



# Alberta Indoor Games (AIG)

## Combined Events Provincial Championships for u16, u18, u20, Senior, Masters Hosted by Athletics Alberta February 4 & 5, 2023

\*Technical Package will be updated on the Trackie registration website, and the final schedule will be posted on [www.ellistiming.ca](http://www.ellistiming.ca) on Friday (Feb 3) before the event. A tentative order of events is listed at the end of this technical package.

**\*\*\* 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.  
A wooden platform for seated shot put

### Photo Timing System:

FinishLynx (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 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.**

**Last Update – Fri Jan 27 / Multi Clarification**



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.

#### Entry Deadline and Process

- Entry Deadline: 8:00 p.m. on **Saturday, January 28.**
- Late Entries: will be accepted until 12:00 noon on **Sunday, January 29** for a fee.
- Scratch Deadline: 8:00 p.m. on **Tuesday, January 31.**
- Scratches after the scratch deadline will **not be refunded.**
- Coach Reg Deadline: 8:00 p.m. on **Thursday, February 2.**
- Meet schedule will be available on the Trackie registration page and on [www.ellistiming.ca](http://www.ellistiming.ca)
- All entries must be through the Trackie registration page (<http://www.trackiereg.com/2023-AIG-Event-Reg>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackiereg.com/2023-AIG-Coach-Reg>).
- NO Team Manager file will be available for uploading into Trackie registration.

#### 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 (requires an NCCP #)

***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.

## ENTRY FEES

- Athlete Registration First Event: \$35.00
- Each Additional Individual Event: \$25.00
- Combined Events: \$35.00
- Late Fees (for accepted entries): additional \$25.00 per registrant (charged to first event only)

## First Aid

To be available at track level near the 60m startline.

## Provincial Championship Age Policy

### (u16, u18, u20, Senior, and Masters Combined Events Championships)

- All athletes at provincial championships must compete in the 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.

## Relay Championships

- Mixed Relays for must be composed of 2 competitors of each opposite sex. Athletes may compete up one age category.
- No registration will be done on the day-of-event.

## Package Pick-Up

Registration packages will be available at the Technical Information Centre on the main concourse starting 60 minutes before the first scheduled event of the day.

## 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 association.



## Age categories offered

**U10** – born 2014 or later, **U12** – born 2012-2013, **U14** – born 2010-2011, **U16** – born 2008-2009, **U18** – born 2006-2007, **U20** – born 2004-2005, **Open** – born 2003 or earlier, **Masters** – Born February 4, 1988 or earlier (as of day of competition).

\*\*Age categories may be combined in the final schedule based on the number of entries.\*\*

## Awards

- Provincial medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place Championship events (including relays).
- Meet medals will be available for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place in non-championship individual events.

## 2023 Alberta Indoor Games– Events Offered

### Legend:

**C** = Championship Events,  
**X** = Non-Championship Events.

Event	Masters	Open	U20	U18	U16	U14	U12	U10
60m	X	X	X	X	X			
60m (Para)	X	X	X	X	X	X	X	X
200m	X	X	X	X	X			
200m (Para)	X	X	X	X	X	X	X	X
300m		X	X	X	X			
400m	X							
600m		X	X	X	X			
800m	X							
1000m		X	X	X				
1200m					X			
1500m	X	X	X	X				
2000m					X			
3000m	X	X	X	X				



60mH	X	X	X	X	X			
4x200m Relay	C	C	C	C	C	C	C	C
4x400m Relay	C	C	C	C	C			
4x800m Relay	C	C	C	C	C			
1.5k Race Walk	X	X	X	X	X			
Long Jump	X	X	X	X	X			
Triple Jump	X	X	X	X	X			
High Jump	X	X	X	X	X			
Pole Vault	X	X	X	X	X			
Seated Throws	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X			
Weight Throw	X	X	X	X	X			
Multi Event						X	X	X
Pentathlon	C	C (W)	C (W)	C	C			
Heptathlon		C	C					

## 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 elect to not use starting blocks.
- **RESTRICTED ACCESS to track level:**
  - **ONLY approved Coaches (with wrist band), athletes (with bib number), officials, and volunteers are permitted on track level.**

## Technical Specifications and Notes

Butterdome Diagram

[https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton\\_Butterdome.pdf](https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome.pdf)

Butterdome Notes and Relay Information [https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton\\_Butterdome-Start-Lines.pdf](https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome-Start-Lines.pdf)

Technical Specifications  
To Be Added

Combined Events

Heptathlon - Day 1 (60m, Long Jump, Shot Put, High Jump) Day 2 (60mH, Pole Vault, 1000m)

Pentathlon W - 60mH, High Jump, Shot Put, Long Jump, 800m (U16 run 60m flat instead of 60m Hurdles)

Pentathlon Men - 60mH, Long Jump, Shot Put, High Jump, 1000m (U16 run 60m flat instead of 60m Hurdles)

Multi Event Framework

U10: 60m, Standing Long Jump, Shot Put, 300m

U12: 60m, Long Jump (1m board), Shot Put, 600m

U14: 60m, Long Jump, Shot Put, 600m (Sat Tetrathlon)

U14: High Jump, Shot Put, 150m (Sun Triathlon)

## Standing Long Jump Description

**Standing Long Jump** - No approach steps. Two feet must remain stationary until the jump is performed (e.g. no stutter-step before jump is initiated).



## Tentative Order of Events

A final schedule will be posted on [www.ellistiming.ca](http://www.ellistiming.ca) on Friday prior to the meet

**First event to start around 8:45 am for both days**

### Saturday

#### Track

60m HEATS

60m CE (Hep, Multi, U16M)

60mH Multi (M Pent)

3000m

2000m

800m RW

1500m RW

60m FINALS

#### **Tentative Break**

600m

400m

600m (U12,U14 Multi)

300m (U10 Multi)

200m

4x800m

4x200m (U10,U12,U14 only)

**End day (est. 6 pm)**

#### Field

Weight Throw (W)

LJ (W, all U12,U14 Multi) SLJ (U10 Multi)

TJ (M)

HJ (M)

PV(W)

Shot Put (M, all U10,U12,U14 Multi)

### Sunday

#### Track

60mH HEATS

60mH CE (W Pent, Hep)

60m (U16W Pent)

800m

1000m

60mH FINALS

300m

#### **Tentative Break**

150m ME

1500m

1200m

1000m CE

800m CE

4x200m (U16 and up)

4x400m

**End day (est. 5 pm)**

#### Field

Weight Throw (M)

LJ (M)

TJ (W)

HJ (W, all U14 Day 2 Multi)

PV (M)

Shot Put (W, U14 Day 2 Multi)



### **CE Information**

U10,U12,U14 Tetrathlon on Saturday (60m, Shot Put, Long Jump/SLJ, 300m/600m)

U20 Men, Open Men Heptathlon on Saturday and Sunday

U16 Men ,U18 Men, Masters Men Pent on Saturday

U16 Women, U18 Women, U20 Women, Open Women, Masters Women Pentathlon on Sunday

U14 Sun Triathlon High Jump, Shot Put, 150m