

# Alberta Indoor Games

## Track Schedule (as of January 24 1035h)



This finalized version of the schedule can be accessed from <https://www.ellistiming.ca/AIG/> .

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

**Saturday, January 25, 2025**

**Note:** The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:15	60m Hurdles Pentathlon - Under-18 Men	2	8	1	5:00	8:55	9:00	0.91m. 13.72m to first, then every 9.14m (blue marks).
9:20	60m Hurdles Pentathlon - Masters Men	2	8	1	5:00	9:00	9:05	1-3: 0.99 13.72, 9.14 (blue). 4-6: 0.84m. 12m to first, then every 8m (green marks).
9:25	60m Heptathlon - U20, Senior, Masters Men	5	10	1	3:00	9:05	9:10	
9:28	60m Pentathlon - Under-16 Men	3	10	1	3:00	9:08	9:13	
9:31	60m Tetrathlon - Under-14 Girls	35	10	4	10:00	9:11	9:16	
9:41	60m Tetrathlon - Under-14 Boys	16	10	2	5:00	9:21	9:26	
9:46	60m Tetrathlon - Under-12 Girls	22	10	3	7:30	9:26	9:31	
9:53	60m Tetrathlon - Under-12 Boys + U10 Boy	18	10	2	5:00	9:33	9:38	
9:58	60m Tetrathlon - Under-10 Girls	6	10	1	2:30	9:38	9:43	
10:01					4:00			
10:05	3000m Timed Finals - Women All Age Groups	10	13	1	14:00	9:45	9:50	
10:19	3000m Timed Finals - Men All Age Groups	5	13	1	13:00	9:59	10:04	
10:32	2000m Timed Finals - Under-16 Women	2	13	1	11:00	10:12	10:17	
10:43	2000m Timed Finals - Under-16 Men	7	13	1	9:00	10:23	10:28	
10:52					4:00			
10:56	60m Heats - Under-16 Women	Full	24	8	3	9:00	10:36	10:41 Top 2 + 2 going to 1 race (8)
11:05	60m Heats - Under-16 Men	10	8	2	6:00	10:45	10:50	Top 3 + 2 going to 1 race (8)
11:11	60m Heats - Under-18 Women	33	10	4	12:00	10:51	10:56	Top 3 + 6 going to 2 races (18)
11:23	60m Heats - Under-18 Men	15	8	2	6:00	11:03	11:08	Top 3 + 2 going to 1 race (8)
11:29	60m Heats - Under-20 Women	Full	9	9	1	3:00	11:09	11:14 2 rounds; all advance to Final
11:32	60m Heats - Under-20 Men	Full	16	8	2	6:00	11:12	11:17 Top 3 + 2 going to 1 race (8)
11:38	60m Heats - Senior Women	2	8	1	3:00	11:18	11:23	2 rounds; all advance to Final
11:41	60m Heats - Senior Men	5	8	1	3:00	11:21	11:26	2 rounds; all advance to Final
11:44	60m Final - Masters Women	4	8	1	3:15	11:24	11:29	Final
11:47	60m Final - Masters Men	6	8	1	3:15	11:27	11:32	Final
11:50					4:00			
11:54	300m Timed Finals - Under-10 Girls	6	13	1	4:00	11:34	11:39	Waterfall start
11:58	300m Timed Finals - Under-10 Boys	1	13	1	4:00	11:38	11:43	Waterfall start
12:02	1500m Race Walk - Women All Age Groups	2	13	1	14:00	11:42	11:47	
12:16	<b>BREAK</b>				35:00			
12:55	60m Final - Under-16 Women	8	8	1	3:15	12:35	12:40	
12:58	60m Final - Under-16 Men	8	8	1	3:15	12:38	12:43	
13:01	60m Final - Under-18 Women	18	9	2	6:30	12:41	12:46	A/B Final
13:08	60m Final - Under-18 Men	8	8	1	3:15	12:48	12:53	
13:11	60m Final - Under-20 Women	9	9	1	3:15	12:51	12:56	
13:14	60m Final - Under-20 Men	8	8	1	3:15	12:54	12:59	
13:17	60m Final - Senior Women	8	8	1	3:15	12:57	13:02	
13:21	60m Final - Senior Men	8	8	1	3:15	13:01	13:06	
13:24					4:00			
13:28	4x200m Relays - U12, U14 Boys	4	12	1	5:00	13:08	13:13	Waterfall start
13:33	4x200m Relays - U10, U14 Girls	6	12	1	5:00	13:13	13:18	Waterfall start
13:38	600m Timed Finals - Under-16 Women	11	5	3	13:30	13:18	13:23	Lanes 2-6
13:51	600m Timed Finals - Under-16 Men	6	5	2	9:00	13:31	13:36	Lanes 2-6
14:00	600m Timed Finals - Under-18 Women	13	5	3	13:30	13:40	13:45	Lanes 2-6
14:14	600m Timed Finals - Under-18 Men	18	5	4	18:00	13:54	13:59	Lanes 2-6

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**Saturday, January 25, 2025**

**Note:** The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
14:32	600m Timed Finals - Under-20 Women	7	5	2	9:00	14:12	14:17	Lanes 2-6
14:45	1000m Men Pent U16 U18 Masters	7	10	1	5:00	14:25	14:30	
14:50	600m Timed Finals - Under-20, Senior Men	16	5	4	18:00	14:30	14:35	Lanes 2-6
15:08	400m Timed Finals - Masters Women, Men	3	5	1	4:00	14:48	14:53	Lanes 2-6
15:12					4:00			
15:16	200m Timed Finals - Under-16 Women	22	5	5	20:00	14:56	15:01	Lanes 2-6
15:36	200m Timed Finals - Under-16 Men	12	5	3	12:00	15:16	15:21	Lanes 2-6
15:48	200m Timed Finals - Under-18 Women	31	5	7	28:00	15:28	15:33	Lanes 2-6
16:16	200m Timed Finals - Under-18 Men	13	5	3	12:00	15:56	16:01	Lanes 2-6
16:28	200m Timed Finals - Under-20 Women	7	5	2	8:00	16:08	16:13	Lanes 2-6
	200m Timed Finals - Senior Women	1						
16:36	200m Timed Finals - Under-20 Men	11	5	3	12:00	16:16	16:21	Lanes 2-6
16:48	200m Timed Finals - Senior Men	3	5	1	4:00	16:28	16:33	Lanes 2-6
16:52					4:00			
16:56	600m Tetrathlon - Under-12 Girls	22	12	2	9:00	16:36	16:41	Waterfall start
17:05	600m Tetrathlon - Under-12 Boys	17	12	2	9:00	16:45	16:50	Waterfall start
17:14	600m Tetrathlon - Under-14 Girls	35	12	3	13:30	16:54	16:59	Waterfall start
17:27	600m Tetrathlon - Under-14 Boys	16	12	2	9:00	17:07	17:12	Waterfall start
17:36	4x800m Relay - Women (All Age Groups)	3	6	1	15:00	17:16	17:21	Lanes 2-7
17:51	4x800m Relay - Men (All Age Groups)	5	6	1	15:00	17:31	17:36	Lanes 2-7
18:06	<b>End of Day's Competition</b>			107				

# Alberta Indoor Games

## Track Schedule (as of January 24 1035h)



**Sunday, January 26, 2025**

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

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Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note	
9:15	60m Pentathlon - Under-16 Women	5	8	1	5:00	8:55	9:00		
9:20	60m Hurdles Pentathlon - Masters Women 60+	3	8	1	5:00	9:00	9:05	Lanes 2, 4, 6: 0.69m. 12m to first, then every 7m (red marks).	
9:25	60m Hurdles Pentathlon - Under-18 Women	4	8	1	5:00	9:05	9:10	0.76m. 13m to first, then every 8.5m (yellow marks).	
9:30	60m Hurdles Heats - Under-18 Women	5	8	1	5:00	9:10	9:15	Lanes 1-6: 0.76m. 13m to first, then every 8.5m (yellow marks).	
	60m Hurdles Heats - Under-16 Women	1						Lanes 7-8: 0.76, 12, 8 green	
9:35	60m Hurdles Pentathlon - Under-20, Senior Women	5	8	1	5:00	9:15	9:20	0.84m. 13m to first, then every 8.5m (yellow marks).	
	60m Hurdles Heats - Under-20 Women	1						0.84m. 13m to first, then every 8.5m (yellow marks).	
9:40	60m Hurdles Heats - Under-16 Men	2	8	1	5:00	9:20	9:25	Lanes 1-3: 0.84, 13, 8.5 yellow	
	60m Hurdles Heats - Under-18 Men	3						Lanes 5-8: 0.91, 13.72, 9.14 blue	
9:45	60m Hurdles Heats - Under-20 Men	2	8	1	5:00	9:25	9:30	Lanes 1-4: 0.99, 13.72, 9.14 blue	
	60m Hurdles Heptathlon - Under-20 Men	1						Lanes 1-4: 0.99, 13.72, 9.14 blue	
	60m Hurdles Heptathlon - Senior Men	1						Lanes 6-8: 1.07, 13.72, 9.14 blue	
	60m Hurdles Heats - Senior Men	1						Lanes 6-8: 1.07, 13.72, 9.14 blue	
9:50	60m Hurdles Heptathlon - Masters Men	3	8	1	5:00	9:30	9:35	Lanes 1-2: 35-49: 0.99 13.72, 9.14 (blue). Lanes 4-5: 50-59: 0.91 13, 8.5 (yellow). Lanes 7-8: 70-79: 0.76m. 12m to first, then every 7m (red marks)	
	60m Hurdles Finals - Masters Men	1						Lanes 4-5: 50-59: 0.91 13, 8.5 (yellow).	
9:55					10:00				
10:05	800m Timed Finals - Masters Women/Men	2	12	1	5:00	9:45	9:50		
10:10	1000m Timed Finals - Women	9	10	1	5:00	9:50	9:55		
10:15	1000m Timed Finals - Under-18 Men	Full	12	12	5:00	9:55	10:00		
10:20	1000m Timed Finals - Under-20, Senior Men	9	10	1	5:00	10:00	10:05		
10:25					2:00				
10:27	60m Hurdles Final - Under-16 Men	2	8	1	5:00	10:07	10:12	Lanes 1-3: 0.84, 13, 8.5 yellow	
	60m Hurdles Final - Under-18 Men	3						Lanes 5-8: 0.91, 13.72, 9.14 blue	
10:32	60m Hurdles Final - Under-20 Men	2	8	1	5:00	10:12	10:17	Lanes 1-3: 0.99, 13.72, 9.14 blue	
	60m Hurdles Final - Senior Men	1						Lanes 5-8: 1.07, 13.72, 9.14 blue	
10:37	60m Hurdles Final - Under-16 Women	1	8	1	5:00	10:17	10:22	Lanes 1-2: 0.76, 12, 8 green	
	60m Hurdles Final - Under-20 Women	1						Lanes 4-5: 0.84m. 13m to first, then every 8.5m (yellow marks).	
10:42	60m Hurdles Final - Under-18 Women	5	8	1	5:00	10:22	10:27	0.76, 13, 8.5 yellow	
10:47					4:00				
10:51	300m Timed Finals - Under-16 Women	9	6	2	8:00	10:31	10:36	Lanes 2-7	
10:59	300m Timed Finals - Under-16 Men	3	6	1	4:00	10:39	10:44	Lanes 2-7	
11:03	300m Timed Finals - Under-18 Women	Full	20	5	4	16:00	10:43	10:48	Lanes 2-6
11:19	300m Timed Finals - Under-18 Men	11	5	3	12:00	10:59	11:04	Lanes 2-6	
11:31	300m Timed Finals - Under-20 Women	4	5	1	4:00	11:11	11:16	Lanes 2-6	
11:35	300m Timed Finals - Under-20 Men	Full	10	5	2	8:00	11:15	11:20	Lanes 2-6
11:43	300m Timed Finals - Senior Men	2	5	1	4:00	11:23	11:28	Lanes 2-6	
11:47					4:00				
11:51	1000m Heptathlon Men	5	13	1	6:00	11:31	11:36		
11:57	200m Timed Finals - Masters Women, Men	6	5	2	8:00	11:37	11:42	Lanes 2-6	
12:05	<b>BREAK</b>				35:00				

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
12:40	150m Triathlon - Under-14 Girls	Full 20	5	4	10:00	12:20	12:25	Lanes 2-6
12:50	150m Triathlon - Under-14 Boys	14	5	3	7:30	12:30	12:35	Lanes 2-6
12:57					4:00			
13:01	1500m Timed Finals - U18/U20 Women	8	13	1	8:00	12:41	12:46	
13:09	1500m Timed Finals - Under-18, Masters Men	11	13	1	8:00	12:49	12:54	
13:17	1500m Timed Finals - U20/Senior Men	5	13	1	9:00	12:57	13:02	
13:26		none	13	0	0:00	13:06	13:11	
13:26	1200m Timed Finals - Under-16 Women	11	11	1	8:00	13:06	13:11	
13:34	1200m Timed Finals - Under-16 Men	6	13	1	8:00	13:14	13:19	
13:42	4x200m Timed Finals - U18/U16 Women	12	6	2	9:00	13:22	13:27	Lanes 2-7
13:51	4x200m Timed Finals - U20/Senior Women	6	6	1	4:30	13:31	13:36	Lanes 2-7
13:56	4x200m Timed Finals - U18/U20 Men	5	6	1	4:30	13:36	13:41	Lanes 2-7
14:00	4x200m Timed Finals - Senior Men	4	6	1	4:30	13:40	13:45	Lanes 2-7
14:05	4x400m Timed Finals - All Women	5	6	1	9:00	13:45	13:50	Lanes 2-7
14:14	4x400m Timed Finals - All Men	3	6	1	9:00	13:54	13:59	Lanes 2-7
14:23	800m Pentathlon Under-16, Masters Women	8	11	1	5:00	14:03	14:08	
14:28					25:00			
14:55	800m Pentathlon U18/U20/Senior Women	9	11	1	5:00	14:35	14:40	
15:00	<b>End of Day's Competition</b>			45				

# Alberta Indoor Games

## Field Schedule (as of January 23 2210h)



### Saturday, January 25, 2025

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

This finalized version of the schedule can be accessed from <https://www.ellistiming.ca/AIG/> .

Athletes should be in the Pavilion at least one hour before the indicated time.

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Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM	Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
<b>Long/Triple Jump (Centre Pit)</b>									
10:05	9:35	Heptathlon, Pentathlon Men	12	1:06	10:15	9:45	U14 Girls Tetrathlon Long Jump Flight 1	18	1:10
11:10	10:45	U16 Women Long Jump	13	1:29	11:30	11:00	U14 Girls Tetrathlon Long Jump Flight 2	17	1:08
12:15	12:15	<b>Break</b>		0:30	12:40	12:10	U14 Boys Tetrathlon Long Jump	16	1:06
13:10	12:50	Men Triple Jump	7	1:03	13:20	13:20	<b>Break</b>		0:30
14:20	13:55	U18 Women Long Jump	12	1:24	14:15	13:55	U12 Girls Tetrathlon Long Jump Flight 1	11	0:46
15:45	15:20	U20 / Senior / Masters Women Long Jump	13	1:29	15:05	14:45	U12 Girls Tetrathlon Long Jump Flight 2	11	0:46
16:50		<b>End of Day's Competition</b>			16:05	15:35	U12 Boys Tetrathlon Long Jump	17	1:08
<b>Standing Long Jump (Near Wall Pit)</b>									
10:15	10:05	U10 Girls, Boys Tetrathlon	7	0:19	16:45		<b>End of Day's Competition</b>		
10:25		<b>End of Day's Competition</b>							
<b>High Jump (Centre Mat)</b>									
9:10	9:00	U16 Men	4	0:44	13:15	12:45	High Jump (West Mat)	7	1:26
10:00	9:45	U18 / U20 / Senior Men	6	1:03	14:15		Pentathlon Men		
10:50	10:50	<b>Break</b>		0:30			<b>End of Day's Competition</b>		
13:15	12:45	Heptathlon Men	5	1:50					
14:40		<b>End of Day's Competition</b>							
<b>Pole Vault</b>									
12:15	11:30	Open Women <= 3.0 metres	8	2:05	13:40		<b>End of Day's Competition</b>		
13:10									
<b>Shot Put and Weight Throw (Centre Circle)</b>									
9:00	8:45	U18 Women Weight Throw	8	1:04	9:00	8:50	Shot Put (West Circle)	7	0:26
9:55	9:50	U16 / Masters Women Weight Throw	4	0:30	10:10	9:55	U10 Girls, Boys Tetrathlon	11	0:41
10:35	10:25	U20 / Senior Women Weight Throw	6	0:48	10:55	10:40	U12 Girls Tetrathlon Flight 1	11	0:41
11:45	11:15	Heptathlon/Pentathlon Men Shot Put	12	1:06	11:50	11:25	U12 Girls Tetrathlon Flight 2	17	1:03
12:25	12:25	<b>Break</b>		0:30	12:30	12:30	U12 Boys Tetrathlon		0:30
13:10	13:00	U16 / U18 Men Shot Put	6	0:45	14:05	13:40	<b>Break</b>		
14:15	13:50	U14 Boys Tetrathlon Shot Put	16	1:00	15:15	14:50	U14 Girls Tetrathlon Flight 1	18	1:07
15:20	14:55	Masters Men Shot Put	8	1:12	16:00	15:55	U14 Girls Tetrathlon Flight 2	17	1:03
16:20	16:10	U20 / Senior Men Shot Put	5	0:40	16:05		Paralympic Men	1	0:09
16:55		<b>End of Day's Competition</b>					<b>End of Day's Competition</b>		

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<b>Long/Triple Jump (Centre Pit)</b>									
9:40	9:00	Women Triple Jump	13	1:42	11:40	11:30	<b>Long Jump (Wall Pit)</b>	6	0:48
11:10	10:45	U20 / Senior / Masters Men Long Jump	13	1:29	13:00	12:30	Pentathlon U16 / Masters Women Long Jump	8	0:54
12:25	12:15	U16 Men Long Jump	4	0:32	13:25		<b>End of Day's Competition</b>		
12:50	12:50	<b>Break</b>		0:30					
13:55	13:25	Pentathlon U18 / U20 Women Long Jump	9	0:57					
14:25		<b>End of Day's Competition</b>							
<b>High Jump (Centre Mat)</b>									
10:10	9:40	Pentathlon U18/U20 Women	9	1:42	10:00	9:30	<b>High Jump (West Mat)</b>	8	1:34
11:40	11:25	U16 / U18 Women	8	1:28	11:35	11:05	Pentathlon U16/Masters Women	14	1:00
12:55	12:55	<b>Break</b>		0:35	12:10	12:10	<b>Break</b>		0:35
13:45	13:35	U20 / Senior Women	5	0:50	13:30	12:50	U14 Triathlon Girls	20	1:26
14:30		<b>End of Day's Competition</b>			14:20		<b>End of Day's Competition</b>		
<b>Pole Vault</b>									
9:05	8:50	U16 / Masters Men Weight Throw	9	1:04	10:25	9:55	Heptathlon Men	5	1:20
10:10	9:55	U18 / U20 / Senior Men Weight Throw	7	0:56	12:05	11:20	Open Men	6	1:45
11:05	10:55	U16 / Senior / Para Women Shot Put	5	0:37	13:10		<b>End of Day's Competition</b>		
12:05	11:35	Pentathlon U18/U20 Women	9	0:57					
12:35	12:35	<b>Break</b>		0:30					
13:40	13:10	U18 / U20 Women Shot Put	14	1:34					
14:45		<b>End of Day's Competition</b>							
<b>Shot Put and Weight Throw (Centre Circle)</b>									
9:15	9:00	U14 Triathlon Girls Flight 1	10	0:37	9:15	9:00	<b>Shot Put (West Circle)</b>	10	0:37
9:55	9:40	U14 Triathlon Girls Flight 2	10	0:37	9:55	9:40	Pentathlon U16 / Masters Women	8	0:54
10:40	10:20	U14 Triathlon Boys	14	0:52	11:45	11:15	<b>Break</b>		0:30
11:45	11:15	Pentathlon U16 / Masters Women	8	0:54	12:10	12:10	Masters Women	6	0:54
13:05	12:45	<b>Break</b>		0:30	13:40		<b>End of Day's Competition</b>		
13:40		<b>End of Day's Competition</b>							