



2019 Indoor Competitions by University of Alberta

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

Expected Timelines : Week of competition

- | | |
|------------------|---|
| Tuesday @ 5:00PM | - Entry & scratch deadline via trackie only |
| Wednesday @ noon | - Final Schedule |
| Thursday @ noon | - Heat Sheets posted (Sunday sections seeded and posted Saturday) |
| Friday @ 2:30PM | - Access to track open |
| Friday @ 4:00PM | - Competition begins |

No athletes on track level before 2:30PM on Friday

Sanctioned by Athletics Alberta

Timing & results contracted through EllisTiming www.ellistiming.ca



Primary Purpose & Intent of Competition:

The primary objective of the Golden Bear Open (GBO) & Pandas Open (PO) is to provide a high-quality competition for USports athletes. All decisions about scheduling and seeding are made with that interest in mind.

Both the GBO & PO are open to the public to enter, and provide enhanced competitive opportunities for interested athletes. If entry lists become too large to maintain a desirable schedule for top USports athletes, then slower seeded club athletes will be moved to remaining sections not during peak USports time.

All varsity events are governed by Canada West Playing Regulations
All Bantam/Midget/Youth/Junior events are governed by IAAF rules

Dates, Registration Links and Seed Marks:

Golden Bear Open: www.Trackiereg.com/GBO_2019	January 18-20, 2019	47th Annual	
Pandas Open : www.Trackiereg.com/PBO_2019	February 8-10, 2019	4th Annual	

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USports Rankings (Jan 1 2017 – Tue week of event in 2019). Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at noon, with clear rationale provided in order to be considered.

Schedule notes:

Tentative schedules are posted at the above links

Major schedule differences between GBO & PO:

- At the GBO, whenever possible men compete before women. At Pandas Open women compete before men.
- GBO has Open/Varsity 1000m on Saturday, while Pandas Open has 1000m on Friday
- 300m is timed final at GBO, while Pandas Open is Heats/Finals in the Open/Varsity category

Event & Time Emphasis

Friday Night + Saturday Afternoon = Top USports & Top Senior Events
Saturday AM, PM + Sunday Sections = Remaining senior events and all other events offered

Preferred Lanes & order of events:

Timed finals run FAST to SLOW
Oval preferred = 6 /7/5/4/3/2/1

Entry Fees:

1st event - \$25; 2nd event - \$15; 3rd event - \$10 Relays - \$20
- Scratches / edit of entries made online www.trackie.com/online-registration
- Late entries will not be accepted

ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

300m / 4x200 Lane Draws:

Timed Final Structure / Golden Bear Open

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

Heats/Finals Structure / Pandas Open

Heats are arranged according to seedtime in Lane 6, 7, 5, 4, 3 (ie not random draw)

Finals are a two section final of 4 athletes seeded in lanes 6, 7, 5, 4 according to heats performance

Call Room / Check In / Numbers

- USports Track Events:
 - o By 1 hour prior to event: Athletes are required to check in & confirm their intention to compete 1 hour prior to the event;
 - o By 15min prior to event: Athletes are required to come back by 15 min prior to event to pick up their hip number;
- USports Field Events:
 - o Check in on site

Numbers worn on back for races that finish in set lanes. Numbers worn on front for races that do not finish in set lanes. Hip numbers on right hip

Results

www.ellistiming.ca

Age Class Offered:

	Bantam	Midget	Youth	Junior	Senior	Masters
GBO : Jan 19-21	Hurdles + 2 nd year in Midget	Yes	Yes	Yes	Yes	Yes / Select
PO : Feb 9-10	Hurdles + 2 nd year in Midget	Yes	Yes	Yes	Yes	Yes / Select

Event Offerings:

Bantam:

- Bantam hurdles will be offered at both GBO and Pandas Open
- 2nd year Bantams are permitted to enter Midget events at both GBO and Pandas Open

Masters

- Sprints Events: 60m/200m at both GBO and Pandas Open
- Endurance Events: 600m/3000m at both GBO and Pandas Open
- Hurdles: No Masters hurdles at GBO; Masters hurdles offered at Pandas Open. 30" minimum height of hurdles.
- Vertical Jumps: No Masters vertical jumps at either GBO or Pandas Open
- Horizontal Jumps: Masters LJ/TJ at Pandas Open only (not at GBO)

- Throws: Masters Throws at both GBO and Pandas Open

2019 Indoor	Masters	Open/Varsity	Junior (U20)	Youth (U18)	Midget	Bantam
Sprints / Hurdles						
60m Hurdles	Feb/PO 30-42" only	??	??	??	??	??
60m	??	??	??	??	??	see above note
200m	??	??	??	??	??	
300m		??	??	??	??	
Relays						
4x200m		??	??	??	??	
4x400m		??				
4x800m		??				
Mid D / Long D						
600m	??	??	??	??	??	See above note
1000m		??	??	??	??	
1200m					??	
1500m		??	??	??		
2000m					??	
3000m	??	??	??	??		
Jumps						
Long Jump	Feb/PO only	??	??	??	??	See above note
Triple Jump	Feb/PO only	??	??	??	??	
Pole Vault		??	??	??	??	
High Jump		??	??	??	??	
Throws / Multi Events						
Weight Throw	??	??	??	??	??	See above note
Shot Put	??	??	??	??	??	
Pent - W / Hep - M		??				
Para						
Seated SP		??				
200m Wheel Chair		??				
AMB 200m		??				

Accommodations

The Westin Edmonton 10135 100st NW Edmonton, AB Y5J 0N7 780-493-8908

Contact Info / Role

Meet Director

Wes Moerman (head coach)
wes.moerman@ualberta.ca
 780.492.5097

Competition Director
 (schedule, entries, seeding)
 Rob Fisher (asst coach)
huma004@shaw.ca
 780.975.2847

Timing/Results
 (results & live results)
 Vernon Schmid
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