

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	BREAK				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	End of Day's Competition			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	1	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	BREAK				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	End of Day's Competition				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.

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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
Long/Triple Jump (Centre Pit)				
10:05	9:35	Heptathlon, Pentathlon Men	12	1:06
11:10	10:45	U16 Women Long Jump	13	1:29
12:15	12:15	Break		0:30
13:10	12:50	Men Triple Jump	7	1:03
14:20	13:55	U18 Women Long Jump	12	1:24
15:45	15:20	U20 / Senior / Masters Women Long Jump	13	1:29
16:50		End of Day's Competition		

Standing Long Jump (Near Wall Pit)				
10:15	10:05	U10 Girls, Boys Tetrathlon	7	0:19
10:25		End of Day's Competition		

High Jump (Centre Mat)				
9:10	9:00	U16 Men	4	0:44
10:00	9:45	U18 / U20 / Senior Men	6	1:03
10:50	10:50	Break		0:30
13:15	12:45	Heptathlon Men	5	1:50
14:40		End of Day's Competition		

Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long Jump (Wall Pit)				
10:15	9:45	U14 Girls Tetrathlon Long Jump Flight 1	18	1:10
11:30	11:00	U14 Girls Tetrathlon Long Jump Flight 2	17	1:08
12:40	12:10	U14 Boys Tetrathlon Long Jump	16	1:06
13:20	13:20	Break		0:30
14:15	13:55	U12 Girls Tetrathlon Long Jump Flight 1	11	0:46
15:05	14:45	U12 Girls Tetrathlon Long Jump Flight 2	11	0:46
16:05	15:35	U12 Boys Tetrathlon Long Jump	17	1:08
16:45		End of Day's Competition		

High Jump (West Mat)				
13:15	12:45	Pentathlon Men	7	1:26
14:15		End of Day's Competition		

Pole Vault				
12:15	11:30	Open Women <= 3.0 metres	8	2:05
13:40		End of Day's Competition		

Shot Put and Weight Throw (Centre Circle)				
9:00	8:45	U18 Women Weight Throw	8	1:04
9:55	9:50	U16 / Masters Women Weight Throw	4	0:30
10:35	10:25	U20 / Senior Women Weight Throw	6	0:48
11:45	11:15	Heptathlon/Pentathlon Men Shot Put	12	1:06
12:25	12:25	Break		0:30
13:10	13:00	U16 / U18 Men Shot Put	6	0:45
14:15	13:50	U14 Boys Tetrathlon Shot Put	16	1:00
15:20	14:55	Masters Men Shot Put	8	1:12
16:20	16:10	U20 / Senior Men Shot Put	5	0:40
16:55		End of Day's Competition		

Shot Put (West Circle)				
9:00	8:50	U10 Girls, Boys Tetrathlon	7	0:26
10:10	9:55	U12 Girls Tetrathlon Flight 1	11	0:41
10:55	10:40	U12 Girls Tetrathlon Flight 2	11	0:41
11:50	11:25	U12 Boys Tetrathlon	17	1:03
12:30	12:30	Break		0:30
14:05	13:40	U14 Girls Tetrathlon Flight 1	18	1:07
15:15	14:50	U14 Girls Tetrathlon Flight 2	17	1:03
16:00	15:55	Paralympic Men	1	0:09
16:05		End of Day's Competition		

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Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)				
9:40	9:00	Women Triple Jump	13	1:42
11:10	10:45	U20 / Senior / Masters Men Long Jump	13	1:29
12:25	12:15	U16 Men Long Jump	4	0:32
12:50	12:50	Break		0:30
13:55	13:25	Pentathlon U18 / U20 Women Long Jump	9	0:57
14:25		End of Day's Competition		

High Jump (Centre Mat)				
10:10	9:40	Pentathlon U18/U20 Women	9	1:42
11:40	11:25	U16 / U18 Women	8	1:28
12:55	12:55	Break		0:35
13:45	13:35	U20 / Senior Women	5	0:50
14:30		End of Day's Competition		

Event Start Time MST	Warm-Up Start Time	Field Events	Entries	Expected Total Time H:MM
Long Jump (Wall Pit)				
11:40	11:30	U18 Men Long Jump	6	0:48
13:00	12:30	Pentathlon U16 / Masters Women Long Jump	8	0:54
13:25		End of Day's Competition		

High Jump (West Mat)				
10:00	9:30	Pentathlon U16/Masters Women	8	1:34
11:35	11:05	U14 Triathlon Boys	14	1:00
12:10	12:10	Break		0:35
13:30	12:50	U14 Triathlon Girls	20	1:26
14:20		End of Day's Competition		

Pole Vault				
10:25	9:55	Heptathlon Men	5	1:20
12:05	11:20	Open Men	6	1:45
13:10		End of Day's Competition		

Shot Put and Weight Throw (Centre Circle)				
9:05	8:50	U16 / Masters Men Weight Throw	9	1:04
10:10	9:55	U18 / U20 / Senior Men Weight Throw	7	0:56
11:05	10:55	U16 / Senior / Para Women Shot Put	5	0:37
12:05	11:35	Pentathlon U18/U20 Women	9	0:57
12:35	12:35	Break		0:30
13:40	13:10	U18 / U20 Women Shot Put	14	1:34
14:45		End of Day's Competition		

Shot Put (West Circle)				
9:15	9:00	U14 Triathlon Girls Flight 1	10	0:37
9:55	9:40	U14 Triathlon Girls Flight 2	10	0:37
10:40	10:20	U14 Triathlon Boys	14	0:52
11:45	11:15	Pentathlon U16 / Masters Women	8	0:54
12:10	12:10	Break		0:30
13:05	12:45	Masters Women	6	0:54
13:40		End of Day's Competition		