



Last Chance Indoor Track and Field Meet

Hosted and Sanctioned by Athletics Alberta

Saturday, November 26, 2022

*Technical Package will be updated as needed on www.ellistiming.ca and the Trackie registration website and shared on Athletics Alberta social media.

***** 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. *****

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 meet hotel information below. Rate secured through December 2023.

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

The Delta is offering a special group (standard room, quad occupancy) rate of \$119 per night + applicable taxes and/or (deluxe room, quad occupancy) rate of \$149 per night + applicable taxes.



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 working with you in the future

Participating properties:

- Delta Hotels Edmonton South Conference Centre

[Book your corporate rate for Athletics Alberta](#)

Package Pickup

Saturday Morning: Packages will be available at the Technical Information Centre on the main concourse beyond the check-in desk for receiving coach wristbands.

Only Coaches who are registered may pick up the meet package for their club. Number distribution should occur beyond the entryway to keep access clear.

Entry Deadline and Process

- Entry Deadline: 11:59 p.m. on **Saturday, Nov 19, 2022.**
- Late Entries: MAY be accepted until 8:00 p.m. on **Monday, Nov 21** 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 24.
- All entries must be through the Trackie registration page (<http://www.trackiereg.com/2022-LastChanceAB>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackie.com/2022-LastChance-CoachReg>)
- 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.

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.
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).

**U20 Athletes who register in the U20 Age Category, and may later be combined with the OPEN age category in the final schedule in applicable events. **

Schedule

A final schedule will be posted once entries have closed on the Trackie registration page and www.ellistiming.ca. The schedule from 2021 is available on the Trackie registration page.



2022 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			ME*
400m								
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	ME*		
Standing Long Jump							ME*	ME*
Triple Jump	X	X	X	X				
High Jump	X	X	X	X				
Pole Vault	X	X	X	X	X			



Shot Put Para	X	X	X	X	X			
Shot Put	X	X	X	X	X	ME*	ME*	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, Shot Put, 300m

U12: 60m, Standing Long Jump, Shot Put, 300m

U14: 60m, Long Jump, 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 and Volunteer Information

Final information will be posted on www.ellistiming.ca

Volunteers register at - <https://signup.com/go/GzmvWrO> and contact info@athleticsalberta.com with further questions.

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.**

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>