



UNIVERSITY OF ALBERTA PAVILION

When you arrive, entry packages can be picked up at the West end on Track Level ("Registration Area")

DATES AND DEADLINES	
Category A	Monday, April 6 th , 2020
Category B	Tuesday, April 7 th , 2020
Entry Deadline	Sunday, March 29 th @ Midnight
The events will be begin at 5:00 P.M. each day. Finish time has historically been approximately 9:00 P.M. The registration desk will be open at 4:40 P.M. at Track Level.	

SCHOOL CATEGORY	
Category A	Average grade size in your school is greater than 45 students.
Category B	Average grade size in your school is 45 Students or less.
<p>Example: A school has students only up to Grade 4 with a total enrolment in these 4 grades of 184 students; the average grade size is then 184 divided by 4 which equals 46 students per grade, so they are a Category A school. If this school had Grades 1 to 6 with 184 students, the average grade size would be 30.7 students per grade, so they would be Category B school.</p>	

TECHNICAL NOTES

ALL TEAMS MUST MARSHALL AT THE DESK ON THE CONCOURSE LEVEL. THEY WILL THEN BE DIRECTED BY A MARSHALL TO THE TRACK TO WAIT FOR THE START OF THEIR RACE.

All team members must check in together four (4) races ahead of the one on the track. The last runner on each team will be given an identification tag. This runner must remain at the finish line after the race is over until the judge has removed the tag.

All races are TIMED FINALS. Placements are awarded by over-all time, not finishing position of each heat.

Athletes may compete in as many different relay events as they wish but MAY NOT run on more than one relay team in the same event. The relay events are listed on the entry form.

Athletes may move up in grade categories, however they must then compete in that category for all events (e.g.: if a Grade 4 student runs on a Grade 5/6 relay team, then he or she cannot run on a Grade 4/under team or compete in the Grade 4/under field events).

REGISTRATION

All entries will be accepted online no later than SUNDAY, MARCH 29TH @ MIDNIGHT.

Entry Fees	\$10 per athlete regardless of the number of events entered.
How to Enter	Entries will be completed online via TrackieReg. Entry links are available at www.leductrack.ca
Payment	Payment will be accepted through online registration portal (TrackieReg) via credit card. All fees must be paid at time of registration. Please note there is a processing fee for all payments.
Scratch Deadline and Refunds	Scratches, changes and refunds will be accepted via online registration portal (TrackieReg) up to the registration deadline of Sunday, March 29 th @ Midnight. We will not be offering refunds after the registration deadline.

RELAYS

All members of each relay team must be from the same school. Schools may enter up to Four (4) relay teams in each. Athletes may compete in as many different relay events as they wish but MAY NOT run on more than one relay team in the same event.

Mixed Shuttle	<ul style="list-style-type: none">• Each team must have four (4) girls and four (4) boys.• Girls line up at the finish line and the boys line up in the lanes at the beginning of the straightway.• All runners keep to the left.• Runners can start only after their team mate has crossed the line (touch hands only, NO baton will be used).• As each runner finishes, they are to sit down.
4x200m	Each runner runs one (1) full lap. The first runner must stay in their assigned lane for the entire lap. The second runner may cut into the inside lane when safe to do so.
Mixed Medley	200m – 100m – 100m – 400m. Teams will consist of two (2) girls and two (2) boys. The 100m legs will be run by one (1) girl and one (1) boy. Runners for the 200m and 400m legs are to be determined by the school.

FIELD EVENTS

All members of each relay team must be from the same school. Schools may enter up to Two (2) teams of three (3) athletes in each of long jump and over-hand ball throw.

Standing long jump stations will be set up at the west end of the pavilion and over-hand ball throw stations in the centre infield. The three (3) team members may compete at any station. Please ensure that the correct color coded score card is used. These will be in your registration envelope and extra cards will be available at a table immediately behind the judge's stand in centre infield. The field event stations will close at 7:30 p.m., so please ensure that your teams check in and complete these events as soon as possible after you arrive (stations will open as soon after 4:30 p.m. as possible).

Print the name of the school and the name of each team member on the card in your registration package. A team consists of THREE (3) athletes. The score is the combined total of each athlete's best performance. Each athlete will receive THREE (3) ATTEMPTS. No warm-ups are allowed. All three (3) team members must check in together and once the judge has taken their card, they may not leave the competition area. You may enter two (2) teams in each field event, but only the higher placing team will score and six (6) award ribbons will be available.

Standing Long Jump	Will be a standing long jump onto a mat with each team member having three (3) attempts (no warm ups). The team score will be the sum of the best performance be each team member.
Overhand Ball Throw	Competitors will toss a soccer ball (overhand from above the shoulders using both hands - same technique as a soccer throw-in) while <u>sitting on a bench</u> . The team score will be the sum of the best performance be each team member.
Only the higher scoring of the two (2) teams in each field event will be recorded but six (6) ribbons will be awarded.	

SCHEDULE

Track & Field Events will begin at 5:00 p.m. each day. The Field Events are on-going until 7:30 p.m., at which time the stations will close. Relays will start with the 4x200m Grade 5/6 Girls, followed by the Grade 4/under girls; 4x200 Grade 5/6 Boys, followed by Grade 4/under boys. At approximately 6:30 p.m., the mixed shuttle starts with Grade 4/under, followed by Grade 5/6. The mixed medley will be the last set, beginning with Grade 4/under, followed by Grade 5/6.

NOTE CHANGE IN ORDER. GRADE 4/UNDER WILL GO FIRST IN LATER RELAYS

AWARDS

Ribbons will be awarded to the first ten (10) teams in each relay.

Although a school may enter up to FOUR (4) teams in each relay event and TWO (2) teams in each field event, only the highest scoring team may score points toward the team championship.

POINTS AWARDED: 13 - 10 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1

RESULTS DISTRIBUTION: Will be posted at www.ellistiming.ca. **Results will not be mailed.**

The event results will be posted on the wall near the West stairs going down to the track. All ribbons can be picked up at the Awards Table at the end of the night.