



2020 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

Primary Purpose & Intent of Competition:

The primary objective of the Golden Bear Open (GBO) & Pandas Open (PO) is to provide a high-quality competition for USPORTS athletes. All decisions about scheduling and seeding are made with that interest in mind.

Both the GBO & PO are open to the public to enter, and provide enhanced competitive opportunities for interested athletes.

If entry lists become too large to maintain a desirable schedule for top USPORTS athletes, then slower seeded club athletes will be moved to remaining sections not during peak USPORTS time even if they are entered into the open category. Those decisions will be made after closure of entries.

All USPORTS events are governed by Canada West Playing Regulations

All U14 (Bantam) / U16 (Midget)/ U18 (Youth) / U20 (Junior) events are governed by IAAF rules

Dates, Registration Links and Seed Marks:

Golden Bear Open:

January 17-19, 2020

48th Annual



www.Trackiereg.com/GBO_2020

Pandas Open :

February 7-9, 2020

5th Annual



www.Trackiereg.com/PBO_2020

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USPORTS Rankings (Jan 1 2018 – Tue week of event in 2020). Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at NOON, with clear rationale provided in order to be considered.

Entry Fees:

1st event - \$25; 2nd event - \$20; 3rd event - \$15 Relays - \$25

Masters category: \$35 1st event; \$25 for other events

- Scratches / edit of entries made online www.trackie.com/online-registration
- Late entries will not be accepted

ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE

Schedule notes:

Tentative schedules are posted at the above links

Major schedule differences between GBO & PO:

- At the GBO, whenever possible men compete before women. At Pandas Open women compete before men.
- GBO has Open/USPORTS 1000m on Saturday, while Pandas Open has 1000m on Friday
- 300m is timed final at GBO, while Pandas Open is Heats/Finals in the Open/USPORTS category

Event & Time Emphasis

Friday Night + Saturday Afternoon

= Top USPORTS & Top Senior Events

Saturday AM, PM + Sunday Sections

= Remaining senior events and all other events offered

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

USPORTS Minimum measurements

- A minimum measurement procedure will be in place for USPORTS – Open Long Jump events. Marks will only be measured for distances above
 - o Women: 4.00m and above
 - o Men: 5.00m and above

Results

www.ellistiming.ca

Age Class Offered:

	U12/U13	U14	U15/U16	U17/U18	U19/U20	Senior	Masters
GBO : Jan 17-19	Hurdles + 150m	Hurdles + 150m + eligible to enter U16 events	Yes	Yes	Yes	Yes	Yes / Select events only
PO : Feb 7- 9	Hurdles + 150m	Hurdles + 150m+ eligible to enter U16 events	Yes	Yes	Yes	Yes	Yes / Select events only

Event Offerings:

U14/U12:

- To support hurdle development 60m hurdles and 150m events will be offered for U14 and U12 age categories. U12 hurdles will use breakdown/scissor hurdles;
- 2nd years in the U14 category are permitted to enter U16 age class events at both GBO and PO.

2020 Indoor	Masters	USPORTS Open	U20	U18	U16	U14	U12
Sprints / Hurdles							
60m Hurdles	Feb only	✓	✓	✓	✓	✓	✓
60m	✓	✓	✓	✓	✓	* see above	
200m	✓	✓	✓	✓	✓	✓ 150m	✓ 150m
300m		✓	✓	✓	✓	* see above	
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	Feb only	✓	✓	✓	✓		
Pole Vault	*3.00m min	✓	✓	✓	✓		
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