



# Alberta Indoor Track & Field Championships (ATFC)

U10, U12, U14, U16, U18, U20, Senior & Masters

Provincial Championships

Hosted by Athletics Alberta March 5<sup>th</sup> and 6<sup>th</sup>, 2022

**\*\*\* 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. \*\*\***

## Entry Process

The University of Alberta is no longer requiring Proof of Vaccination for Entry to Campus. Individuals are asked to self-screen for Covid symptoms and stay home if they are not symptom free.

Requirements:

- Face coverings are still needed for spectators and individuals not participating in physical activity
- A 50% venue capacity is in place
- Spectators are welcome, but please limit the number of people invited where possible
  - Remain spaced from other groups and please stay masked unless eating

## Location, Facility, and Timing

### 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 (Supplied by Ellis Timing Canada)

## Meet Inquiries

If you have any questions about the meet, please email [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com) and the appropriate member of the LOC will be happy to help.

## Meet Purpose

This meet serves as the U10, U12, U14, U16, U18, U20, Senior & Masters Indoor Provincial Championship. Please send any questions to [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com) and the appropriate person will address inquiry or concerns.



## 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 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 Track Meet**

**Start Date: Friday, March 4, 2022**

**End Date: Sunday, March 6, 2022**

**Last Day to Book: Monday, February 28, 2022**

## First Aid

**Provided at track level near the 60m start line**

## 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.
- Athletes must be registered as annual athletics Alberta members to be eligible to compete in the provincial championships.
- Mixed relays must be composed of 2 competitors of each opposite biological sex.
- Relays age exception - athletes are allowed to age up to one age category without penalty to create a complete relay team.
- Athletes in relays must be from the same club

## Registration Package

- Saturday Morning: Packages will be available for pick-up on the main concourse 60 minutes before the first scheduled event of the day.
- 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, February 26.**
- Late Entries: will be accepted until 8:00 p.m. on **Monday, February 28** for a fee.
- Scratch Deadline: 8:00 p.m. on **Tuesday, March 1.**
- Scratches after the scratch deadline will **not be refunded.**
- Meet schedule will be available on the Trackie registration page and on [www.ellistiming.ca](http://www.ellistiming.ca)
  - Finalized schedule will be posted the late evening of March 3.
- All entries must be through the Trackie registration page (<https://www.trackiereg.com/2022-AITFC>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackiereg.com/AITFC-2022-Coach-Reg/>).
- 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
- Combined Events: \$35.00
- Relays: \$35.00
- Late Fees (for accepted entries): additional \$25.00 per registrant (not per event)

## Eligibility

- All Alberta Coaches and Athletes entering must be registered members of Athletics Alberta.
- Out of province Coaches and Athletes must be registered with their respective Provincial Athletics Association.

## 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.

Criteria:

1. You are a registered coach with Athletics Alberta (or other Provincial Branch).
2. You have a current CRC confirmed with Athletics Alberta.
3. You have completed the Safe Sport course available through coach.ca
4. Be registered for or have completed MED
5. Be in-training, trained, or certified in the appropriate NCCP context (RJTW, Sport Coach, Club Coach, or Performance Coach)

***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.

## Age categories offered:

**U10** – born 2013 or later, **U12** – born 2012-2011, **U14** – born 2010-2009, **U16** – born 2008-2007, **U18** – born 2006-2005, **U20** – born 2004-2003, **Open** – born 2002–earlier, **Masters** – Born February 5, 1987 or earlier (as of day of competition).

## Awards:

- Provincial Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place in championship events
- Medals are not available to out of province competitors

## 2022 Alberta Track & Field Championships – Events Offered

### Legend:

**C** = Championship Events

**X** = Non-Championship Events

Event	Masters	Senior	U20	U18	U16	U14	U12	U10
60m	C	C	C	C	C			
60m (Para)		C	C	C	C			
200m	C			X	X			
200m (Para)		C	C	C	C			
300m		C	C	C	C			
300m (Para)		C	C	C	C			
400m	C							
600m		C	C	C	C			
800m	C							
1000m		C	C	C				
1200m					C			
1500m	C	C	C	C				
2000m					C			
3000m	C	C	C	C				
60mH	C	C	C	C	C			
4x200m Relay	C	C	C	C	C	C	C	C
4x200m Mixed	C	C	C	C	C	C	C	C
4x400m Relay	C	C	C	C	C			



4x400m Mixed	C	C	C	C	C			
4x800m Relay	C	C	C	C	C			
4x800m Mixed	C	C	C	C	C			
1.5/3K Race Walk	C(3k)	C(3k)	C(3k)	C(3K)	C(1.5k)			
Long Jump	C	C	C	C	C			
Triple Jump	C	C	C	C	C			
High Jump	C	C	C	C	C			
Pole Vault	C	C	C	C	C			
Seated Throws	C	C	C	C	C			
Shot Put	C	C	C	C	C			
Weight Throw	C	C	C	C	C			
Tetrathlon						C	C	C

## General Rules

- Marshalling procedures are in effect. Marshalling takes place at track level **indicated by signage ‘Call Room or Warmup 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 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 - email the [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com) to make this request. **\*\***
- **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 Heats would not take place and the Masters 60m Final will convert to the 60m timed final (TF).*



## 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	<b>U16</b>	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	<b>U18</b>	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>U20</b>	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>Open</b>	60m	5	1.07m/42"	13.72m	9.14m
World Masters Athletics (please check website)					<b>Masters</b>	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		<b>U10</b>		2kg	2kg
2kg	2kg		<b>U12</b>		2kg	2kg
3kg	3kg		<b>U14</b>		3kg	3kg
	3kg	7.26kg/16lbs	<b>U16</b>	7.26kg/16lbs	4kg	
	3kg	7.26kg/16lbs	<b>U18</b>	9.08kg/20lbs	5kg	
	4kg	9.08kg/20lbs	<b>U20</b>	11.34kg/25lbs	6kg	
	4kg	9.08kg/20lbs	<b>Open</b>	15.88kg/35lbs	7.26kg	
World Masters Athletics (please check website)			<b>Masters</b>	World Masters Athletics (please check website)		

### Indoor Provincial Championship Combined Event Specifications

Girls Tetrathlon	U10				U12				U14			
	60m	SP	SLJ	400m	60m	SP	SLJ	400m	60m	SP	LJ	600m
Boys Tetrathlon	U10				U12				U14			
	60m	SLJ	SP	400m	60m	SLJ	SP	400m	60m	LJ	SP	600m



## Tentative Order of Events

A final schedule will be posted on [www.ellistiming.ca](http://www.ellistiming.ca) in the late evening on Mar 3.

### Tentative Schedule:

#### Saturday

##### Track

60m CE  
60m Heats  
1000m Timed Final (U18, U20, Senior)  
600m (U16)  
60m Final  
400m CE  
600m CE  
400m Timed Final (Masters)  
2000m (U16)  
3000m  
4x200m  
4x800m

##### Field

LJ (M/W)  
TJ (M/W)  
SLJ/LJ (B/G)  
Shot Put (W)  
Shot Put (G/B)  
Weight Throw (M)  
HJ (M/W)  
PV (W)

#### Sunday

##### Track

60mH Heats  
800m (Masters)  
600m (U18, U20, Senior)  
1200m (U16)  
60mH Finals  
3000m RW  
1500m RW  
300m Timed Finals  
200m Timed Finals (Masters) \*\*  
1500m  
4x400m

##### Field

LJ (M/W)  
TJ (M/W)  
Shot Put (M)  
Seated Shot Put (M/W)  
Weight Throw (W)  
HJ (M/W)  
PV (M)

\*\*U16 and U18 non-championship race included