



Last Chance Indoor Track and Field Meet

Hosted and Sanctioned by Athletics Alberta November 16th, 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 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 Hotel

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

Radisson Edmonton South

Booking link: <https://www.radissonhotels.com/en-us/booking/room-display?checkInDate=2019-08-09&checkOutDate=2019-08-09&adults%5B%5D=1&children%5B%5D=0&hotelCode=ABEDMSOU&searchType=corporateAccount&promotionCode=156312>

(If you experience any problems while booking please call **Estelle at 780-437-6010**)



Registration Package

Friday Evening(after 7:00pm) – Pick-up location will be at the Butterdome on the main concourse. Club/Team packages will only be handed to the Head Coach or Team Administrator. Unattached athletes/ participants can pick up as well.

Saturday Morning – 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 DEADLINE – NO LATER THAN 11:59 PM, SATURDAY, November 9th.**
- ▶ **SCRATCH DEADLINE - NO LATER THAN 1:00 PM, Tuesday, November 12th.**
- ▶ **NO ENTRIES ACCEPTED AFTER November 9th.**
- ▶ **SCRATCHES will not be REFUNDED.**
- ▶ Meet schedule will be available on – Trackie.
- ▶ All entries must be through Trackie. Online TAGS/ Search for 'Last Chance 2019'.
- ▶ NO Team Manager file will be available for uploading into Trackie Reg.

ENTRY FEES

| | | |
|------------------------------|------------------------|----------------------------------|
| Athlete Registration | 1st Event: | \$35.00 |
| Individual Events | Each additional Event: | \$25.00 |
| Combined Events (Hept./Pent) | Entry Fee: | \$35.00 |
| Multi Event (U10, U12, U14) | Entry Fee: | \$35.00 (per day of competition) |
| Relays | Entry Fee: | \$30.00 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 2009-2008, **U14** – born 2007-2006, **U16** – born 2005- 2004, **U18** – born 2003-2002, **U20** – born 2001-2000, **Open** – born 1999 or earlier, **Masters** – 1984 or earlier.



2019 Alberta Last Chance – Events Offered

Legend:

****PLEASE NOTE:** “Open” – Masters, Open and U20 athletes may be unless otherwise stated combined during the competition but separated in their overall results. Please keep an eye on future documents as exceptions may happen without notice.

| Event | Masters | OPEN | U20 | U18 | U16 | U14 | U12 | U10 |
|-----------------|---------|------|-----|-----|-----|-----|-----|-----|
| 50m | | | | | | | | |
| 60m | X | X | X | X | X | | | |
| 150m | | | | | | | | |
| 200m | X | X | X | X | X | | | |
| 200m AMB & SO | X | X | X | X | X | | | |
| 200m Para | X | X | X | X | X | | | |
| 300m | | X | X | X | X | | | |
| 400m | | | | | | | | |
| 600m | X | X | X | X | X | | | |
| 1000m | X | X | X | X | X | | | |
| 1200m | | | | | X | | | |
| 1500m | X | X | X | X | | | | |
| 2000m | | | | | | | | |
| 3000m | X | X | | | | | | |
| 60mH | X | X | X | X | X | | | |
| 4x200m Relay | X | X | X | X | X | | | |
| 4x800m Relay | | | | X | | | | |
| 1.5K Race Walk | X | X | X | X | | | | |
| Long Jump | X | X | X | X | X | | | |
| Standing L-Jump | | | | | | | | |
| Triple Jump | X | X | X | X | | | | |
| High Jump | X | X | X | X | | | | |
| Pole Vault | X | X | X | X | X | | | |
| Med Ball Throw | | | | | | | | |
| Shot Put Para | X | X | X | X | X | | | |
| Shot Put | X | X | X | X | X | | | |
| Weight Throw | X | X | X | X | X | | | |
| Multi Event | | | | | | X | X | X |

- ▶ U10, U12, & U14 events will be multi-event framework, and medals will be based on total points.
- ▶ U14 – 60m, Shot Put, 600m; U12 - 60m, Med-ball Throw, 600m; U10 – 60m, Standing Long Jump, 400m
- ▶ Please note: If Track & Field event entry numbers are low age classes may be combined.



Technical Meeting (Coaches and Volunteers)

- ▶ Coaches and officials - **8:30am** Track Level in the Call Room.
- ▶ Volunteers training and orientation **to be announced via the volunteer co-ordinator.**

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 Midgets and up. Starting blocks are optional for Masters. Starting blocks will not be used for Tyke, Pee Wee, nor Bantam events. **** Athletes with a medical condition may apply to not use starting blocks. Up to 5 days prior to competition, please email the Meet Director & AA Technical Manager ****
- ▶ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with 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 (minimum completed Sport Coach Training, 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 (ie you are up on the concourse).

You will need to show your "COACH Card" (given to you in the 2019 Indoor Season) and display it on your person. Please remember to bring it, and a lanyard to wear your COACH card. Those in need of a card please ask for one.

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 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, and their performances will be erased. 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 4 attempts for all throwing events



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 | 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) | | | | |

*U12 hurdle heights can range from .45m/18"-.60m/24".

**U14 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 |