		X										
Long jump	X				X		X		X	X					
Triple jump		X													
High jump	X(M)	X(W)			X	X		X			X				
Pole vault		X													
Shot put		X			X		X		X	X(M)	X(W)				
Weight throw	X			S		S		S		S		S			
Pentathlon	X														
MULTIPLE EVENTS												X	X	X	X

**NOTES: Varsity Events (V) for University and invited athletes only Open Events: Junior age and up.**

\* - Timed finals. S – by special request only. ++ - Junior events combined with Open unless specified.

\*\*\*Minimum height for Pole Vault: 2.30 metres.

Midget events comply with new Athletics Canada long term athlete development plan event structure.

Starting Blocks *will not* be used for Pee Wee and Bantam events, and are optional for Midget events.**Order of EVENTS (Combined Events and Multiple Events):**

Events	Gender					
Pee Wee	M / W	Multiple Events	<b>Saturday</b> 60m, LJ, Med Ball Throw	<b>Sunday</b> SP, HJ, 600m	<b>All field events get 3 attempts total</b>	<b>1m take off area for LJ</b>
Bantam	M / W	Multiple Events	<b>Saturday</b> 60m, HJ, SP	<b>Sunday</b> 60 hurdles, LJ, 800m	<b>All field events get 3 attempts total</b>	
Open	F	60mH	HJ	SP	LJ	800m
Open	M	60mH	LJ	SP	HJ	1000m

## **EVENTS SPECIFICATIONS:**

<b>Events</b>	<b>Gender</b>	<b>Pee Wee</b>	<b>Bantam</b>	<b>Midget</b>	<b>Youth</b>	<b>Junior</b>	<b>Open</b>
Medicine Ball Throw	M / W	2 kg / 2 kg	-	-	-	-	-
Shot Put	M / W	2 kg / 2 kg	3 kg / 3 kg	4 kg / 3 kg	5 kg / 3 kg	6 kg / 4 kg	7.26 kg / 4 kg
Weight Throw	M / W	-	12 lbs / 12 lbs	16 lbs / 16 lbs	20 lbs / 16 lbs	25 lbs / 20 lbs	35 lbs / 20 lbs
Hurdles-height first/spacing	F	-	30" 12 m / 7.5m	30" 12 m / 8 m	30" 13 m / 8.5 m	33" 13 m / 8.5 m	33" 13 m / 8.5 m
Height first/spacing	M	-	30" 12 m / 7.5m	33" 13 m / 8.5 m	36" 13.72 / 9.14	39" 13.72 / 9.14	42" 13.72 / 9.14

Event specifications for Masters events will be as per the World Masters Athletics web site (i.e.: [http://www.world-masters-athletics.org/files/laws\\_rules/Appendix-A-K.pdf](http://www.world-masters-athletics.org/files/laws_rules/Appendix-A-K.pdf)).

## **AWARDS:**

Medals will be presented to the top three finishers in each event (at least 3 athletes must compete in the event).

Top three relay teams (all four athletes must be from the same team/club) will receive medals.

Pee Wee and Bantam multiple events will score points in each event with 15 points for an event win and one less point for each subsequent placing. All athletes 15<sup>th</sup> place or lower will each receive 1 point. Top 3 total point-getters for each day will receive medals.

## **SCRATCHES & REGISTRATION:**

Team packages will be available at the Pavilion registration desk on Friday, Jan. 20<sup>th</sup> from 4:00 p.m. through the duration of the meet. Scratches will take place at the registration desk on Friday from 4:00 to 6:00 p.m. and on Saturday/Sunday from 8:00 a.m. to noon.

## **MODIFIED RULES FOR PEE WEE AND BANTAM EVENTS:**

**Pee Wee Long Jump** – A 1m take-off area will be used and jumps will be measured from the point of take-off. Warm-up will be limited to 2 jumps each. For the competition, all jumpers will have only 3 attempts, and results will be calculated in the usual way.

**Bantam Long Jump** – Warm-up will be limited to 2 jumps each. For the competition, all jumpers will have only 3 attempts, and results will be calculated in the usual way.

**Pee Wee Medicine Ball Throw** – Will be a chest pass from a straight line rather than a circle. The ball is held against the chest and must be pushed forward with both hands. Both feet must remain on the floor at all times. One foot may be in front of the other; however no run-up or steps are permitted. The athlete must not pass the throw line. Measurement is to the point the ball first touches the floor. Athlete's chest must face forward at all times during the throw; trunk rotation techniques are not allowed. The results will be decided in the usual way after 3 attempts have been completed.

**Pee Wee High Jump** - Three successive failures will eliminate the jumper from further competition. The starting height will be 0.80m. The bar will be raised by increments of 10cm until a height of 1.00m and by increments of 5cm thereafter.

**Bantam High Jump** - Three successive failures will eliminate the jumper from further competition. The starting height will be 0.90m. The bar will be raised by increments of 10cm until a height of 1.10m and by increments of 5cm thereafter.

**Note:** An athlete who misses or scratches an event in the multiple-event format will not receive any points from that event, but will be allowed to continue with further events that day.

Further clarification of the Multiple Events rules as well as instruction on the modified field events will be given on-site.

## **GENERAL RULES AND PROCEDURES:**

All track events athletes must check in at the marshalling table at least 20 minutes before the scheduled start time for their event and then report to the start line at least 10 minutes before the start of their event. This includes multiple event athletes competing in the Pee Wee and Bantam track events.

All field events athletes must check in at the event site at least 20 minutes before the scheduled start time for their event.

All athletes must have proper competition attire including a competition number which is in good condition.

# 40<sup>th</sup> ANNUAL GOLDEN BEAR OPEN TRACK AND FIELD MEET

TENTATIVE SCHEDULE

FRIDAY, JANUARY 20<sup>th</sup>, 2012

TIME	TRACK EVENTS	HIGH JUMP	LONG JUMP	SHOT PUT / WEIGHT THROW
5:00 p.m.			Open Men	Open Men WT
5:30 p.m.	60m Hurdle Pentathlon Open W/M			
	60m Hurdle Heats – Open W/M	Pent Women	Pent Men	
	300m Timed Finals – Varsity W/M			Pent Men
	1000m Timed Finals – Varsity W/M	Pent Men		Pent Women
	3000m Final – Open W/M		Pent Women	
	60m H Finals – Open M/W	Open Men		Open Women WT
	800m / 1000m Pentathlon		Open Women	
9:00 p.m.	4x400m Relay – Varsity W/M			

SATURDAY, JANUARY 21<sup>st</sup>, 2012

TIME	TRACK EVENTS	LJ PIT #1	LJ PIT #2	HIGH JUMP	POLE VAULT	SHOT PUT
8:30 a.m.	60m Pee Wee, Bantam W/M					Ban/ Mid./Yth/ Masters WT
	60m H Timed Finals – Mid/Youth W			Bantam W/M		
	60m H Timed Finals – Master W/M	PW W/M	Midget Men			Pee Wee W/M Med Ball Throw
	60m H Timed Finals – Midget M					Bantam W/M
	60m H Timed Finals – Junior W					
	60m H Timed Finals – Youth M /Jr M				Open W	
	600m Timed Finals – Varsity W/M			Yth / Jr Women		
	400m T.F. – Open, Masters W/M	Open W TJ				Open Men
	300m Timed Finals – Mid, Youth W/M					
	60m Heats – Open M/W					
	60m Heats – Mid, Youth, Jr, Mas W/M			Open Women		
	60m Semis – Open M/W					Open Women
	1200m Timed Finals – Mid W/M		Midget W			
	1500m T.F. – Youth, Jr, Mas W/M	Open M TJ		Yth / Jr Men		
	1500m Timed Finals – Open W/M				Open M	Midget Men
	60m Final – Open W/M					
	60m Final – Mid, Youth, Jr, Mas W/M					
	4 x 200m Relay – Varsity W/M					
5:30 p.m.	4 x 800m Relay – Varsity W/M					

SUNDAY, JANUARY 22<sup>nd</sup>, 2012

TIME	TRACK EVENTS	PIT #1 LJ	PIT #2 LJ	HIGH JUMP	SHOT PUT
9:00 a.m.	60m Hurdles – Bantam W/M	Youth W		Mid / Mas M	PW W/M
	1500m Race Walk W/M Open/Masters		Bantam W/M		
	2000m Timed Finals – Midget W/M				
	3000m T.F. – Youth, Jr, Mas W/M	Jr / Mas W		Pee Wee W/M	Midget Women
	200m Heats – Mid, Yth, Open, Mas W/M				
	600m – Pee Wee W/M	Jr / Mas M			Yth / Jr / Mas Women
	800m – Bantam W/M				
	800m T.F. – Mid, Youth, Open, Mas W/M	Youth Men		Mid / Mas W	Yth / Jr / Mas Men
	200m Finals – Mid, Yth, Open, Mas W/M				
4:00 p.m.	4 x 200m Relay – Mid, Youth, Mas W/M				



# GOLDEN BEAR OPEN MEET RELAY ENTRY FORM

## RELAY EVENT:

4 x 200m

4 x 400m

4 x 800m

Club \_\_\_\_\_

Men

Women

AGE CATEGORY: \_\_\_\_\_

LEG	COMP #	NAME	Y O B
1.	.....	.....	.....
2.	.....	.....	.....
3.	.....	.....	.....
4.	.....	.....	.....

PLEASE SUBMIT ONE FORM PER RELAY TEAM TO THE  
RESULTS DESK 30 MINUTES BEFORE THE RACE.

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