## Butterdome Start Lines and Break Line Diagram



## 2017 Butterdome Start Lines \& Notes

$\mathbf{5 0 m}, \mathbf{6 0 m}, \mathbf{1 5 0} \mathrm{m}, \mathbf{2 0 0} \mathrm{m} \boldsymbol{8 3 0 0} \mathrm{m}$ (including hurdle events)
Solid white lines as shown on the track diagram
100m White/black/white lines at end of back straight.
$\underline{400 \mathrm{~m} \& 600 \mathrm{~m}}$ White/blue/white start lines with a two turn cut-in.
800m White/green/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with $65 \%$ of the field using the regular arced start line and $35 \%$ using a second arced start line on the outer portion of the track. 800 m run in this fashion would be a one turn cut-in.
$\mathbf{1 , 0 0 0} \mathrm{m}$ to $\mathbf{3 , 0 0 0 m}$ A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.
$\mathbf{4 \times 2 0 0 m}$ Relay White/red/white start line, with a three turn cut-in. First exchange is in lanes, the $2^{\text {nd }}$ and $3^{\text {rd }}$ exchanges are not done in lanes. $3^{\text {rd }}$ and $4^{\text {th }}$ runners place themselves in the order of the athletes at the 100 m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.
$\underline{4 \times 400 m}$ Relay White/blue/white start line with a two turn cut-in.
$\underline{4 \times 800 m}$ Relay White/green/white with a one turn cut-in.
$\mathbf{4 \times 1 0 0 m}$ Relay Use white/blue/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight, $2^{\text {nd }} \& 3^{\text {rd }}$ exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

# Alberta Indoor <br> Track and Field Championships <br> Schedule (as of February 28 0100h) 

## Combined Events Summary

This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).

## Under-16 Women Pentathlon

| Day 2 | Sunday | 11 competitors |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 60 m | High Jump | Shot Put | Long Jump | 800 m |
| $9: 06$ | $10: 10$ | $13: 15$ | $15: 35$ | $17: 34$ |
| total time | $2: 30$ | $1: 15$ | $1: 03$ |  |

## Under-18 Women Pentathlon

Day 2

| 60 m Hurdles | High Jump | Shot Put | Long Jump | 800 m |
| :---: | :---: | :---: | :---: | :---: |
| $9: 54$ | $10: 10$ | $13: 15$ | $16: 15$ | $17: 34$ |
| total time | $2: 30$ | $1: 15$ | $0: 51$ |  |

Under-20 Women Pentathlon
Day 2 2 2 Sunday

| 60 m Hurdles | High Jump | Shot Put 2 competitors |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $9: 54$ | $10: 55$ | Long Jump | 800 m |  |
| total time | $0: 54$ | $0: 20$ | $16: 15$ | $17: 34$ |
|  | $0: 39$ | $0: 51$ |  |  |

Senior Women Pentathlon
Day 2 S Sunday

| 60 m Hurdles | High Jump | Shot Put 1 competitor |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $9: 54$ | $10: 55$ | $12: 20$ | $16: 15$ | $17: 34$ |
| total time | $0: 54$ | $0: 39$ | $0: 51$ |  |

## Under-18 Men Pentathlon

| Day 2 | Sunday | 1 competitor |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 60m Hurdles | Long Jump | Shot Put | High Jump | 1000m |
| 9:14 | 10:10 | 11:35 | 13:05 | 17:44 |
| total time | 0:51 | 0:51 | 1:26 |  |

Day 1 Saturday 2 competitors Sunday

| 60 m | Long Jump | Shot Put | High Jump | 60 m Hurdles | Pole Vault | 1000 m |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $10: 33$ | $11: 10$ | $12: 40$ | $14: 10$ | $9: 14$ | $10: 30$ | $13: 20$ |
| total time | $0: 51$ | $0: 51$ | $1: 26$ |  | $1: 15$ |  |

Under-16 Men Pentathlon

| Day 2 | Sunday |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 60 m | Long Jump | Shot Put | High Jump | 1000 m |
| $9: 09$ | $10: 10$ | $11: 35$ | $13: 05$ | $17: 44$ |
| total time | $0: 51$ | $0: 51$ | $1: 26$ |  |

## Under-18 Men Heptathlon

## Under-20 Men Heptathlon

Day 1 Saturday

| 60 m | Long Jump | Shot Put | High Jump | 60 m Hurdles | Pole Vault | 1000 m |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $10: 33$ | $11: 10$ | $12: 40$ | $14: 10$ | $9: 29$ | $10: 30$ | $13: 20$ |
| total time | $0: 51$ | $0: 51$ | $1: 26$ |  | $1: 15$ |  |

## Senior Men Heptathlon

Day 1
Saturday

| 60 m | Long Jump | Shot Put | High Jump | 60 m Hurdles | Pole Vault | 1000 m |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $10: 33$ | $11: 10$ | $12: 40$ | $14: 10$ | $9: 29$ | $10: 30$ | $13: 20$ |
| total time | $0: 51$ | $0: 51$ | $1: 26$ |  | $1: 15$ |  |

# Alberta Indoor Track and Field Championships <br> Track Schedule (as of February 28 0100h) 

This finalized version of the schedule will be provided to coaches at Registration. Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time. Please do NOT use tape on the Universiade Pavilion surface (track nor field).

## Saturday, February 29, 2020 <br> Note: The Saturday schedule is tentative and subject

to scratches/changes received by Friday evening.

| Time MST | Track Events |  | Entries | Heats | $\begin{array}{\|c} \hline \text { Athlete } \\ \text { Must } \\ \text { Check in } \\ \text { Before } \\ \hline \end{array}$ | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 9:00 | 60m Timed Finals - Under-12 Boys |  | 16 | 2 | 8:40 | 8:45 |  |
| 9:05 | 60m Timed Finals - Under-12 Girls |  | 17 | 2 | 8:45 | 8:50 |  |
| 9:10 | 60m Timed Finals - Under-10 Boys | Full | 10 | 1 | 8:50 | 8:55 |  |
| 9:12 | 60m Timed Finals - Under-10 Girls |  | 2 | 1 | 8:52 | 8:57 |  |
| 9:15 | 60m Timed Finals - Under-14 Boys |  | 21 | 3 | 8:55 | 9:00 |  |
| 9:22 | 60m Timed Finals - Under-14 Girls |  | 27 | 3 | 9:02 | 9:07 |  |
| 9:30 | 60m Heats - Under-16 Men |  | 27 | 3 | 9:10 | 9:15 | Top $3+7$ going to 2 races (16) |
| 9:39 | 60m Heats - Under-16 Women |  | 45 | 5 | 9:19 | 9:24 | Top $3+9$ going to 3 races (24) |
| 9:54 | 60m Heats - Under-18 Men |  | 39 | 4 | 9:34 | 9:39 | Top $3+8$ going to 2 races (20) |
| 10:06 | 60m Heats - Under-18 Women |  | 39 | 4 | 9:46 | 9:51 | Top $3+8$ going to 2 races (20) |
| 10:18 | 60m Heats - Under-20 Men |  | 22 | 3 | 9:58 | 10:03 | Top $2+3$ going to 1 race (9) |
| 10:27 | 60m Heats - Under-20 Women |  | 16 | 2 | 10:07 | 10:12 | Top $3+2$ going to 1 race (8) |
| 10:33 | 60m Heptathlon - Senior Men |  | 2 | 1 | 10:13 | 10:18 |  |
|  | 60m Heptathlon - Under-20 Men |  | 3 |  |  |  |  |
|  | 60m Heptathlon - Under-18 Men |  | 2 |  |  |  |  |
| 10:36 | 60m Heats - Senior Men | Full | 20 | 2 | 10:16 | 10:21 | Top $3+3$ going to 1 race (9) |
| 10:42 | 60m Heats - Senior Women |  | 10 | 2 | 10:22 | 10:27 | Top $3+2$ going to 1 race (8) |
| 10:48 | 60m Heats - Paralympic Women |  | 3 | 1 | 10:28 | 10:33 | Top $3+2$ going to 1 race (8) |
| 10:51 | 60m Final - Paralympic Men |  | 3 | 1 | 10:31 | 10:36 |  |
| 10:54 |  |  |  |  |  |  |  |
| 11:00 | 400m Timed Finals - Masters Women |  | 1 | 1 | 10:40 | 10:45 | Lanes 2-7 |
|  | 400m Timed Finals - Masters Men |  | 5 |  |  |  | Lanes 2-7 |
| 11:04 | 600m Timed Finals - Under-16 Men |  | 11 | 3 | 10:44 | 10:49 | Lanes 3-7 |
| 11:17 | 600m Timed Finals - Under-16 Women |  | 18 | 4 | 10:57 | 11:02 | Lanes 3-7 |
| 11:35 | 600m Timed Finals - Under-18 Men |  | 16 | 4 | 11:15 | 11:20 | Lanes 3-7 |
| 11:53 | 600m Timed Finals - Under-18 Women | Full | 20 | 4 | 11:33 | 11:38 | Lanes 3-7 |
| 12:11 | 600m Timed Finals - Under-20, Senior Men | Full | 15 | 3 | 11:51 | 11:56 | Lanes 3-7 |
| 12:25 | 600m Timed Finals - Under-20, Senior Women |  | 18 | 4 | 12:05 | 12:10 | Lanes 3-7 |
| 12:43 |  |  |  |  |  |  |  |
| 12:47 | 1500m Race Walk - Women |  | 3 | 1 | 12:27 | 12:32 |  |
| 12:59 | BREAK |  |  |  |  |  |  |
| 13:35 | 3000m Race Walk - Women |  | 6 | 1 | 13:15 | 13:20 | Includes non-Masters. |
| 13:59 | 3000m Race Walk - Men |  | 4 | 1 | 13:39 | 13:44 |  |
| 14:20 | 400m Timed Finals - Under-10 Boys |  | 8 | 1 | 14:00 | 14:05 | Waterfall start |
| 14:24 | 400m Timed Finals - Under-10 Girls |  | 3 | 1 | 14:04 | 14:09 | Waterfall start |
| 14:28 | 400m Timed Finals - Under-12 Boys |  | 14 | 1 | 14:08 | 14:13 | Waterfall start |
| 14:32 | 400m Timed Finals - Under-12 Girls |  | 12 | 1 | 14:12 | 14:17 | Waterfall start |
| 14:36 | 800m Timed Finals - Under-14 Boys |  | 17 | 2 | 14:16 | 14:21 |  |
| 14:45 | 800m Timed Finals - Under-14 Girls |  | 17 | 2 | 14:25 | 14:30 |  |
| 14:55 | 60m Final - Under-16 Men |  | 16 | 2 | 14:35 | 14:40 |  |

# Alberta Indoor Track and Field Championships <br> Track Schedule (as of February 28 0100h) 

This finalized version of the schedule will be provided to coaches at Registration. Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time. Please do NOT use tape on the Universiade Pavilion surface (track nor field).

## Saturday, February 29, $2020 \quad$ Note: The Saturday schedule is tentative and subject

| Time MST | Track Events |  | Entries | Heats | Athlete <br> Must <br> Check in <br> Before | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15:01 | 60m Final - Under-16 Women |  | 24 | 3 | 14:41 | 14:46 |  |
| 15:11 | 60m Final - Under-18 Men |  | 20 | 2 | 14:51 | 14:56 |  |
| 15:17 | 60m Final - Under-18 Women |  | 20 | 2 | 14:57 | 15:02 |  |
| 15:24 | 60m Final - Under-20 Men |  | 9 | 1 | 15:04 | 15:09 |  |
| 15:27 | 60m Final - Under-20 Women |  | 8 | 1 | 15:07 | 15:12 |  |
| 15:30 | 60m Final - Senior Men |  | 9 | 1 | 15:10 | 15:15 |  |
| 15:34 | 60m Final - Senior Women |  | 8 | 1 | 15:14 | 15:19 |  |
| 15:37 | 60m Timed Final - Masters Men | Full | 10 | 1 | 15:17 | 15:22 |  |
| 15:40 | 60m Timed Final - Masters Women |  | 6 | 2 | 15:20 | 15:25 |  |
| 15:47 | 60m Final - Paralympic Women |  | 8 | 1 | 15:27 | 15:32 |  |
| 15:50 |  |  |  |  |  |  |  |
| 15:55 | 1500m Timed Finals - Under-18 Women |  | 12 | 1 | 15:35 | 15:40 |  |
| 16:03 | 1500m Timed Finals - U20/Senior/Masters Women |  | 12 | 1 | 15:43 | 15:48 |  |
| 16:12 | 1500m Timed Finals - Under-18 Men |  | 21 | 2 | 15:52 | 15:57 |  |
| 16:28 | 1500m Timed Finals - Under-20 Men | Full | 13 | 1 | 16:08 | 16:13 |  |
| 16:36 | 1500m Timed Finals - Senior/Masters Men |  | 12 | 1 | 16:16 | 16:21 |  |
| 16:44 | 2000m Timed Finals - Under-16 Men |  | 11 | 1 | 16:24 | 16:29 |  |
| 16:55 | 2000m Timed Finals - Under-16 Women |  | 11 | 1 | 16:35 | 16:40 |  |
| 17:05 | 4x200m Relays - U14/U12/U10 Mixed |  | 3 | 1 | 16:45 | 16:50 |  |
| 17:11 | 4x200m Relays - U16/U18 Mixed | Full | 5 | 1 | 16:51 | 16:56 |  |
| 17:17 | 4x200m Relays - Under-20/Senior Mixed | Full | 6 | 1 | 16:57 | 17:02 |  |
| 17:23 | 4x200m Relays - U14/U16 Women |  | 8 | 2 | 17:03 | 17:08 |  |
| 17:35 | 4x200m Relays - Under-18 Women |  | 8 | 2 | 17:15 | 17:20 |  |
| 17:47 | 4x200m Relays - U20/Senior/Masters Women |  | 4 | 1 | 17:27 | 17:32 |  |
| 17:53 | 4x200m Relays - U12/U14/U16 Men | Full | 5 | 1 | 17:33 | 17:38 |  |
| 17:59 | 4x200m Relays - Under-18 Men |  | 4 | 1 | 17:39 | 17:44 |  |
| 18:05 | 4x200m Relays - U20/Senior/Masters Men |  | 3 | 1 | 17:45 | 17:50 |  |
| 18:11 | End of Day's Competition |  |  | 110 |  |  |  |

# Alberta Indoor Track and Field Championships 



Field Schedule (as of February 28 0100h)

## Saturday, February 29, 2020

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening. This finalized version of the schedule will be provided to coaches at Registration. Athletes should be in the Pavilion at least one hour before the indicated time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

| Event <br> Start <br> Time <br> MST | WarmUp Start Time | Field Events | Entries | Expected Total Time H:MM |
| :---: | :---: | :---: | :---: | :---: |
| Long/Triple Jump (Centre Pit) |  |  |  |  |
| 09:45 | 09:30 | U12 Girls Long Jump | 17 | 1:08 |
| 11:10 | 10:40 | Heptathlon Men | 7 | 0:51 |
| 12:00 | 11:35 | Women Triple Jump | 9 | 1:39 |
| 13:15 | 13:15 | Break |  | 0:35 |
| 14:20 | 13:55 | U16 Men Long Jump | 12 | 1:24 |
| 15:35 | 15:20 | U20 / Senior Men Long Jump | 7 | 0:56 |
| 16:45 | 16:20 | U18 Men Long Jump Flight 2 | 12 | 1:44 |
| 18:05 |  | End of Day's Competition |  |  |


| Event <br> Start <br> Time | Warm- <br> Up <br> Start |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| MST | Time | Field Events |  | Expected <br> Entries |
| Long Jump (Wame |  |  |  |  |
| H:MM |  |  |  |  |$|$

High Jump (Centre Mat)

| $10: 00$ | $09: 30$ | U14 Girls | 16 | $1: 28$ |
| :---: | :---: | :--- | :---: | :---: |
| $11: 15$ | $11: 00$ | U18 Women | 3 | $0: 39$ |
| $14: 10$ | $13: 40$ | Heptathlon Men | 7 | $1: 26$ |
| $15: 25$ | $15: 10$ | U20 / Senior Women | 5 | $0: 55$ |
| $16: 10$ |  | End of Day's Competition |  |  |

Pole Vault

| Pole Vault |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $11: 20$ | $10: 35$ | Open Men < 3.6 metres | 9 | $2: 15$ |
| $12: 55$ | $12: 55$ | "Try Pole Vault" Session [and Break] |  | $1: 30$ |
| $15: 15$ | $14: 30$ | Open Men >= 3.6 metres | 5 | $1: 35$ |
| $16: 10$ |  | End of Day's Competition |  |  |


| Shot Put and Weight Throw <br> (Centre Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $09: 35$ | $08: 50$ | Women Weight Throw | 15 | $2: 15$ |
| $11: 25$ | $11: 10$ | U16 Men Shot Put | 7 | $0: 56$ |
| $12: 40$ | $12: 10$ | Heptathlon Men Shot Put | 7 | $0: 51$ |
| $13: 05$ | $13: 05$ | Break |  | $0: 35$ |
| $13: 15$ | $13: 05$ | U18 / Para Men Shot Put | 6 | $0: 48$ |
| $14: 10$ | $13: 45$ | U20/Senior/Masters Men Shot Put | 12 | $1: 36$ |
| $15: 25$ |  | End of Day's Competition |  |  |


| Shot Put (West Circle) |  |  |  |  |
| :--- | :---: | :--- | :---: | :---: |
| 09:40 | $09: 40$ | U10 Girls | 3 | $0: 10$ |
| $10: 00$ | $09: 55$ | U10 Boys | 10 | $0: 35$ |
| $10: 45$ | $10: 35$ | U14 Girls | 18 | $1: 03$ |
| $11: 50$ | $11: 40$ | U14 Boys | 17 | $0: 59$ |
| $12: 40$ |  | End of Day's Competition |  |  |

# Alberta Indoor Track and Field Championships 



## Track Schedule (as of February 28 0100h)

Sunday, March 1, 2020

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).

| Time MST | Track Events | Entries | Heats | $\begin{array}{\|c} \hline \text { Athlete } \\ \text { Must } \\ \text { Check in } \\ \text { Before } \\ \hline \end{array}$ | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 9:00 | 60m Pentathlon - Under-16 Women | 11 | 2 | 8:40 | 8:45 |  |
| 9:06 | 60m Pentathlon - Under-16 Men | 6 | 1 | 8:46 | 8:51 |  |
| 9:09 | 60m Hurdles Pentathlon - Under-18 Men | 1 | 1 | 8:49 | 8:54 | 0.91, 13.72, 9.14 blue |
|  | 60m Hurdles Heptathlon - Under-18 Men | 2 | 1 |  |  | 0.91, 13.72, 9.14 blue |
| 9:14 | 60m Hurdles Heats - Under-18 Men | 8 | 1 | 8:54 | 8:59 | 0.91, 13.72, 9.14 blue |
| 9:19 | 60m Hurdles Heats - Under-20 Men | 8 | 1 | 8:59 | 9:04 | 0.99, 13.72, 9.14 blue |
| 9:24 | 60m Hurdles Heptathlon - Under-20 Men | 3 | 1 | 9:04 | 9:09 | 0.99, 13.72, 9.14 blue |
|  | 60m Hurdles Heptathlon - Senior Men | 2 |  |  |  | 1.07, 13.72, 9.14 blue |
| 9:29 | 60m Hurdles Timed Final Masters Men | 1 | 1 | 9:09 | 9:14 | Lanes 1-3 60-69: 0.84m. 12 m to first, then every 8 m (green marks). |
| 9:34 | 60m Hurdles Timed Final Masters Women | 3 | 1 | 9:14 | 9:19 | Lanes 1-3 40-49: 0.76m. 12m to first, then every 8 m (green marks). <br> Lanes 5-8 60+: 0.69m. 12m to first, then every 7 m (red marks). |
| 9:39 | 60m Hurdles Heats - Under-16 Women | 12 | 2 | 9:19 | 9:24 | $\begin{aligned} & \text { Top 3 + } 2 \text { going to } 1 \text { race (8) -- } \\ & 0.76,12,8 \text { green } \end{aligned}$ |
| 9:49 | 60m Hurdles Pentathlon - Under-18 Women | 4 | 1 | 9:29 | 9:34 | 0.76, 13, 8.5 yellow |
|  | 60m Hurdles Pentathlon - Under-20/Senior Women | 3 | 1 |  |  | 0.84, 13, 8.5 yellow |
| 9:54 | 60m Hurdles Heats - Under-18 Women | 12 | 2 | 9:34 | 9:39 | Top $3+2$ going to 1 race (8) -0.76, 13, 8.5 yellow |
| 10:04 | 60m Hurdles Heats - Under-20/Senior Women | 5 | 1 | 9:44 | 9:49 | 0.84, 13, 8.5 yellow |
| 10:09 | 60m Hurdles Heats - Under-16 Men | 6 | 1 | 9:49 | 9:54 | 0.84, 13, 8.5 yellow |
| 10:14 |  |  |  |  |  |  |
| 10:15 | 1200m Timed Finals - Under-16 Men | 15 | 2 | 9:55 | 10:00 |  |
| 10:25 | 1200m Timed Finals - Under-16 Women | 14 | 2 | 10:05 | 10:10 |  |
| 10:35 | 1000m Timed Finals - Under-18 Men | 17 | 2 | 10:15 | 10:20 |  |
| 10:45 | 1000m Timed Finals - Under-20 Men | 11 | 1 | 10:25 | 10:30 |  |
| 10:50 | 1000m Timed Finals - Senior Men | 4 | 1 | 10:30 | 10:35 |  |
| 10:55 | 1000m Timed Finals - Under-18 Women | 14 | 2 | 10:35 | 10:40 |  |
| 11:05 | 1000m Timed Finals - Under-20 Women | 7 | 1 | 10:45 | 10:50 |  |
|  | 1000m Timed Finals - Senior Women | 5 |  |  |  |  |
| 11:10 | 800m Timed Finals - Masters Women/Men | 5 | 1 | 10:50 | 10:55 |  |
| 11:15 |  |  |  |  |  |  |
| 11:20 | 150m Timed Finals - Under-14 Boys | 22 | 4 | 11:00 | 11:05 | In lanes (1-5). |
| 11:32 | 150m Timed Finals - Under-14 Girls | 26 | 5 | 11:12 | 11:17 | In lanes (1-5). |
| 11:47 | 150m Timed Finals - Under-10 Boys | 9 | 1 | 11:27 | 11:32 | Waterfall start. |
| 11:50 | 150m Timed Finals - Under-10 Girls | 3 | 1 | 11:30 | 11:35 | Waterfall start. |
| 11:54 | 150m Timed Finals - Under-12 Boys | 13 | 2 | 11:34 | 11:39 | Waterfall start. |
| 12:00 | 150m Timed Finals - Under-12 Girls | 16 | 2 | 11:40 | 11:45 | Waterfall start. |
| 12:06 | BREAK |  |  |  |  |  |
| 12:45 | 60m Hurdles Final - Under-20 Men | 8 | 1 | 12:25 | 12:30 | 0.99, 13.72, 9.14 blue |
| 12:50 | 60m Hurdles Final - Under-18 Men | 8 | 1 | 12:30 | 12:35 | 0.91, 13.72, 9.14 blue |

# Alberta Indoor Track and Field Championships <br> <br> Track Schedule (as of February 28 0100h) 

 <br> <br> Track Schedule (as of February 28 0100h)}

Sunday, March 1, 2020

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.
This finalized version of the schedule will be provided to coaches at Registration.
Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).

| Time MST | Track Events |  | $\begin{gathered} \text { Entries } \\ 8 \end{gathered}$ | $\begin{array}{\|c} \text { Heats } \\ 1 \end{array}$ | Athlete <br> Must <br> Check in <br> Before <br> $12: 35$ | Athlete <br> Must Be <br> in Call <br> Room <br> Before | Advancement or Note |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 12:55 | 60m Hurdles Final - Under-16 Men |  |  |  | 12:35 | 12:40 | 0.84, 13, 8.5 yellow |
| 13:00 | 60m Hurdles Final - Under-20/Senior Women |  | 8 | 1 | 12:40 | 12:45 | 0.84, 13, 8.5 yellow |
| 13:05 | 60m Hurdles Final - Under-18 Women |  | 8 | 1 | 12:45 | 12:50 | 0.76, 13, 8.5 yellow |
| 13:10 | 60m Hurdles Final - Under-16 Women |  | 8 | 1 | 12:50 | 12:55 | 0.76, 12, 8 green |
| 13:15 |  |  |  |  |  |  |  |
| 13:20 | 1000m Heptathlon Men |  | 7 | 1 | 13:00 | 13:05 |  |
| 13:26 | 600m Timed Finals - U10/U12 Boys |  | 7 | 1 | 13:06 | 13:11 | Waterfall start. |
| 13:30 | 600m Timed Finals - U10/U12 Girls |  | 2 | 1 | 13:10 | 13:15 | Waterfall start. |
| 13:35 | 600m Timed Finals - Under-14 Boys |  | 12 | 2 | 13:15 | 13:20 | Waterfall start. |
| 13:43 | 600m Timed Finals - Under-14 Girls |  | 11 | 2 | 13:23 | 13:28 | Waterfall start. |
| 13:51 | 200m Timed Finals - Masters Men |  | 8 | 2 | 13:31 | 13:36 |  |
| 13:59 | 200m Timed Finals - Masters Women | Full | 5 | 1 | 13:39 | 13:44 |  |
| 14:03 | 200m Timed Finals - Paralympic Women |  | 1 | 1 | 13:43 | 13:48 |  |
| 14:07 |  |  |  |  |  |  |  |
| 14:10 | 300m Timed Finals - Under-16 Men | Full | 18 | 3 | 13:50 | 13:55 |  |
| 14:22 | 300m Timed Finals - Under-16 Women |  | 35 | 6 | 14:02 | 14:07 |  |
| 14:46 | 300m Timed Finals - Under-18 Men |  | 33 | 6 | 14:26 | 14:31 |  |
| 15:10 | 300m Timed Finals - Under-18 Women |  | 41 | 7 | 14:50 | 14:55 |  |
| 15:38 | 300m Timed Finals - Under-20 Men |  | 26 | 5 | 15:18 | 15:23 |  |
| 15:58 | 300m Timed Finals - Under-20 Women | Full | 15 | 3 | 15:38 | 15:43 |  |
| 16:10 | 300m Timed Finals - Senior Men |  | 19 | 4 | 15:50 | 15:55 |  |
| 16:26 | 300m Timed Finals - Senior Women | Full | 15 | 3 | 16:06 | 16:11 |  |
| 16:38 |  |  |  |  |  |  |  |
| 16:45 | 3000m Timed Finals - U18/Masters Men |  | 20 | 2 | 16:25 | 16:30 |  |
| 17:08 | 3000m Timed Finals - U20/Senior Men | Full | 14 | 1 | 16:48 | 16:53 |  |
| 17:19 | 3000m Timed Finals - Women |  | 11 | 1 | 16:59 | 17:04 |  |
| 17:34 | 800m Pentathlon Women |  | 18 | 2 | 17:14 | 17:19 |  |
| 17:44 | 1000m Pentathlon Men |  | 7 | 1 | 17:24 | 17:29 |  |
| 17:50 | 4x400m Relays - Under-16 Women |  | 3 | 1 | 17:30 | 17:35 |  |
| 17:56 | 4x400m Relays - Under-18 Women | Full | 5 | 1 | 17:36 | 17:41 |  |
| 18:02 | 4x400m Relays - U20/Senior/Masters Women | Full | 5 | 1 | 17:42 | 17:47 |  |
| 18:08 | 4x400m Relays - U16/U18 Men |  | 4 | 1 | 17:48 | 17:53 |  |
| 18:14 | 4x400m Relays - U20/Senior/Masters Men |  | 4 | 1 | 17:54 | 17:59 |  |
| 18:20 | 4x400m Relays - Mixed | Full | 7 | 1 | 18:00 | 18:05 |  |
| 18:26 | End of Day's Competition |  |  | 112 |  |  |  |

# Alberta Indoor Track and Field Championships 



Field Schedule (as of February 28 0100h)

## Sunday, March 1, 2020

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening. This finalized version of the schedule will be provided to coaches at Registration. Athletes should be in the Pavilion at least one hour before the indicated time.
Please do NOT use tape on the Universiade Pavilion surface (track nor field).

| Event <br> Start <br> Time <br> MST | WarmUp Start Time | Field Events | Entries | $\begin{array}{\|c} \text { Expected } \\ \text { Total Time } \\ \text { H:MM } \end{array}$ |
| :---: | :---: | :---: | :---: | :---: |
| Long/Triple Jump (Centre Pit) |  |  |  |  |
| 08:55 | 08:45 | U10 Boys Long Jump | 10 | 0:32 |
| 09:55 | 09:20 | Men Triple Jump | 12 | 1:36 |
| 11:25 | 11:00 | U20 / Senior Women Long Jump | 12 | 1:24 |
| 12:25 | 12:25 | Break |  | 0:35 |
| 13:30 | 13:05 | U16 Women Long Jump Flight 1 | 12 | 1:00 |
| 14:40 | 14:10 | U16 Women Long Jump Flight 2 | 14 | 1:34 |
| 16:15 | 15:45 | Pentathlon U18/U20/Senior Women | 7 | 0:51 |
| 17:00 | 16:40 | U18 Women Long Jump | 11 | 1:19 |
| 18:00 |  | End of Day's Competition |  |  |


| Event | Warm- |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Start | Up |  |  |  |
| Time | Start |  |  | Expected <br> MST <br> Total Time <br> MST |
| Time | Field Events | Entries | H:MM |  |

Long Jump (Wall Pit)

| $09: 15$ | $09: 15$ | U10 Girls | 2 | $0: 06$ |
| :---: | :---: | :--- | :---: | :---: |
| $10: 10$ | $09: 40$ | Pentathlon U16/U18 Men | 7 | $0: 51$ |
| $10: 45$ | $10: 35$ | Masters Women | 4 | $0: 36$ |
| $12: 10$ | $11: 55$ | U14 Girls | 17 | $0: 55$ |
| $12: 55$ | $12: 55$ | Break |  | $0: 35$ |
| $15: 35$ | $15: 05$ | Pentathlon U16 Women | 11 | $1: 03$ |
| $16: 10$ |  | End of Day's Competition |  |  |

High Jump (Centre Mat)

| $10: 55$ | $10: 25$ | Pentathlon U20/Senior Women | 3 | $0: 54$ |
| :---: | :---: | :--- | :---: | :---: |
| $11: 30$ | $11: 20$ | U16 Men | 6 | $1: 06$ |
| $13: 05$ | $12: 35$ | Pentathlon U16/U18 Men | 7 | $1: 26$ |
| $14: 10$ | $14: 05$ | Masters Men | 1 | $0: 11$ |
| $14: 20$ |  | End of Day's Competition |  |  |


| High Jump (West Mat) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 10:10 | $09: 40$ | Pentathlon U16/U18 Women | 15 | $2: 30$ |
| $12: 30$ | $12: 15$ | U18/U20/Senior Men | 8 | $1: 20$ |
| $13: 40$ |  | End of Day's Competition |  |  |


| Pole Vault |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $10: 30$ | $09: 45$ | Heptathlon Men | 7 | $1: 15$ |
| $12: 05$ | $11: 05$ | Open Women <= 3.0 metres | 21 | $2: 00$ |
| $13: 10$ | $13: 10$ | Break |  | $0: 35$ |
| $14: 35$ | $13: 50$ | Open Women $>3.0$ metres | 8 | $2: 05$ |
| $16: 00$ |  | End of Day's Competition |  |  |


| Shot Put and Weight Throw <br> (Centre Circle) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 09:20 | $09: 00$ | Men Weight Throw | $7: 03$ |  |
| $10: 25$ | $10: 05$ | U16 / Para Women Shot Put | 11 | $1: 28$ |
| $12: 20$ | $11: 50$ | Pentathlon U20/Senior Women Shot Put | 3 | $0: 39$ |
| $12: 30$ | $12: 30$ | Break |  | $0: 35$ |
| $13: 30$ | $13: 10$ | U18 Women Shot Put | 9 | $1: 09$ |
| $14: 30$ | $14: 20$ | U20 / Senior Women Shot Put | 6 | $0: 48$ |
| $15: 10$ |  | End of Day's Competition |  |  |


| Shot Put (West Circle) |  |  |  |  |
| :---: | :---: | :--- | :---: | :---: |
| $09: 30$ | $09: 25$ | U12 Boys | 12 | $0: 42$ |
| $10: 15$ | $10: 10$ | U12 Girls | 10 | $0: 35$ |
| $11: 35$ | $11: 05$ | Pentathlon U16/U18 Men | 7 | $0: 51$ |
| $13: 15$ | $12: 45$ | Pentathlon U16/U18 Women | 15 | $1: 15$ |
| $14: 15$ | $14: 05$ | Masters Women | 4 | $0: 36$ |
| $14: 45$ |  | End of Day's Competition |  |  |

