**ACAC INDOOR TRACK
TECHNICAL PACKAGE
Saturday January 26, 2019**

Meet Host:

Sanction By:

Hosting Committee			
Greg Curran	Meet Organizer	currang3@macewan.ca	780-497-5292
Drew Carver	Technical	carverj4@macewan.ca	
Ruth Thongdee	Eligibility & Finances	thongdeer@macewan.ca	
Jaelyn Birch	Staging & Public Address	birchj6@macewan.ca	
Jefferson Hagen	Sports Information	hagenj23@macewan.ca	
Jennifer Dunn	Athletic Therapy	dunnj27@macewan.ca	
Vernon R.J. Schmid	Timing & Competition Secretary	vernon@ellistiming.ca	

Host Hotel

Hotel:	Sutton Place Hotel Edmonton
	10235 101 Street NW, Edmonton, AB T5J 3E9
	780-428-7111
Parking	Paid by user
Distance from competition site:	10 minutes
Details:	www.suttonplace.com/Edmonton
Directions to the Kinsmen	https://goo.gl/maps/h7cXoH5tU1E2

Competition Site

Kinsmen Field House
9100 Walterdale Hill NW, Edmonton, AB T6E 2V3
https://goo.gl/maps/dx9A1KadmHN2

Facilities Amenities

Parking	Free
Dressing rooms	General change rooms available
Track Dimensions	6 lanes & 200 metres

Track Etiquette
The Centre of the Track is for participating team and open competitors use only.
Chairs will be available for spectators and they must be seated on the perimeter of the track.
Boots and outdoor shoes must be removed before entering the track area.
Kinsmen Centre and MacEwan University request we all do our part in keeping the facility clean by utilizing the boot wash at the entrance to the facility.

Spikes
Standard spikes only of *5mm OR SHORTER* can be used understanding that the rubber floor is about 1/2" thick.

Food Policy
No food is permitted on the track.
The Kinsmen Centre cafeteria is available for nutrition breaks.

Tentative Events Schedule	All event are timed finals

Time	Event
	Set Up
	Warm Up
8:30 a.m.	Technical Meeting
9:00 a.m.	Women's 3000m
	Men's 3000m
	Women's 300m
	Men's 300m
	Women's 1000m
	Men's 1000m
11:15 a.m.	**Break**
12:00 p.m.	Women's 600m
	Men's 600m
	Women's 1500m
	Men's 1500m
1:30 p.m.	Women's 4 x 400m
	Men 4 x 400m
3:00 p.m.	Women's 60m (EXHIBITION)
	Men's 60m (EXHIBITION)
.	Take-Down - All participants and support staff depart from the facility at the conclusion of the meet after final clean up/take down.

Event Timing

This is an Athletics Alberta sanctioned meet.
Photo timing will be provided by Ellis Timing Canada.
Results will count towards Athletics Alberta rankings.
Results will be available on **"Trackie"**, the ACAC website following the race, and posted in the facility on race day.
Performance lists will be posted Thursday evening.

Entry Deadline
All FINAL entries must be submitted using "Trackie" by 5 p.m. Thursday January 17, 2019.

Media
All photographer and media members (institution or otherwise) must contact MacEwan University Sports Information. This event will have event photography and by registering for the event, participants are in agreement to permit Ellis Timing Canada, MacEwan University, and the ACAC to use their photograph and name in event reporting and publicity.

Registration - Open Runners

Open runners are to use **"Trackie"** to register for this event -- please see **http://www.trackiereg.com/2019-ACAC-Edmonton .**

Note: Open entries from younger athletes will be accepted so long as the verified/proven seed performance is better than the minimum indicated. Non-ACAC teams are to register in the open category

IAAF conversion tables will be used -- http://www.iaaf.org/about-iaaf/documents/technical .

Open Runner Minimum Seed Performance Times

Gender	Race	Seed Time Performance	Gender	Race	Seed Time Performance
Women	1000 m.	3:18	Men	1000 m.	2:50
Women	1500 m.	5:10	Men	1500 m.	4:38
Women	3000 m.	11:15	Men	3000 m.	9:45
Women	4 x 400 relay	4:30	Men.	4 x 400 relay	3:48

Open Runner Entry Fees

Entry fees for the meet
$20 for the first event; $15 for each additional event.
$30 per relay team.

Payment
Cheques are to be made to MacEwan University, other payment methods are available: credit card, debit, or cash.

All FINAL entries must be submitted using "Trackie" by 5 p.m. Thursday January 17, 2019

Registration - ACAC teams	**$100 per team (men's and women's teams)**

To be invoiced by MacEwan University following the meet.

ACAC Runners
All competitors must be on their institution's eligibility certificates as submitted to the ACAC Office. All ACAC runners will be registered in the team category and not as open runners.
Minimum seed times do not apply to ACAC team entries.
http://www.trackiereg.com/2019-ACAC-Edmonton

Entries will be submitted using Team Manager or directly on the "Trackie" website.
ACAC Institutions will be consider as team entries only and invoiced by MacEwan University at the end of the Championships.
IAAF conversion tables will be used. http://www.iaaf.org/about-iaaf/documents/technical

All FINAL entries must be submitted using "Trackie" by 5 p.m. Thursday January 17, 2019

Competition:

The meet will use IAAF rules with the exception of rule notifications indicated below.

3000m, 1500m, 1000m, 600m, 300m will be timed finals.
3000m, 1500m, 1000m will be a waterfall start and starting position will be random.
600m will be staggered start with running in lanes for first two corners and then cut in.
All 6 lanes will be used for the 600m for the start.

4 x 400 relay will be offered if time permits.
Lane start for 4 x 400 relay (*time permitting)

Maximum number of starters in a heat:
3000m 12
1500m 12
1000m 10
600m 12, 2 runners will be put in each lane for the start in following manner
Note: Subject to entry numbers and available time during the meet
Preferred Lane assignments
1   L-2 inside position
2   L-3 inside position
3   L-4 inside position
4   L-1 inside position
5   L-1 outside position
6   L-4 outside position
7   L-3 outside position
8   L-2 outside position

300 m Technical
300m, 1 runner will be put in each lane for the start in following manner

Preferred Lane assignments
Lane 4/5   Random assigned to 2 fastest times
Lane 2/3/6   Random assigned to next 3 fastest times
Lane 1   Assigned to slowest time

300m will run in the lanes for the entire race.
300m time finals will be organized from slowest to fastest seed time.
300m will use all 6 lanes for timed finals.

Starting blocks are optional and will be available.
Athletes must check in at the start line and remain in the area 10 minutes prior to race.
Athletes should use 4 point start but may use a 3 point start or 2 point start.

Coaches' Technical Meeting:

Meet technical issues will be discussed by email with the convenor. These issues will be resolved in a short 10 minute meeting held on site before the start of the races by the convenor, SMT, and coaches rep.

Date: Saturday January 26, 2019
Site: Kinsmen Track
Time: 8:30 a.m.

Team Scoring

The first two runners per school per race score in the team competition. Colleges/Universities can enter more than 2 runners but only the top two will count towards team scoring. Other runners from the same College/University team will not displace runners from other college/University teams. Colleges/Universities teams do not need to declare their scoring two; their top two placing will simply count as their scoring runners. There is no limit to the number of events in which an individual may compete. Only one relay team per school will count towards team scores. Colleges/Universities may enter more than one relay team. A college's/University's second relay team will not displace other teams with respect to scoring. There is no need to declare which relay team will be the scoring team; the top team will simply be the counting team. If institutions have more than one relay team the second or third relays teams must compete in the slower heat.

Points shall be awarded as follows for all individual and relay events: 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. Open runners will not displace ACAC runners.

Points will be added up for each school to determine the team standings.
Team tie-breaker shall be decided by the following:
> Total team medals including relay
> Most individual gold medals including relays
> Most individual silver medals including relays
> Most individual bronze medals including relays
> Most 4th place finishes including relays
> And so on

ACAC Student Athlete Seed Times

If an ACAC student athlete does not have a seed time for that distance then approved conversion tables will be used to determine an equivalent time from a comparable distance. Entries must include the time from the distance raced plus the time for the new distance from the conversion tables.

Athletes who have competed in an equivalent race during the year must use the time achieved from that season and not an equivalent from a different race. If a runner has not competed in the 300m, 600m, 800m, 1000m, 1500m, 3000m their coach should provide an estimate of their athlete's performance over that distance.

Therapy / Medical Services

Athletic Therapist: On-site there will be one Certified Athletic Therapist and 2-3 student therapists present from 30 minutes prior to the first race until 30 minutes after the last race to assist with injury care and taping. Teams and open runners entries are encouraged to travel with a condensed medical form.

If your team or open runner entries have any request or require clarification of services, please be sure to contact Jennifer Dunn via email.

Condensed medical forms should contain the following information so we can appropriately serve you in the event of emergency: Athlete's first and last name, Provincial health care number, Emergency contact name and number, Allergies, Medications, Medical conditions, Previous injuries, and Special requirements.

If athletes have any medical conditions, allergies, or special requirements, these should be emailed prior to the event so our medical staff can prepare accordingly. Otherwise the teams/athletes can travel with the condensed medical and have it readily available should this information be required.