



Alberta Indoor Track and Field Championships (AITFC)

Indoor Provincial Championships
for u10, u12, U14, u16, u18, u20, Senior, Masters

Hosted by Athletics Alberta

March 4 & 5, 2023

*Technical Package will be updated as needed on 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.
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 and the appropriate member of the organizing committee will be happy to respond.



Meet Hotel

Athletics Alberta meet hotel information below.

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

There are several events in town this weekend and all rooms are fully booked at the time of this posting.

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 once an athlete has been screened.

Entry Deadline and Process

- Entry Deadline: 12:00 p.m. on **Saturday, February 25.**
- Late Entries: will be accepted until 8:00 p.m. on **Monday, February 27** for a fee.
- Scratch Deadline: 8:00 p.m. on **Tuesday, February 28.**
- Scratches after the scratch deadline will **not be refunded.**
- Coach Reg Deadline: 8:00 p.m. on **Thursday, March 2.**
- Meet schedule will be available at <http://www.ellistiming.ca/AITFC/>
- All entries must be through the Trackie registration page (<http://www.trackiereg.com/2023-AITFC-Event-Reg>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackiereg.com/2023-AITFC-Coach-Reg>).
- NO Team Manager file will be available for uploading into Trackie registration.
- Seed times will be verified for this event (indoor times from Nov 1, 2021 to Feb 24, 2023 will be accepted).

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

Last Update Mar 1 – Check in notes, various links



Personnel Committee and could lead to suspension from future competition.

ENTRY FEES

- Athlete Registration First Event: \$35.00
- Each Additional Individual Event: \$25.00
- 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 start line.

Performance Therapy

Provided by Pivotal Physiotherapy on the concourse towards timing. Sign up will be onsite.

Provincial Championship Age Policy

- 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.

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. Championship Medals will not be awarded to out of province athletes.

Age categories offered

U10 – born 2014-2016, **U12** – born 2012-2013, **U14** – born 2010-2011, **U16** – born 2008-2009, **U18** – born 2006-2007, **U20** – born 2004-2005, **Senior** – born 2003 or earlier, **Masters** – Born March 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 1st, 2nd, & 3rd place Championship events – for Alberta Athletes only.
- Meet medals will be available for 1st, 2nd, & 3rd place in non-championship events (200m and 4x400m).



2023 Alberta Indoor Games– Events Offered

Legend:

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

Event	Masters	Open	U20	U18	U16	U14	U12	U10
60m	C	C	C	C	C			
60m (Para)	C	C	C	C	C	C		
200m	C	X	X	X	X			
300m		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			
1.5k Race Walk					C			
3k Race Walk	C	C	C	C				
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 Shot Put	C	C	C	C	C	C		
Shot Put	C	C	C	C	C			
Weight Throw	C	C	C	C	C			
Tetrathlon ME						C	C	C
Triathlon ME						C	C	C
4x400m	X	X	X	X	X			

General Rules

- Marshalling procedures are in effect. Marshalling takes place at track level **indicated by the marked 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.**
 - **Coaches will receive lunch by showing wristband in hospitality.**

Check-In Notes / Marshalling procedures

Athletes must report to the check-in table (north-west of the building near the finish line on outside of track) prior to their event. Track athletes must check in, be present at the start line and be prepared to run 15 minutes prior to the event start time. Field athletes must marshal at the event-site 15 minutes prior to the event start-time. It is the athlete's responsibility to be ready when a heat or flight is called to begin. If the athlete is not present and has not checked in they will miss their event.

Athletes who are not present for the scheduled event are asked to remain out of the warm up space beyond the check in table. When possible, spectating should be done from the stands or concourse level.



Technical Specifications and Notes

Butterdome Diagram

https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome.pdf

Butterdome Notes

https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome-Start-Lines.pdf

Technical Specifications

<https://athleticsalberta.com/wp-content/uploads/2021/04/AA-Indoor-Specs-2017-January.pdf>

Multi Event Framework

Tetrathlon

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

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

U14: 60m, Long Jump, Shot Put, 600m

Triathlon

U10: 150m, Long Jump, 600m

U12: 150m, Long Jump, 600m

U14: 150m, High Jump, 1000m

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).

Records

Record application forms will be signed by the meet director. Athletes will need to complete the details of the form and printing is not provided on site.

Athletics Alberta open and age class records set at this meet do not require forms.

Details

Meet Director – Nick Stoffberg
operations@athleticsalberta.com

Athletics Alberta
11759 Groat Road
Edmonton, Alberta, T5M 3K6
Phone: 780-427-8792



Tentative Order of Events

A final schedule will be posted at <http://www.ellistiming.ca/AITFC/> on Friday. A tentative schedule should be available Thursday at the same link.

Saturday

First events around 9:00 am

Track	Field (throughout the day)
60m HEATS	Weight Throw (W) AM
3000m	LJ (W)
2000m	TJ (M)
3000m RW	HJ (W)
60m FINALS	PV(M)
Tentative Track Break	Shot Put (M)
300m	
1000m	
800m (Masters)	
600m ME	
300m ME	

End of day around 5:00 pm

Sunday

First events around 9:00 am

Track	Field (throughout the day)
60mH HEATS	Weight Throw (M) AM
150m ME	LJ (M)
400m (Masters)	TJ (W)
600m	HJ (M)
60mH FINALS	PV (W)
Tentative Track Break	Shot Put (W)
200m – non championship (except masters)	
1500m	
1200m	
1000m ME	
600m ME	
4x400m – non championship	

End of day around 5:00 pm

CE Information

U10,U12,U14 Tetrathlon on Saturday
U10,U12,U14 Triathlon on Sunday