



**2022 THUNDER INDOOR INVITATIONAL  
RUNNING ROOM ACAC INDOOR GRAND PRIX #1  
TECHNICAL PACKAGE  
Saturday, January 22, 2022**

**Meet Host:**

**Concordia University of Alberta**

**Hosting Committee**

Matt Norminton	Meet Organizer	matthew.norminton@concordia.ab.ca
Nathaniel MacLellan	Athletic Director	nathaniel.maclellan@concordia.ab.ca
Blair Cipywnyk	Game Day & Events Coordinator	blair.cipywnyk@concordia.ab.ca
Robin Tharle-Oluk	Athletic Therapy	robin.tharle-oluk@concordia.ab.ca
Vernon R.J. Schmid	Timing & Competition Secretary	vernon@ellistiming.ca

**Host Hotel**

Hotel: Delta Edmonton South  
4404 Gateway Boulevard, Edmonton, AB T6H 5C2  
780-4313464

Distance from competition site: 12 minutes  
<https://www.marriott.com/hotels/travel/yeges-delta-hotels-edmonton-south-conference-centre/>

Directions to the Kinsmen: <https://goo.gl/maps/KF8uoNSAkRdWvBfF7>

**Competition Site**

**Kinsmen Field House**  
9100 Walterdale Hill NW, Edmonton, AB T6E 2V3  
<https://goo.gl/maps/dx9A1KadmHN2>

**Facilities Amenities**

Parking	Free
Dressing rooms	General change rooms available
Track Dimensions	6 lanes & 200 metres

## COVID-19 Policy

The 2022 Thunder Indoor Invitational track meet will be restricted to ACAC schools and coaches. As per Concordia University of Edmonton policy, all participants and coaches must be fully vaccinated to enter the facility (ages 5-11 must have at least 1 vaccination). Please have your proof of vaccination (QR code) ready upon entrance at Door 3. If you have ID, please have this ready as well. The staff will do their best to process everyone as quickly as possible. Please be kind, and patient to help them do their job. For those not eligible for vaccination (4 and under) or those that have a medical exemption, please inform staff upon arrival, providing verification if requested. Any additional provincial or local health guidelines must be adhered to (masking, physical distancing where possible, etc...).

Spectators will not be permitted at the 2022 Concordia Invitational Indoor meet.

## Track Etiquette

The Centre of the Track is for participating team and open competitors use only. Chairs will be available for spectators and they must be seated on the perimeter of the track. Boots and outdoor shoes must be removed before entering the track area. Kinsmen Centre and MacEwan University request we all do our part in keeping the facility clean by utilizing the boot wash at the entrance to the facility.

## Spikes

Standard spikes only of 5mm OR SHORTER can be used understanding that the rubber floor is about 1/2" thick.

## Food Policy

No food is permitted on the track.  
The Kinsmen Centre cafeteria is available for nutrition breaks.

## Tentative Events Schedule

All event are timed finals

<b>Time</b>	<b>Event</b>
11:00 a.m.	Set Up + Warm Up
11:40 a.m.	Technical Meeting
12:00 p.m.	Women's 300m Men's 300m
12:30 p.m.	Women's 3000m Men's 3000m
1:00 p.m.	Women's 1000m Men's 1000m
1:30 p.m.	Women's 4x200m relay Men's 4x200m relay
2:00 p.m.	Break
2:30 p.m.	Women's 600m Men's 600m
3:00 p.m.	Women's 1500m Men's 1500m
3:30 p.m.	Women's 4x400m relay Men's 4x400m relay

4:00 p.m. Take-Down - All participants and support staff depart from the facility at the conclusion of the meet after final clean-up/take-down.

### **Event Timing**

Photo timing will be provided by Ellis Timing Canada.  
Results will be available on “Trackie”, the ACAC website following the race, and posted in the facility on race day.  
Performance lists will be posted Thursday evening.

### **Entry Deadline**

All FINAL entries must be submitted using "Trackie" by 5 p.m. Thursday, January 20, 2022.

### **Media**

All photographer and media members (institution or otherwise) must contact Nathaniel MacLellan. This event will have event photography and by registering for the event, participants agree to permit Ellis Timing Canada, Concordia University of Edmonton, and the ACAC to use their photograph and name in event reporting and publicity.

### **Registration - Open Runners**

Unfortunately there will not be any non ACAC students or coaches permitted to take part in the 2022 Thunder indoor invitational.

### **Registration - ACAC teams**

**A registration link for Trackie will be e-mailed out to athletic directors and coaches and entries must be managed using Trackie. Schools will be invoiced by Concordia University of Edmonton following the meet using a shared expenses formula.**

### **ACAC Runners**

All competitors must be on their institution's eligibility certificates as submitted to the ACAC Office. All ACAC runners will be registered in the team category and not as open runners.  
<http://www.trackiereg.com/2022-ACAC-Edmonton>

Entries will be submitted directly on the “Trackie” website.  
ACAC Institutions will be consider as team entries only and invoiced by Concordia University of Edmonton at the end of the event.

All entries must be submitted using "Trackie" by 5 p.m. Thursday, January 20, 2022.

## Competition:

The meet will use World Athletics (formerly IAAF) rules except for rule notifications indicated below.

3000m, 1500m, 1000m, 600m, 300m will be timed finals.

3000m, 1500m, 1000m will be a waterfall start and starting position will be random.

600m will be staggered start with running in lanes for first two corners and then cut in.

All 6 lanes will be used for the 600m for the start.

Lane start for 4 x 400m relay

Maximum number of starters in a heat:

3000m 12

1500m 12

1000m 10

600m 8, 2 runners will be put in each lane for the start in following manner

Note: Subject to entry numbers and available time during the meet

### Preferred Lane assignments

- 1 L-4 inside position
- 2 L-5 inside position
- 3 L-3 inside position
- 4 L-6 inside position
- 5 L-2 inside position
- 6 L-1 inside position
- 7 L-2 outside position
- 8 L-1 outside position

### 300 m Technical

300m, 1 runner will be put in each lane for the start in following manner

### Preferred Lane assignments

Lane 4/5 Random assigned to 2 fastest times

Lane 2/3/6 Random assigned to next 3 fastest times

Lane 1 Assigned to slowest time

300m will run in the lanes for the entire race.

300m time finals will be organized from slowest to fastest seed time.

300m will use all 6 lanes for timed finals.

Starting blocks are optional and will be available.

Athletes must check in at the start line and remain in the area 10 minutes prior to race.

Athletes should use 4 point start but may use a 3 point start or 2 point start.

## Coaches' Technical Meeting:

Meet technical issues will be discussed by email with the convenor. These issues will be resolved in a short 20-minute meeting held on site before the start of the races by the convenor, SMT, and coaches representative.

Date: Saturday January 22, 2022.

Site: Kinsmen Track

Time: 11:40 a.m.

## **Team Scoring**

The first two runners per school per race score in the team competition. Colleges/Universities can enter more than 2 runners but only the top two will count towards team scoring. Other runners from the same College/University team will not displace runners from other college/University teams.

Colleges/Universities teams do not need to declare their scoring two; their top two placing will simply count as their scoring runners. There is no limit to the number of events in which an individual may compete. Only one relay team per school will count towards team scores. Colleges/Universities may only enter one relay team.

Points shall be awarded as follows for all individual and relay events: 10 pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7<sup>th</sup> and 1 for 8th.

Points will be added up for each school to determine the team standings.

Team tie-breaker shall be decided by the following:

- Total team medals including relay
- Most individual gold medals including relays
- Most individual silver medals including relays
- Most individual bronze medals including relays
- Most 4th place finishes including relays
- And so on

## **ACAC Student Athlete Seed Times**

If an ACAC student athlete does not have a seed time for that distance, approved conversion tables will be used to determine an equivalent time from a comparable distance. Entries must include the time from the distance raced plus the time for the new distance from the conversion tables.

Athletes who have competed in an equivalent race during the year must use the time achieved from that season and not an equivalent from a different race. If a runner has not competed in the 300m, 600m, 800m, 1000m, 1500m, 3000m their coach should provide an estimate of their athlete's performance over that distance.

## **Therapy / Medical Services**

Athletic Therapist: On-site there will be one Certified Athletic Therapist 30 minutes prior to the first race until 30 minutes after the last race to assist with injury care and taping. Teams are encouraged to travel with a condensed medical form.

If your team or open runner entries have any request or require clarification of services, please be sure to contact Robyn Tharle Oluk via email.

Condensed medical forms should contain the following information so we can appropriately serve you in the event of emergency: Athlete's first and last name, Provincial health care number, Emergency contact name and number, Allergies, Medications, Medical conditions, Previous injuries, and Special requirements.

If athletes have any medical conditions, allergies, or special requirements, these should be emailed prior to the event so our medical staff can prepare accordingly. Otherwise the teams/athletes can travel with the condensed medical and have it readily available should this information be required.