



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 @5:00PM | - 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

Preferred Lanes, order of events and advancements:

Preferred lanes: Oval preferred = 6 /7/5/4/3/2/1

Order of events: Timed finals run FAST to SLOW

Alternates in finals:

For events having heats and finals, alternates in the finals will be listed. Meaning, if 8 athletes advance to the final, places 9-11 will be listed as alternates. Alternates will be permitted to race in the final should scratches occur in time.

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

2019 Indoor	Masters	Open/Varsity	Junior (U20)	Youth (U18)	Midget	Bantam
Sprints / Hurdles						
60m Hurdles	✓	✓	✓	✓	✓	✓
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	✓	✓	✓	✓	✓	See above note
Triple Jump	✓	✓	✓	✓	✓	
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
vernon@ellistiming.ca