



# Alberta Indoor Track and Field Championships (AITFC)

Indoor Provincial Championships  
for u10, u12, U14, u16, u18, u20, Senior, Masters  
Hosted by Athletics Alberta  
March 2 & 3, 2024

*\*Technical Package will be updated on the Trackie registration website, and the final schedule will be posted on <http://www.ellistiming.ca/AITFC/> by Thursday night (Feb 29). A tentative order of events is listed at the end of this technical package.*

## LOCATION, FACILITY, and TIMING

### **Location:**

Universiade Pavilion  
University of Alberta, North Campus  
87 Avenue and 114 Street, Edmonton, Alberta

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

### **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.

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

**The Delta is offering a special group (standard room, quad occupancy) for 20% off of the standard rate.**

Billing Contact: [harshit.thacker@deltahotels.com](mailto:harshit.thacker@deltahotels.com)

Reference: Athletics Alberta (note - for AB provincial members only)

## 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 registered coaches or official administrators may pick up the meet package for their club.

## Entry Deadline and Process

- **Entry Deadline: 11:59 p.m. on Thursday, February 22.**
- **Late Entries: will be accepted until 2:00 p.m. on Saturday, February 24 for a fee.**
- **Scratch Deadline: 9:00 p.m. on Monday, February 26.**
- **Scratches after the scratch deadline will not be refunded.**
- **Coach Reg Deadline: 9:00 p.m. on Thursday, February 29.**
- Meet schedule will be available at <http://www.ellistiming.ca/AITFC/>
- All entries must be through the Trackie registration page (<https://www.trackie.com/event/2024-AITFC-Event-Reg>).
- Coaches must be registered through Trackie for access to floor (<https://trackie.com/event/2024-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 Oct 31, 2022 to Feb 23, 2024 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 Personnel Committee and could lead to suspension from future competition.

## ENTRY FEES

- Athlete Registration First Individual Event: \$35.00
- Each Additional Individual Event: \$25.00
- Tetrathlon \$50.00
- Triathlon \$35.00
- Late Fees: additional \$25.00 per registrant (charged to first event only)

## First Aid

First aid will be available at track level near the 60m start line.

## Performance Therapy

No onsite therapy will be provided at this meet.

## 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 2015 or later, **U12** – born 2013-2014, **U14** – born 2011-2012, **U16** – born 2009-2010, **U18** – born 2007-2008, **U20** – born 2005-2006, **Open** – born 2004 or earlier, **Masters** – Born February 3, 1989 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 – for Alberta Athletes only.
- Meet medals will be available for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place in non-championship events (200m).

## 2024 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      |   |   |   |   |   | C | C | C |
| Triathlon       |   |   |   |   |   | C |   |   |

## 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 wristbands), athletes (with bib number), officials, and volunteers are permitted on track level.**
  - **Coaches will receive lunch by showing wristbands 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](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](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>

*\*(U16 Women to throw 12 lb weight throw - new technical specifications to be added)\**

Multi Event Framework

Tetrathlon

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

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

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

Triathlon

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 Thursday night. Drafts will be available throughout the week at the same site (timestamped).

### Saturday

First events around 9:00 am

#### Track

150m ME  
60m ME  
60m HEATS  
3000m  
2000m  
1500m RW  
3000m RW  
60m FINALS

#### Tentative Track Break

1000m ME  
600m ME  
300m ME  
300m  
1000m  
800m (Masters)

End of day around 5:00 pm

#### Field (throughout the day)

Weight Throw (W) AM  
LJ (W, applicable multi events), SLJ (U10 multi)  
TJ (M)  
HJ (M)  
PV (W)  
Shot Put (M, applicable multi events), **Seat Shot Put M/W in afternoon**

*Field events subject to change pending entries\**

### Sunday

First events around 9:00 am

#### Track

150m ME  
60m ME  
60mH Heats  
400m (Masters)  
600m  
60mH FINALS

#### Tentative Track Break

1500m  
1200m  
200m (non-championship except masters)  
600m ME  
1000m ME \*Pending HJ Finish

End of day around 5:00 pm

#### Field (throughout the day)

Weight Throw (M) AM  
LJ (M, applicable multi events)  
TJ (W)  
HJ (W)  
PV (M)  
Shot Put (W, applicable multi events)

*Field events subject to change pending entries\**



**CE Information**

Saturday - U10,U12 G+B, U14 B Tetrathlon, U14 G Triathlon

Sunday - U14 G Tetrathlon, U14 B Triathlon