

Trojans Invitational Indoor Track Meet

Technical Package

Date: Saturday February 4, 2012
Location: Talisman Centre, 2225 Macleod Trail, SE Calgary, AB
Hosted By: SAIT Trojans Cross Country Team

- Enter via the main doors of the Talisman Centre. Coaches will be emailed passes that they will need to print out to access the track.
- We have access to the track, change rooms and washrooms only. Please ask athletes to stay out of the other facilities at the Talisman Centre.
- Entrance to the Talisman Centre is available at 11:30am.

Talisman Centre Location

http://maps.google.ca/maps?rls=com.microsoft:en-ca&oe=UTF-8&startIndex=&startPage=1&rlz=&redir_esc=&um=1&ie=UTF-8&q=Talisman+centre+calgary&fb=1&gl=ca&hq=Talisman+centre&hnear=Calgary,+AB&cid=0,0,7495291311780734702&ei=drw7TbrOYP58AbEobnyCg&sa=X&oi=local_result&ct=image&resnum=2&ved=0CC8QnwIwAQ

Events and Preliminary Schedule

12:15 PM	Women 800m
12:20 PM	Men 800m
12:25 PM	Women 3000m
12:45 PM	Men 3000m
1:10 PM	Women 1500m
1:20 PM	Men 1500m
1:35 PM	Women 4 x 400m
1:45 PM	Men 4 x 400m

Timing may change depending on number of entries in each race as multiple heats may be required. Final schedule will be emailed to coaches on Friday February 3, 2012.

Entries

- Entries in by 5pm on Wednesday February 1 using the attached spreadsheet. Please include name, school name/club, race and seed time.
- Costs is \$8 per athlete (unlimited events)
- Open runners are allowed
- This is a non sanctioned meet with hand time only. Results will not count towards Athletics Alberta rankings.

Meet Procedures

- Starting position will be determined by random draw
- Timing will be by hand only with no photo finish.
- 3000m, 1500m, 800m will be a waterfall start.
- 4 x 400m relay 1st leg will run in lanes for the first two corners and then cut in. No blocks will be available.
- Athletes must check in at the start line and remain in the area 10 minutes prior to race.
- If more than one heat is required, races will have timed finals.
- Spikes must be 5mm or less. Talisman track is very hard, racing flats might be a better choice.
- Team competition will be calculated by 10 pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th and 1 for 8th. Maximum 2 scoring runners per team.