

2013 LAST CHANCE MEET



SATURDAY, NOVEMBER 30, 2013
AT THE UNIVERSIADE PAVILION

IN PARTNERSHIP WITH
ATHLETICS ALBERTA



Location and Facility:

Universiade Pavilion, University of Alberta, 87 Avenue and 114th Street, Edmonton. Seven (7) Lane, 200 meter flat track. Sixty (60) meter, 12-lane 60m straight with 40 meter run-off. Mondo surface for all running and jumping events. Fully automatic timing using the Finish Lynx system. Cement shot put and weight throw circles located at the east side of the inner field. The west wall circle is a temporary wooden circle. Change rooms are available.

General Rules:

1. Start time is 9:00 a.m. on Saturday, November 30, 2013. End time is anticipated to be 5:00 p.m. One-day meet.
2. Spikes are to be no longer than **6** mm in length. Only smooth "Christmas tree" or pyramid type spikes will be allowed. Athletes will be required to remove any spikes that do not conform to this rule. **No pin, needle, or other elements will be permitted.**
3. Starting blocks will not be used for Pee Wee and Bantam events, and will be optional for Midget events.
4. Competition numbers must be worn on back for sprint events (60m to 300 m) and must be worn on front for all other track events. Athletes in long jump event must wear number on front; other field event athletes may wear numbers either on front or on back.
5. Athletes competing in heats who do not intend to compete in the final (even if they win their heat) must inform the Results Desk **before** the heats. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final.
6. All Track and Multiple Events athletes are requested to check-in at the **Marshalling Desk 20 minutes prior** to the scheduled event start time. When checking-in, please have your number on and your spikes available to verify spike length. **Note: Multiple Events athletes marshal at the beginning of each running event as would normally be expected of any Track athlete.**
7. All Track athletes are required to be in the **Marshalling area 10 minutes prior to the scheduled event start** time.
8. After marshalling, Track athletes will be required to remain in the Call Room/Warm-up area until a starter's assistant escorts them to the start line.
9. Field athletes will marshal at the event competition area and are requested to be at the **competition area 20 minutes before** the scheduled time of the event.
10. Athletes must compete in their own age class, unless the desired event is not offered in their age class, in which case they will be allowed to compete 'up' in an age group.
11. All Alberta athletes should have valid 2013 or 2014 Athletics Alberta registration prior to the meet or be prepared to produce proof of registration with their provincial athletic federation. All entries will be checked to ensure registration. Athletes not registered with Athletics Alberta or their provincial federation will be required to purchase 'Day of the Meet' registration.

12. Scratches or changes prior to competition will be processed at the Registration Desk on the concourse level.
13. Results will be posted on the concourse level near the Results Desk.
14. Medals will be awarded in all events where there is a minimum of 3 competitors in the age class. Ribbons will be awarded to competitors in events where there are fewer than 3 competitors in an age class. In addition, ribbons will be awarded to the top ten finishers in individual events within the multiple events.
15. Long jump "centre pit" is located on the south centre of the pavilion. Long jump "wall pit" is located along the south wall of the Pavilion.
16. Shot put "centre circle" is located on the east centre of the pavilion. Shot put "west circle" is located along the doors at the west end of the Pavilion (under the basketball nets).
17. **PLEASE NOTE:** There are serious safety concerns with coaches/spectators being present in non-designated in-field areas and on the track. We have set up clearly identified designated seating areas for coaches only (adjacent to the field competition venues) and we would ask that coaches confine themselves to those areas while an event is taking place. Spectators are not to be present on the in-field of the track or the south wall of the Pavilion. We ask for your co-operation on this matter for the safety of all.

Prentice Cup Team Championship 2013

A trophy will be presented to the EMOC member club* with the top performance at this year's Last Chance Meet. Results will be scored for all Pee Wee, Bantam, Midget, and Youth events. The club with the highest over-all score, based on a factor including club membership, will win the Cup.

Entry Fees / Entries:

NOTE: There will be a \$2/entry surcharge for clubs who submit entries in excess of ten who do not submit by Hy-Tek file.

Entry fees are \$15.00 for the first event, \$10.00 for each additional event, and \$25.00 per Multiple Event entered. Fees are to be made **payable to Edmonton Meet Organizing Committee**. Fees are due at the meet, to be presented at the Registration Desk on the concourse level of the Universiade Pavilion at the time the entry package is picked up.

Entries are to be sent by Hy-Tek to Valerie Kemp at emotrack@gmail.com. All entries must be received by **Friday, November 22, 2013**.

To send entries by Hy-Tek download Hy-Tek Track and Field Team Manager Lite at <http://www.hy-tek.com/downloads.html> and the Hy-Tek Event File from AA website at <http://www.athleticsalberta.com/node/1290>.

Entries not sent by Hy-Tek **may** be accepted with an additional surcharge. **For further information or other inquiries contact Valerie Kemp at emotrack@gmail.com.**

Entries received after Friday, November 22, 2013 will be considered late and if accepted, will be charged double.

Scratch Deadline: Scratches and changes will be accepted until noon (12:00 p.m.) on Tuesday, November 26, 2013. There will be no refunds of entries for scratches made after the scratch deadline.

Schedules will be posted on the Athletics Alberta Website sometime after 9:00 p.m. on **Thursday, November 28, 2013**.

Age Categories:

Pee Wee – born 2002 or later; *Bantam* – born 2000-2001; *Midget* – born 1998-1999; *Youth* – born 1996-1997; *Junior* – born 1994-1995; *Senior* – born 1978-1993; *Masters* – born November 30, 1978 or earlier.

Multiple Events Offered:

Pee Wee: 60m; 600m; Long Jump; Medicine Ball Throw

Bantam: 60m; 600m; High Jump; Shot Put

Multiple Events for Pee Wee and Bantam – Specification and Information:

Ribbons for 1st – 10th will be handed out for each event.

Scores will be kept - 1st place in each event gets 10 pts., 2nd 9 pts., 3rd 8 pts., etc. down to 10th and below who get 1 pt. Points from each event will be totalled and medals given to top 3 overall at the end of the day.

Athletes may miss or "scratch" an event and continue the competition.

Modified rules for field events:

Pee Wee Long Jump – A 1m take-off area will be used and jumps will be measured from the toe marking of where the athlete takes off. A fault will occur if the toe of the athlete is beyond the edge of the pit. Warm up is limited to 2 jumps each. For the competition, jumpers will have 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. The ball is held against the chest and must be pushed forward with both hands. One foot may be in front of the other, with one step permitted. The athlete must not step on/over 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.

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. Standard rules apply for final jumper.

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

Registration:

Registration packages will be available at the Registration Desk (Universiade Pavilion concourse level) beginning at 8:30 a.m. on Saturday, November 30, 2013. Schedules will be posted on the Athletics Alberta website www.athleticsalberta.com on **Thursday, November 28, 2013**.

Technical Specifications:

Sanctioned by Athletics Alberta.

The "Athletics Alberta Technical Specifications -- Indoors" for hurdles and throwing events can be accessed from <http://www.athleticsalberta.com/resources/forms-library> .

**THANK YOU FOR JOINING US FOR LAST CHANCE 2013.
HAVE A GREAT MEET!**

**LAST CHANCE 2013
TENTATIVE SCHEDULE
SATURDAY, NOVEMBER 30, 2013 – 9:00 a.m.**

TRACK EVENTS	FIELD EVENTS
60m – Pee Wee and Bantam	Shot Put (Centre Circle) Midget M Youth M Open W/Masters W Open M/Masters M Shot Put (West Wall) Midget and Youth W Bantam M, Bantam W
60m Heats – Midget/Youth/Masters/ Open	
300m TF – Midget	
400m TF -- Youth/ Open	
1200m – Midget	Med Ball Throw Pee Wee M, Pee Wee W
1500m -- Youth/ Open	
1500m Race Walk	Long Jump (Centre Pit) Midget M Youth W, Youth M Open W, Open M (Wall Pit) Pee Wee M Pee Wee W Midget W
Break	
60mH Timed Finals -- Midget/Youth/ Junior/Senior/Masters	
200m Heats – Midget/Youth/Masters/ Open	High Jump Bantam M, Bantam W Open W, Open M Midget/Youth W Midget/Youth M
60m Finals – Midget/Youth/Open	
600m – Pee Wee	
800m Timed Finals – Midget/Youth/Open	Pole Vault: Open W, Open M Minimum starting height is 1.60 metres. Competition will be split into flights based on starting height: below 3.0m for Open Women Flight 1, 3.0m or better for Flight 2; below 3.5m for Open Men Flight 1, 3.5m or better for Flight 2.
600m – Bantam	
200m Finals – Midget/Youth/Masters/ Open	

Note: "OPEN" means open to all age categories where there is no other event offered for your age category. "Senior" technical specifications will be used for the "Open" category.