



Alberta Indoor Track & Field Championships (ATFC)

U16, U18, U20 & OPEN Provincial Championships

Hosted and Sanctioned by Athletics Alberta February 29th & March 1st, 2020

LOCATION & FACILITY

Location:

Universiade Pavillion
University of Alberta, North Campus
87th Ave and 114th 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 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 Purpose

This meet serves as the U16, U18, U20 & OPEN Indoor Provincial Championship, and as such they will be given preferential time in the schedule, and treatment to complete their events. If you would like to inquire about this statement please email competitions@athleticsalberta.com and an appropriate member of the Programs Committee will address inquiry or concerns.

Meet Hotels (year-round partners)

3 hotel partners – Please take advantage of the savings.

Athletics Alberta partner hotels are available **all year long**, and for friends and family of AA members. All partner hotel rooms include – 1 or 2 beds, wifi, breakfast, & parking. **Groups looking to book 10 or more rooms** must contact the group booking representative listed with the hotel.

The provided below are effective for individual or small parties booking.

If at any time you, **BEFORE YOU BOOK YOUR ACCOMODATIONS**, an advertised price online is less than our booking rate please call our group booking contact or the hotel and they will help you obtain that price.



HOLIDAY INN CONFERENCE CENTRE EDMONTON SOUTH

- Standard 1 & 2 Queen Rooms (front or rear facing) \$119.00 per night
- Queen with Sofabed \$119.00 per night
- King Deluxe Rooms \$129.00 per night
- King Deluxe with Sofabed \$139.00 per night
- King Deluxe Suite \$169.00 per night

Breakfast Options: Large Groups are eligible for buffets in a private breakfast room (customizable if for an additional charge), or restaurant vouchers. Small groups or individuals are eligible for the restaurant breakfast vouchers.

Booking link (all year): [Click Here](#), or call **770.431.1100**

RADISSON EDMONTON SOUTH

- Signature Double Queen/ Single King: \$119.00 per night
- Deluxe King: \$125.00 per night

Breakfast options: Hot continental buffet

Booking link: [Click Here](#), or call **780.437.6010**

COAST EDMONTON HOTEL (TBA ONLINE)

- Signature Double Queen/ Single King: [If available check price on AA website](#)

Breakfast options: Hot continental buffet

Booking link: [Click Here](#), or call **780.423.4811**



Athlete Services

- ▶ **Massage & Athletic Therapy(First Aid) is available during the meet - (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)**
- ▶ All therapists on site are bondable, and professionally certified.

Sunday Tune Up Session Provided by ATHX



- ▶ **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)**
- ▶ All therapists on site are bondable, and professionally certified.
Sunday Tune up Session service partner [ATHX Performance is located at 18019 111 Ave NW, Edmonton.](#)

First Aid

- ▶ **Provided at track level west of the call room area**
- ▶ All therapists on site are bondable, and professionally certified.

Provincial Championship Competition Age Policy

- ▶ **All Athletes at provincial championships must compete in their provincial age category as of December 31 of the calendar year.**
- ▶ **U14 Athletes are not permitted to age up into U16 Provincial Championship events.**
- ▶ Athletes must be registered as annual athletics Alberta members to be eligible to compete in the provincial championships.
- ▶ Mixed relays for U10 to Masters must be composed of 2 competitors of each opposite biological sex.
- ▶ ****Relays acceptance, athletes are allowed to age up to one age category without penalty to create a complete relay team.**



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

- ▶ **ENTRIES DEADLINE: 11:59PM, Saturday, February 22nd.**
- ▶ **SCRATCH DEADLINE: 11:59AM, Sunday, February 23rd.**
- ▶ **NO ENTRIES ACCEPTED AFTER 11:59AM, Sunday, February 23rd.**
- ▶ **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 ‘ATFC 2020’.
- ▶ 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 (Pent, Hep)	Entry Fee:	\$40.00
Relays	Entry Fee:	\$40.00 per team

Eligibility

- ▶ **All Alberta 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 2011 or later, **U12** – born 2010-2009, **U14** – born 2008-2007, **U16** – born 2006- 2005, **U18** – born 2004-2003, **U20** – born 2002-2001, **Open** – born 2000 – earlier, **Masters** – Born February 15, 1985 or earlier(as of day of competition).

Awards:

- ▶ Provincial Medals will be awarded for 1st, 2nd, & 3rd place Championship events
 - U16, U18, U20, & OPEN only
- ▶ Meet Medals will be available for 1st, 2nd, & 3rd place
 - Non-championship individual events only, and/or out of province competitors
- ▶ Ribbons will be available for 4th to 10th place
 - **AT ATFC** - Available for U10, U12, & U14 individual only

Relays:

- ▶ Mixed relays for U10 to Masters must be composed of 2 competitors of each opposite biological sex.
- ▶ Universal Relays (ie. Biological Sex) for U10, U12, U14 will be allowed to compete as a relay team in the same heats at the Mixed U10, U12, & U14 Relays.



2020 Alberta Track & Field Championships – Events Offered

Legend:

C = Championship Events

X = Non-Championship Events

Event	Masters	Open	U20	U18	U16	U14	U12	U10
60m	X	C	C	C	C	X	X	X
60m (Para)	X	C	C	C	C			
150m						X	X	X
200m	X							
200m (Para)	X	C	C	C	C	X	X	X
300m		C	C	C	C			
300m (Para)		C	C	C	C			
400m	X						X	X
600m		C	C	C	C	X	X	X
800m	X					X		
1000m		C	C	C		X		
1200m					C			
1500m	X	C	C	C				
2000m					C			
3000m	X	C	C	C				
60mH	X	C	C	C	C			
4x200m Relay		C	C	C	C	X	X	X
4x200m Mixed		C	C	C	C	X	X	X
4x400m Relay		C	C	C	C			
4x400m Mixed		C	C	C	C			
1.5/3K Race Walk	X	C(3K)	C(3k)	C(3K)	C(1.5k)			
Long Jump	X	C	C	C	C	X	X	X
Triple Jump	X	C	C	C	C			
High Jump	X	C	C	C	C	X		
Pole Vault	X	C	C	C	C			
Seated Throws	X	C	C	C	C			
Shot Put	X	C	C	C	C	X	X	X
Weight Throw	X	C	C	C	C			
Pentathlon	X	C (Women)	C (Women)	C	C			
Heptathlon		C (Men)	C (Men)	C(Men)				

- ❑ **U18 Men Combined Events** – U18 Men can choose to compete in either the **Hep** or **Pent**. U18 Men's Pent **will compete** with the U16 Men's Pent.
- ❑ 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 specifications for **U20, Open, and Masters:** 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** – **Individual events only**
- ❑ **U10 & U12** will be using a **floating board** in Long Jump
- ❑ **Wheelchair and Para Track Events** available in 60m, 200m, 300m, SP, Mixed Relay & and upon request.
- ❑ **U10, U12, & U14 Throws & Long Jump** - Each competitor will receive 3 attempts for all throwing & jumping events
- ❑ **U14 High Jump** – Girls starting height will be 0.90m, Boys starting height will 1.10m. All height progressions will be **5cm** (if a larger progression is needed the officials will make that determination onsite)

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**.
- ▶ **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, World Athletics rule 4.2.2 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).
- ▶ 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, please notify **2 weeks** prior to competition - email the Meet Director & AA Technical Manager directly. ******
- ▶ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with an Athlete number), Officials and volunteers are permitted at track level.**
- ▶ **Masters Track Heats:** If there are less than 10 competitors pre-registered there will be no heats and timed finals only. *ie. The Masters 60m (H) would not take place and the Masters 60m Final will convert to the 60m timed final (TF).*

Accreditation Rules and Restrictions

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

- Coaches must have the appropriate wristband and coaches ID card.
- Coaches will be given wristbands at the registration desk.
- Coaches who have received their **"Coaching Card"** previously. Please bring those for identification for a quick pick-up.

Criteria (must meet all):

1. You are a registered coach of Athletics Alberta,
2. You have completed the NCCP MED Online Evaluation,
3. You are either RJTW **Trained**, Sport Coach **Trained**, or Club Coach **Trained**
4. 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 5th (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/standing 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.

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	.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)				

Athletics Alberta Indoor Throws Specifications

Females			Age Group	Males		
Med ball	Shot Put	Weight Throw		Weight Throw	Shot Put	Med ball
2kg	2kg		U10		2kg	2kg
2kg	2kg		U12		2kg	2kg
3kg	3kg		U14		3kg	3kg
	3kg	7.26kg/16lbs	U16	7.26kg/16lbs	4kg	
	3kg	7.26kg/16lbs	U18	9.08kg/20lbs	5kg	
	4kg	9.08kg/20lbs	U20	11.34kg/25lbs	6kg	
	4kg	9.08kg/20lbs	Open	15.88kg/35lbs	7.26kg	
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	U18/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

Athletics Alberta Indoor Provincial Championship Multi-Event Specifications(AIG only)

Girls	U10				U12				U14			
	60m	SLJ	MBT	600m	60m	LJ	SP	600m	60m	HJ	MBT	1000m
	150m	LJ	SP	300m	150m	SLJ	MBT	300m	150m	LJ	SP	600m
Boys	U10				U12				U14			
	60m	SLJ	MBT	600m	60m	LJ	SP	600m	60m	HJ	MBT	1000m
	150m	LJ	SP	300m	150m	SLJ	MBT	300m	150m	LJ	SP	600m