



Last Chance Indoor Track and Field Meet

Hosted and Sanctioned by Athletics Alberta

Sunday, November 28, 2021

***** Please enter at top of the ramp on the south (87 Avenue) side of Van Vliet Centre ***
(Located across from Edmonton Clinic Health Academy (ECHA) / Starbucks on west side of 114 Street)
*** Use second-floor east doors near the Athletics Office. *****

Proof of Vaccination and Entry Process

The University of Alberta is requiring proof of double Covid-19 vaccination for all visitors over the age of 12 years old. Vaccination status will be confirmed **prior to** entry by presenting your Government of Alberta QR code or a hard copy of your **QR code** at the entry point along with photo ID. The University is not accepting paper copies for proof of vaccination.

There will be specific lines for priority access to the facility:

- a line for Coaches and Athletes (U14 and up),
- **a line for Volunteers**
- a line for Officials, and
- a line for spectators (including U12 spectators) and U12 athletes.

Notes:

1. All spectators over the age of 12 must have proof of vaccination to enter.
2. The QR code (for your proof of vaccination) will be the most efficient way to enter the building. (Our volunteers will have the QR code scanners.) See <https://covidrecords.alberta.ca/home> if you do not yet have your QR code.
3. Please remember to bring a photo ID that matches your Alberta Health Services credentials.
4. For ease, colour-coded wristbands will be given to those who meet the entry criteria.

LOCATION, FACILITY, and TIMING

Location:

Universiade Pavilion
University of Alberta, North Campus
87 Avenue and 114 Street, Edmonton, Alberta

Facility Specifications:

7-lane Mondo 200m track, 8 lanes for 60m. Mondo runways for all jumps.
Spikes: No pin spikes allowed; 7mm maximum length.
A cement circle for weight throw; both cement and wooden for shot put.



Photo Timing System:

Finish Lynx (Supplied by Ellis Timing Canada)

Meet Inquiries

If you have any questions about the meet, please email competitions@athleticsalberta.com and the appropriate member of the organizing committee will be happy to respond.

Meet Hotel

Athletics Alberta has identified a meet hotel. See below for more information

Delta Edmonton South: 4404 Gateway Boulevard NW, Edmonton, Alberta, T6H 5C2

The Delta is offering a special group (quad occupancy) rate of \$109 per night (includes breakfast) + applicable taxes.

Here's your reservation link your guests can use to make reservations:

[Book your group rate for Athletics Alberta November Track Meet](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

Event Summary:

Athletics Alberta November Track Meet

Start Date: Friday, November 26, 2021

End Date: Sunday, November 28, 2021

Last Day to Book: Wednesday, November 24, 2021

Package Pickup

Sunday Morning: Packages will be available at the Technical Information Centre on the main concourse beyond the COVID screening check.

Only Coaches who are registered may pick up the meet package for their club. Number distribution should occur once an athlete has been screened.

Entry Deadline and Process

- **Entry Deadline: 11:59 p.m. on Saturday, November 20.**
- **Late Entries: MAY be accepted until 8:00 p.m. on Monday, November 22 for a fee.**
- **Scratch Deadline: 8:00 p.m. on Tuesday, November 23.**
- **Scratches after the scratch deadline will not be refunded.**
- Meet schedule will be available on the Trackie registration page. Finalized schedule will be posted the late evening of November 25.
- All entries must be through the Trackie registration page (<http://www.trackiereg.com/2021-LastChanceAB>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackie.com/online-registration/register/last-chance-2021-coach-registration/473631/>)
- NO Team Manager file will be available for uploading into Trackie registration.



ENTRY FEES

- Athlete Registration First Event: \$35.00
- Each Additional Individual Event: \$25.00
- Multiple Events (U10, U12, U14): \$35.00
- Late Fees (for accepted entries): additional \$25.00 per registrant (not per event)

Eligibility

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 in/after 2012	U12: Born 2010-2011	U14: Born 2008-2009
U16: Born 2006-2007	U18: Born 2004-2005	U20: Born 2002-2003
Senior: Born in/before 2001	Open: Born in/before 2002	Masters: Born on/before November 28, 1986

Senior age group: Used where event specifications are different from Under 20.

Schedule

A final schedule will be posted once entries have closed on the Trackie registration page and www.ellistiming.ca

Tentative Order of Events:

AM

Track	Field
60m HEATS	SLJ
1200m	MedBall
1500m	Shot Put
1500m RW	TJ
400m (CE)	TJ
600m (CE)	PV
60m Finals	HJ
600m (Open)	SP
	LJ
	WT (M)

PM

Track	Field
60m Hurdles	WT (W)
1000m	HJ (W)
200m WC	LJ (W)
200m AMB	PV (M/W)



200m Masters SP
 300m LJ
 TJ

2021 Last Chance Indoor Track and Field Meet – Events Offered

Event	Masters	Open**	U20	U18	U16	U14	U12	U10
50m								
60m	X	X	X	X	X	ME*	ME*	ME*
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								ME*
600m	X	X	X	X	X	ME*	ME*	
1000m	X	X	X	X	X			
1200m					X			
1500m	X	X	X	X				
2000m								
3000m	X	X						
60mH	X	X	X	X	X			
1.5K Race Walk	X	X	X	X	X			
Long Jump	X	X	X	X	X			
Standing Long Jump								ME*
Triple Jump	X	X	X	X				
High Jump	X	X	X	X				
Pole Vault	X	X	X	X	X			
Medicine Ball Throw							ME*	
Shot Put Para	X	X	X	X	X			
Shot Put	X	X	X	X	X	ME*		
Weight Throw	X	X	X	X	X			

* U10, U12, and U14 events will be **multiple-event framework** -- medals will be based on total points.

U10: 60m, Standing Long Jump, 400m. U12: 60m, Medicine Ball Throw, 600m. U14: 60m, Shot Put, 600m.

** "Open": Masters, Open, and U20 athletes may be combined during the competition but separated in the overall results. Please keep an eye on future documents as exceptions may happen without notice.

If an event's entries are low, age classes may be combined.



Technical Meeting (Coaches and Volunteers)

Coaches and officials: **8:30 a.m.** track level near the finish line.

Volunteers training and orientation **to be communicated via the volunteer co-ordinator.**

General Rules

- Marshalling procedures are in effect. Marshalling takes place at track level **indicated by the marked 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.
- **Track event athletes** (including multiple 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 arrive **30 minutes before the scheduled start time of the event.**
- Starting blocks are mandatory for all athletes in the Under 16 and older age groups. Starting blocks are optional for Masters. Starting blocks will not be used for Under 10, Under 12, nor Under 14 events.
*** Athletes with a medical condition may apply to not use starting blocks by emailing competitions@athleticsalberta.com ahead of the competition.
- **RESTRICTED ACCESS to track level:**
 - **ONLY approved Coaches (with wrist band), athletes (with bib number), officials, and volunteers are permitted on track level.**

Accreditation Rules and Restrictions

Coaches must register ahead of time through Trackie -- only those who meet all the criteria below will have access to the track/competition level.

(<https://www.trackie.com/online-registration/register/last-chance-2021-coach-registration/473631/>)

Criteria:

1. You are a registered coach with Athletics Alberta.
2. You have a current CRC confirmed with Athletics Alberta.
3. You have completed the Safe Sport course available through coach.ca *** criteria #3 as of Jan 1, 2022.

Coaches who do not meet the above requirements must spectate from the stands above 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 ask that coaches confine themselves to those areas while an event is taking place.
- Non-accredited people will be asked to leave the competition level and the athlete(s) they are associated with may be disqualified from the competition, and their performances will be erased. Repeated offences will be reported to the AA Personnel Committee and could lead to suspension from future competition.

Modified Rules for U10, U12, and U14 Throws

- Each competitor will receive 4 attempts for all throwing events.



Technical Specifications

Athletics Alberta Indoor Technical Specifications will be used -- please see

<https://athleticsalberta.com/wp-content/uploads/2021/04/AA-Indoor-Specs-2017-January.pdf>