



Alberta Indoor Games

Combined Events and Relay Provincial Championships

Hosted and Sanctioned by Athletics Alberta February 16 & 17, 2019

LOCATION & FACILITY

<u>Location:</u>	Universiade Pavillion University of Alberta, North Campus 87th Ave and 114th Street, Edmonton Alberta
<u>Facility Specs:</u>	7 lane Mondo track (No pin spikes allowed, 7mm maximum length) Mondo runways for all jumps A cement circle for weigh throw, both cement and wooden for shot put
<u>Photo Timing System:</u>	Finish Lynx

Meet Management

If you have any questions or inquiries about the meet, please email competitions@athleticsalberta.com and the appropriate member of the LOC will be happy to help.

Meet Hotels

Athletics Alberta partner hotels are available all year long, and for friends and family of AA members. All partner hotel rooms include - standard double room includes wifi, breakfast, & parking.

Radisson Edmonton South

Booking link: **Early Bird Rate** (ends January 18th): **\$124.00 per room, Regular Rate \$134.00**

<http://www.radisson.com/reservation/itineraryEntrance.do?hotelCode=ABEDMSOU&corporateAccountID=156312&starDate=today&startDateOffsetDays=1&numberNights=0>

Additional Hotels available via AA Room Roster web portal: <https://app.roomroster.com/events/7269/hotels>

Athlete Services

- ❑ **Massage, Chrio, & Athletic Therapy(15 minute time slots during the meet)**
- will be available at the competition venue track level **west** of the Call Room Tables against the bleachers wall (**Call Room area**)
- ❑ Massage therapy is also **available for longer bookings** but will be paid by the user before or after the competition via your chosen therapist.
- ❑ All therapists on site are bondable, and professionally certified.
Athlete Therapy service partner **ATHX Performance is located at 18019 111 Ave NW, Edmonton.**



Registration Package

Registration packages will be available at the Technical Information Centre on the main concourse starting 60 minutes before the first scheduled event of the day.

Entry Deadline and Process

- ▶ **ENTRY & SCRATCH DEADLINE ARE DUE NO LATER THAN 11:59AM, Saturday, February 9th.**
- ▶ **NO ENTRIES ACCEPTED AFTER February 9th.**
- ▶ **SCRATCHES will not be REFUNDED.**
- ▶ Meet schedule will be available on – Trackie, and Athletics Alberta website.
- ▶ All entries must be through Trackie. Online TAGS/ Search for ‘Alberta Indoor Games 2019 or AIG 2019’.
- ▶ Team Manager file will be available for uploading into Trackie Reg.

ENTRY FEES (Frozen pricing for 2 years – 2019 & 2020)

Athlete Registration	1st Event:	\$40.00
Individual Events	Each additional Event:	\$20.00
Combined Events (Hept./Pent)	Entry Fee:	\$40.00
Multi Event (TY, PW, BN)	Entry Fee:	\$40.00 (per day of competition)
Relays	Entry Fee:	\$40.00 per team

Eligibility

- ▶ All Coaches and athletes entering must be registered members of Athletics Alberta, no exceptions.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association.

Age categories offered:

U10 – born 2010 or later, **U12** – born 2008-2009, **U14** – born 2006-2007, **U16** – born 2004- 2005, **U18** – born 2002-2003, **U20** – born 2000-2001, **Open** – born 1999-1980, **Masters** – Born February 16, 1984 or earlier.

Age Categories terminology shift:

U10 was previously labeled Tyke, U12 was previously labeled **Pee Wee**, U14 was previously labeled **Bantam**, U16 was previously labeled **Midget**, and U18 was previously labeled **Youth**.

Awards:

- ▶ Meet Medals will be available for 1st, 2nd, & 3rd place in non-championship individual events
- ▶ Provincial Medals will be awarded for 1st, 2nd, & 3rd place Championship events
- ▶ U10, U12, U14 will be awarded meet medals for 1st, 2nd, & 3rd place in individual non-championship events.
- ▶ U10, U12, U14 achieving 4th, 5th, 6th, 7th, 8th, 9th, & 10th place in individual non-championship events will be awards ribbons.
- ▶ Over all U10, U12, U14 Combined Event 1st, 2nd, & 3rd place will receive meet medals, no ribbons will be given out for combined points 4th, 5th, 6th, 7th, 8th, 9th, or 10th.



2019 Alberta Indoor Games– Events Offered

Legend:

C = Championship Events,
X= Non-Championship Events.

****PLEASE NOTE:** “Open” can consist of Senior and U20 athletes unless **otherwise stated below**. The exception being the relay and Combined Events as they are Championship events.

Event	Masters	Open	U20	U18	U16	U14	U12	U10
50m								
60m	X	X	X	X	X			
150m								
200m	X							
300m	X	X	X	X	X			
400m	X							
600m	X	X	X	X	X			
800m								
1000m	X	X	X	X	X			
1200m					X			
1500m	X	X	X	X				
2000m					X			
3000m	X	X		X				
60mH	X	X	X	X	X			
4x100m Relay						C	C	C
4x200m Relay	C	C	C	C	C			
4x400m Relay	C	C	C	C	C			
Medley Relay	C	C	C	C	C	C	C	C
1.5K Race Walk	X	X	X	X				
3.0k Race Walk	X	X	X	X				
Long Jump	X	X	X	X	X			
Standing L-Jump								
Triple Jump	X	X	X	X	X			
High Jump	X	X	X	X	X			
Pole Vault	X	X	X	X	X			
Seated Throws	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X			
Med Ball Throw								X
Weight Throw	X	X	X	X	X			
Multi Event						X	X	X
Pentathlon	C	C (Women)	C (Women)	C	C			
Heptathlon		C (Men)	C (Men)					

- ▶ For U10, the medley relay will consist of **100-50-50-200**. For U12 and U14 the medley relay will consist of **200-100-100-400**. For all other age groups, the medley relay will consist of **400-200-200-800**.
- ▶ If entry is deemed insufficient, or time does not allow, non-championship events will be cancelled. **Field event age classes may be combined** if entry numbers are low.
- ▶ Lanes used: 2-7 can be scheduled for the heats, finals can be lanes 4-7 or 3-7 depending on required number of advancers, and age group.
- ▶ U10, U12, U14 – Multi-Event lineup is available on the last page.
- ▶ **Wheelchair and Para Track Events** available in 60m, 200m, 300m, SP, & and upon request.

First Aid

- ▶ First Aid will be available on site at the competition venue at track level **west** of the Call Room Tables against the bleachers not pulled out (**Call Room/Warm-up area**).

General Rules

- ▶ Marshalling procedures are in effect. Marshalling takes place at track level **indicated by signage 'Call Room or Warm-up area'**. Athletes who do not present themselves in the Marshalling Area as required will not be eligible to compete in their designated race.
- ▶ All **track event athletes** (including combined event track events) are required to check in at the Check-In Desk at least **15 minutes prior to the scheduled event start time**. Athletes will be required to **remain there until a starter's assistant or volunteer leads them to their start line**.
- ▶ **Field event athletes** will marshal at the event competition area, and are requested to be at the competition area **30 minutes before the scheduled start time of the event**.
- ▶ Starting blocks are mandatory for all athletes **U16** and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10, U12, nor U14 events. **** Athletes with a medical condition** may apply to not use starting blocks. 2 weeks prior to competition, please email the Meet Director & AA Technical Manager ******
- ▶ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with an Athlete number), Officials and volunteers are permitted at track level.**

Accreditation Rules and Restrictions

Coaches Accreditation will be automatically given to those who meet all the criteria of below:

Criteria:

- ▶ You are a registered coach of Athletics Alberta,
- ▶ You have NCCP training (must have a completed MED Online Evaluation),
- ▶ Your NCCP number is active, and you have been self reporting.

*Those who do not meet the above requirements will not be granted coaching access at the Indoor Provincials (ie you are up on the concourse). Cut off date for the **above passes will be February 8th (10 days before the first indoor provincials)**. The passes are granted **SEPERATLY** for both indoor provincial meets.*

Rules and Restrictions

- ▶ **Spectators are not allowed** on competition level. This **includes non-accredited Coaches**.
- ▶ There are designated seating areas for coaches and volunteers only, adjacent to the field of competition venues -- we require that coaches confine themselves to those areas while an event is taking place.
- ▶ If a non-accredited person is caught at track level they will be asked to leave the competition level. If they do not, the athlete they are associated to will be disqualified from the competition, their performances will be erased, and no refund issued. Repeated offenses will be reported to the AA Personnel Committee with the recommendation of competition suspension.

Modified Rules for U10, U12 & U14 Throws

- ▶ Each competitor will receive 3 attempts for all throwing events

Athletics Alberta Indoor Hurdles Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	U12	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	U14	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	U16	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	U18	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	U20	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Open	60m	5	1.07m/42"	13.72m	9.14m
World Masters Athletics (please check website)					Masters	World Masters Athletics (please check website)				

*PeeWee hurdle heights can range from .45m/18"-.60m/24".

**Bantam hurdle heights can range from .60m/24"-76m/30".

Athletics Alberta Indoor Throws Specifications

Females		Age Group	Males	
Shot Put	Weight Throw		Shot Put	Weight Throw
2kg		U10	2kg	
2kg		U12	2kg	
3kg		U14	3kg	
3kg	7.26kg/16lbs	U16	4kg	7.26kg/16lbs
3kg	7.26kg/16lbs	U18	5kg	9.08kg/20lbs
4kg	9.08kg/20lbs	U20	6kg	11.34kg/25lbs
4kg	9.08kg/20lbs	Open	7.26kg	15.88kg/35lbs
World Masters Athletics (please check website)		Masters	World Masters Athletics (please check website)	

Athletics Alberta Indoor Combined Events Specifications

Females – Order Specific	Age Group	Males – Order Specific
60m – High Jump – Shot Put – Long Jump – 800m	U16	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	U18	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	U20	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Open	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Masters	60mH – Long Jump – Shot Put – High Jump – 1000m

Girls	U10			U12			U14		
Day 1	60m	SLJ	400m	60m	SP	600m	60m	SP	600m
Day 2	50m	MB	400m	50m	SLJ	800m	50m	LJ	800m
Boys	U10			U12			U14		
Day 1	60m	MB	400m	60m	SLJ	600m	60m	LJ	600m
Day 2	50m	SLJ	400m	50m	SP	800m	50m	SP	800m