



Alberta Indoor Track & Field Championships

Age Class Provincial Championships

Hosted and Sanctioned by Athletics Alberta

March 9th & 10th, 2019

Location & Facility

Location:	Universiade Pavillion University of Alberta, North Campus 87 th Ave and 114 th Street, Edmonton Alberta
Facility Specs:	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
Photo Timing System:	Finish Lynx

Meet Enquiries

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: \$124.00 per room, Regular Rate \$134.00**

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

Additional Hotels available via AA Room Roster web portal:

<https://app.roomroster.com/events/7269/hotels>

Registration Package

Registration packages will be available at the Butterdome, Friday Evening until 8:30pm, and at the Technical Information Centre on the main concourse starting 60 minutes before the first scheduled event of the day.



Entry Deadline and Process

- ▶ Entries and scratches must be received by **Saturday, March 2nd at 12:00pm (NOON)**.
- ▶ Entries will not be accepted after **March 2nd**.
- ▶ Scratches are not eligible for a refund.
- ▶ All entries must be done through Trackie Reg. www.trackiereg.com.
- ▶ Team Manager file will be available for uploading into Trackie Reg.
- ▶ Meet Entry Chairperson and Competition Secretary: **Vernon Schmid**: vernon@ellistiming.ca
- ▶ All seeds for championship events must be verifiable in the Athletics Alberta rankings and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes / teams without verifiable performances. **Window for seed performance is January 1st 2018 to March 2nd, 2019.**

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

Athlete Registration	1 st Event:	\$40.00
Individual Events	Each Additional Event:	\$20.00
Multi Events (TY, PW, BN)	Entry Fee:	\$40.00

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 U10, U12 was previously labeled **U12**, U14 was previously labeled **Bantam**, U16 was previously labeled **U16**, and U18 was previously labeled **U18**.

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 not be** awarded medals for individual events.
- ▶ U10, U12, U14 **will not be** awarded ribbons for individual events.
- ▶ **Overall U10, U12, U14 Combined Event** 1st, 2nd, & 3rd place medalists will receive Provincial Championship medals, and ribbons for 4th, 5th, 6th, 7th, 8th, 9th, or 10th placed combined points.



2019 Alberta Indoor Track & Field Championships– Events Offered

Legend:

X = Championship Event;

CMA = Available via CMA Nationals

Event	Masters	OPEN	Under-20	Under-18	U16	Bantam	U12	U10s
60m	CMA	X	X	X	X			
200m	CMA							
300m		X	X	X	X			
400m	CMA							
600m		X	X	X	X			
800m	CMA							
1000m		X	X	X				
1200m					X			
1500m	CMA	X	X	X				
2000m	CMA				X			
3000m	CMA	X	X	X				
60mH	CMA	X	X	X	X			
4x200m Relay	CMA							
4x400m Relay	CMA							
4x800m Relay	CMA							
1.5K Race Walk	CMA				X			
3K Race Walk	CMA	X	X	X				
Long Jump	CMA	X	X	X	X			
Triple Jump	CMA	X	X	X	X			
High Jump	CMA	X	X	X	X			
Pole Vault	CMA	X	X	X	X			
Shot Put	CMA	X	X	X	X			
Weight Throw	CMA	X	X	X	X			
Multi Event	CMA					X	X	X

- ❑ 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.
- ❑ Field event age classes will be combined if entry numbers are low. Medals will still be awarded separately.
- ❑ If entry is deemed insufficient, or time does not allow, non-championship events will be cancelled.
- ❑ **300m:** Lanes 2-7 can be scheduled for the heats, all finals will be A/B or A/B/C format and will only use lanes 4-7 or 3-7 depending on required number of advancers, and age group.
- ❑ Provincial Championships for Relays, and Combined Events were held earlier this indoor season except for the U10, U12, U14 age groups.
- ❑ Wheelchair and Para Track Events available in 60m, 200m, 300m, SP, & and upon request.



General Rules

- ▶ Marshalling procedures are in effect. Marshalling takes place at track level, against the bleachers not pulled out (**Call Room/Warm-up area**). Athletes who do not present themselves in the Marshalling Area as required will not be eligible to compete in that race.
- ▶ **All track event athletes** are required to check in at the **Check-In Desk at least 15 minutes prior** to the scheduled event start time. When checking in, please have your number on and your spikes available to verify spike length. Athletes will be required to remain there until a starters assistant 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 prior** the scheduled start time of the event.
- ▶ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with an Athlete number), Officials and volunteers are permitted at track level.**
- ▶ Athletes competing in heats who **do not intend to compete in the final** must inform the **Results Desk before the heats**. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final. Otherwise, IAAF Rule 142.4 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).
- ▶ For individual events and combined events, athletes must compete in their own age class at Provincial Championships.
- ▶ **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 **

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**).

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.**





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).

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

Modified Rules for U10 & U12 Standing Long Jump

- ▶ For the competition, all jumpers will have 3 attempts.



Technical Specifications

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	U10	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	U12	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	U14	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	U16	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 website (click here)					Masters	World Masters Athletics website (click here)				

*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 website (click here)		Masters	World Masters Athletics website (click here)	

Athletics Alberta Indoor Tyke, Pee Wee, & Bantam Combined Events March 2019 Specifications

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