



## **2023 Indoor Competitions by University of Alberta**

**Golden Bears and Pandas Preview: January 7, 2023**

**Golden Bear Open: January 20-22, 2023**

**Pandas Open: Feb 10-12, 2023**

University of Alberta – Universiade Pavilion 87 Ave & 114 st. Edmonton, AB

Full Mondo Surface 7 Lane, 200m oval, 60m 9 lane straight with 40m shut down + concrete & movable wooden circle

### **Expected Timelines: Week of competition**

Tuesday @ Noon	- Entry & scratch deadline via trackie only
Wednesday @ Noon	- Inclusion of entries into USPORTS sections known
Wednesday @ 8:00PM	- Final Schedule
Thursday @ noon	- Heat Sheets posted (Sunday sections seeded and posted Saturday)
Friday @ 2:30PM	- Access to track open
Friday @ 4:00PM	- Competition begins

No athletes on track level before 2:30PM on Friday

<https://bearsandpandas.ca/sports/track-and-field>

Sanctioned by Athletics Alberta

Timing: EllisTiming [www.ellistiming.ca](http://www.ellistiming.ca)

### Primary Purpose & Intent of Competition:

The primary objective of the Golden Bears and Pandas Preview (GBP-P); Golden Bear Open (GBO) & Pandas Open (PO) is to provide a high-quality competition for USPORTS athletes. All decisions about scheduling and seeding are made with that interest in mind.

All three home events are open to the public to enter and provide enhanced competitive opportunities for interested athletes. All USPORTS events are governed by Canada West Playing Regulations

All Club window – U12/ U14 / U16 / U18 / U20 / Senior / Masters events are governed by WA rules

### Eligibility:

Athletes and coaches must appear on a formal USPORTS eligibility roster or be active member of their respective provincial athletics association. International athletes should contact the meet director.

### Inclusion into USPORTS categories:

This occurs by invitation. It is assumed entries made within club entries, specifically the U20+ category desire to be included in USPORTS sections. At the closure of entries top entries within the U20+ category will be considered and included into USPORTS sections as deemed appropriate by the event management team. These decisions will be made after the closure of entries. Individuals should check the meet program and start lists when they are published as per the timelines indicated.

### Dates, Registration Links:

**Golden Bears & Pandas Preview:**                      **January 7, 2023**                      **2<sup>nd</sup> Annual**  
[www.Trackiereg.com/GBP-P\\_2023](http://www.Trackiereg.com/GBP-P_2023)

**Golden Bear Open:**                                      **January 20-22, 2023**                      **51<sup>st</sup> Annual**  
[www.Trackiereg.com/GBO\\_2023](http://www.Trackiereg.com/GBO_2023)

**Pandas Open :**    **February 7-9, 2020**                      **8<sup>th</sup> Annual**  
[www.Trackiereg.com/PO\\_2023](http://www.Trackiereg.com/PO_2023)

### Coach Registration

Coaches who are not members of university coaching staff's must register in advance (same deadline as athlete entries). To be considered a coach you must be:

- a) Actively registered with respective provincial athletics association
- b) Have a current CRC completed, Safe sport course via coach.ca completed, completed Making Ethical decisions and be in training, trained or certified in the appropriate NCCP context

[www.Trackiereg.com/Coaches\\_UA\\_2023](http://www.Trackiereg.com/Coaches_UA_2023)

### Seed Marks:

Seed marks are subject to verification using Athletics Canada Indoor Rankings or USPORTS Rankings (Jan 1 2022 – Tue week of event in 2023). This occurs through the automated process in trackie. Special requests for speculative seeds not found in either of the two primary ranking systems must be sent to meet director by Tuesday at NOON, with clear rationale provided in order to be considered.

### Entry Fees:

1<sup>st</sup> event - \$30;                      2<sup>nd</sup> event - \$25;                      3<sup>rd</sup> event - \$15                      Relays - \$30

- Scratches / edit of entries made online [www.trackie.com/online-registration](http://www.trackie.com/online-registration)
- Late entries will not be accepted

**ALL REGISTRATIONS AND PAYMENTS MADE ONLINE VIA TRACKIE**

## Entry Limits – GBP-Preview

Field event entry limits are imposed at the GBP-P (Jan 7, 2023) event. The top 10 verifiable entries + Golden Bears and Pandas athletes will be included. Only Sr. specifications will be used

## Schedule notes:

Tentative schedules are posted at each of the above links

Major schedule differences between GBO & PO:

- At the GBO, whenever possible men compete before women. At Pandas Open women compete before men.
- GBO has Open/USPORTS 1000m on Saturday, while Pandas Open has 1000m on Friday
- 300m is timed final at GBO, while Pandas Open is Heats/Finals in the Open/USPORTS category

## Event & Time Emphasis

Friday Night + Saturday Afternoon = USPORTS & Top Entries by invite  
Saturday AM, PM + Sunday Sections = Remaining senior events and all other events offered

## Preferred Lanes, order of events and advancements:

Preferred lanes: Oval preferred = 6 /7/5/4/3/2/1  
Order of events: Timed finals run FAST to SLOW

Alternates in finals:

For events having heats and finals, alternates in the finals will be listed. Meaning, if 8 athletes advance to the final, places 9-11 will be listed as alternates. Alternates will be permitted to race in the final should scratches occur in time.

## 300m / 4x200 Lane Draws:

### Timed Final Structure / Golden Bear Open

Top (fastest athletes) seeded in Lanes 6, 7 & 5 respectively according to seedtime. Remaining (slower athletes) seeded in lanes 4, 3. Example: Seed #4 would be Heat 2, Lane 6

### Heats/Finals Structure / Pandas Open

Heats are arranged according to seedtime in Lane 6, 7, 5, 4, 3 (ie not random draw)

Finals are a two section final of 4 athletes seeded in lanes 6, 7, 5, 4 according to heats performance

## Call Room / Check In / Numbers

- USPORTS Track Events:
  - o By 1 hour prior to event: Athletes are required to check in & confirm their intention to compete 1 hour prior to the event;
  - o By 15min prior to event: Athletes are required to come back by 15 min prior to event to pick up their hip number;
- USPORTS Field Events:
  - o Check in on site
- Numbers worn on back for races that finish in set lanes. Numbers worn on front for races that do not finish in set lanes. Hip numbers on right hip

## USPORTS Minimum measurements

- A minimum measurement procedure will be in place for USPORTS – Long Jump & Pole Vault events. Marks will only be measured for distances above
  - o LJ: Women: 4.50m and above Men: 5.50m and above
  - o PV: Women: 3.00m Opening height Men: 3.50m Opening height

## Event Offerings:

GBP-P (Jan 7, 2023)

Track: U14/U16/U18/U20/Senior/Masters: no entry limits: 60m, 60mH, 200m, 300m, 4x400m

Field: Senior specs only, top 10 entries regardless of age: Weight Throw, Shot Put, High Jump, Long Jump

U14/U12:

- To support hurdle development 60m hurdles and 150m events will be offered for U14 and U12 age categories. U12 hurdles will use breakdown/scissor hurdles;
- 2<sup>nd</sup> years in the U14 category are permitted to enter U16 age class events at both GBO and PO.

2023 Indoor GBO / Pandas Open	USPORTS **By invite - see package**	Masters Specs	Senior Specs	U20	U18	U16	U14	U12	
<b>Sprints / Hurdles</b>									
60m Hurdles	✓	✓	✓	✓	✓	✓	✓	✓	
60m	✓	✓ as U20+			✓	✓	* see package		
200m		✓ as U20+			✓	✓	✓ 150m	✓ 150m	
300m	✓	✓ as U20+			✓	✓			
<b>Relays</b>									
4x200m	✓		✓	✓	✓	✓			
4x400m	✓								
4x800m	✓								
<b>Mid D / Long D / Walks</b>									
600m	✓	✓ as U20+			✓	✓	** see package for more info		
1000m	✓	✓ as U20+			✓	✓			
1200m						✓			
1500m	✓	✓ as U20+			✓				
2000m						✓			
3000m	✓	✓ as U20+			✓				
Racewalk		✓ 1500m	✓ 800m						
<b>Jumps</b>									
Long Jump	✓	✓ as U20+			✓	✓			
Triple Jump	✓		✓	✓	✓	✓			
Pole Vault	✓	✓ as U20+			✓	✓			
High Jump	✓	✓ w U16	✓ as U20+		✓	✓			
<b>Throws / Multi Events</b>									
Weight Throw	✓	✓	✓	✓	✓	✓			
Shot Put	✓	✓	✓	✓	✓	✓			
Pent - W / Hep - M	✓		request						
<b>Para</b>									
Seated SP			✓						
Wheelchair		✓ 200 & 300							
AMB			request						
<b>Multi's Events</b>									
Pent Women	60mH		Hep - Day 1 Men			60m			
	High Jump					Long Jump			
	Shot Put					Shot Put			
	Long Jump					High Jump			
	800m					60mH			
			Hep - Day 2 Men			Pole Vault			
		1000m							

## Accommodations

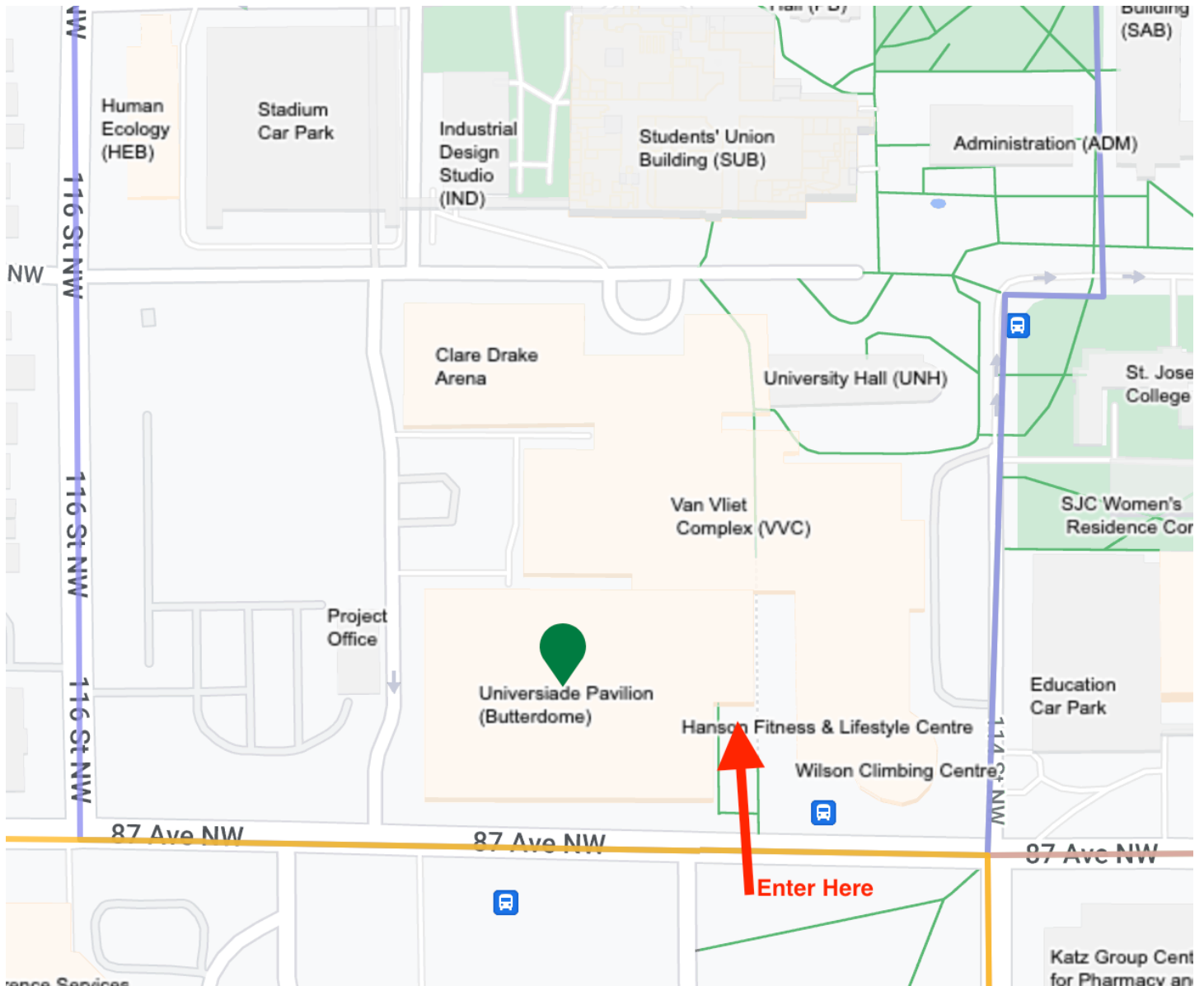
The Westin Edmonton 10135 100st NW Edmonton, AB Y5J 0N7 780-493-8908

## Location

Entry location occurs at the top of the ramp on the south side of the Van Vliet Centre (87 ae). This is the concourse level above the 60m start line. Map locations can be found at:

[Campus Map:](#)

[Building Map: https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html](https://www.ualberta.ca/campus-community-recreation/facilities/north-campus/map.html)



## Spectators/Parents

Fans, spectators and parents are welcome to attend. You are asked to remain in the bleach sections are refrain from going onto the track and warm up areas.

## Contact Info / Role

Meet Director

Wes Moerman (head coach)  
[wes.moerman@ualberta.ca](mailto:wes.moerman@ualberta.ca)  
780.492.5097

Competition Director  
(schedule, entries, seeding)  
Rob Fisher (asst coach)  
[robfisher004@gmail.com](mailto:robfisher004@gmail.com)  
780.975.2847

Timing/Results  
(results & live results)  
Vernon Schmid  
[vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)