

2026 Running Room ACAC Indoor Track Grand Prix 3
Saturday February 28, 2026
University of Lethbridge Centre for Sport and Wellness

Hosted by Lethbridge Polytechnic

KODIAKS



Technical Package

Sponsored by:



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Hosted by the Lethbridge Polytechnic Kodiaks

Saturday February 28, 2026

Facility:

- University of Lethbridge Centre for Sport and Wellness.
- Address: 4401 University Dr W, Lethbridge, AB T1K 3M4.
- 200 metres, 5 lanes on straight-away, 4 lanes around.
- North gymnasium will be available for gear storage and warm-up.

Contacts:

Simon Schaerz	Meet Organizer	simon.schaerz@lethpolytech.ca
Todd Caughlin	Athletic Director	todd.caughlin@lethpolytech.ca
Lexi Barclay	Social Media	lexi.barclay@lethpolytech.ca
Carolyn Glavacevic	Athletic Therapy	carolyn.glavacevic@lethpolytech.ca
Doug Ratzlaff	Timing and Competition	doug.ratzlaff@gmail.com
Jolene Dressler	Entries	momfirst_2000@yahoo.com

Host Hotel:

Sandman Signature Hote Lethbridge
421 Mayor Magrath Drive, Lethbridge, T1J 3L8
Phone: 403-328-1111

Spikes:

Standard spikes of 7 mm or shorter are allowed.

Food:

Food and beverages are available in the Student Union Building. Only water is permitted in the North Gymnasium and on the track.

Registration and Timing:

All entries must be submitted using the provided Excel entry sheet by 4:00 p.m. on Monday, February 23, 2026, and must be sent to both Simon Schaerz (simon.schaerz@lethpolytech.ca) and Jolene Dressler (momfirst_2000@yahoo.com). The registration fee \$10 per student-athlete, per

event. Schools will be invoiced by Lethbridge Polytechnic following the meet. Photo timing will be provided by the Calgary Track Council. Race results will be available on the ACAC website after the race and posted in the facility on race day. Performance lists will be distributed on Thursday evening.

ACAC Runners:

All ACAC competitors must be listed on their institution's eligibility certificates as submitted to the ACAC Office. ACAC runners will be registered in the team category and not as open runners.

Open Runners:

Open runners and non-ACAC students are welcome to participate in the 2026 Kodiaks Indoor Track Grand Prix. The registration fee is \$10 per open runner, per event. Participants do not need to be Athletics Alberta members. Please note that the meet will not be Athletics Alberta sanctioned, and times will not be eligible for Athletics Canada or Athletics Alberta rankings. Open runners must register directly with Simon Schaerz (simon.schaerz@lethpolytech.ca) and Jolene Dressler (momfirst_2000@yahoo.com) before the entry deadline. Sorry, no race-day entries will be accommodated.

Tentative Events Schedule:

Time	Event
10:00 AM	Warm-up
10:40 AM	Technical Meeting
11:00 AM	Women's 60m
11:15 AM	Men's 60m
11:30 AM	Women's 600m
11:50 PM	Men's 600m
12:10 PM	Women's 4x200m relay
12:30 PM	Men's 4x200m relay
12:50 PM	Break
1:10 PM	Women's 1500m
1:25 PM	Men's 1500m
1:40 PM	Women's 300m
2:00 PM	Men's 300m (including wheelchair)
2:20 PM	Women's 4x400m relay
2:40 PM	Men's 4x400m relay
3:00 PM	Clean-up

Competition:

The meet will not be Athletics Alberta sanctioned; therefore, times and results will not be eligible for Athletics Canada or Athletics Alberta rankings. However, times will be eligible for ACAC indoor track rankings for ACAC competitors. The meet will follow World Athletics (formerly IAAF) rules, except for the rule modifications outlined below:

- All events: Timed finals.
- 1500m: Waterfall start with random starting positions.
- 600m: Staggered start, with running in lanes for the first two corners before cutting in. All four lanes will be used for the start.
- 60m: Start and finish in lanes.
- 4 x 400m relay: Lane start.
- 4 x 200m relay: Lane start.

Maximum Number of Starters in a Heat:

- 1500m: 12
- 600m: 6 (2 runners per lane) with the following preferred assignments:
 - 1: Lane 3, inside position
 - 2: Lane 2, inside position
 - 3: Lane 4, inside position
 - 4: Lane 1, inside position
 - 5: Lane 4, outside position
 - 6: Lane 1, outside position
- 300m: 4 (1 runner per lane, assigned as follows):
 - Lanes 3 and 2: Randomly assigned to the 2 fastest times
 - Lanes 1 and 4: Randomly assigned to the next 2 fastest times
 - 300m Details:
 - Raced entirely in lanes.
 - Timed finals organized from slowest to fastest seed time.
 - All four lanes used for timed finals.
- 60m: 5 (1 runner per lane, assigned as follows):
 - Lanes 3 and 2: Randomly assigned to the 2 fastest times
 - Lanes 1 and 4: Randomly assigned to the next 2 fastest times
 - Lane 5: Assigned to the slowest times
 - 60m Details:
 - Raced entirely in lanes.
 - Timed finals organized from slowest to fastest seed time.
 - All 5 lanes used for timed finals.
- 4 x 200m Relay: 4 teams (1 team per lane, assigned as follows):
 - Lanes 3 and 2: Randomly assigned to the 2 fastest times
 - Lanes 1 and 4: Randomly assigned to the next 2 fastest times
 - 4 x 200m Relay Details:
 - First runner stays in the lane until the handoff.
 - Second runner cuts into lane 1 after the first turn (50m).
 - Timed finals organized from slowest to fastest seed time.
 - All four lanes used for timed finals.
 - More teams may be added to slower heats if needed.
- 4 x 400m Relay: 4 teams (1 team per lane, assigned as follows):
 - Lanes 3 and 2: Randomly assigned to the 2 fastest times

- Lanes 1 and 4: Randomly assigned to the next 2 fastest times
- 4 x 400m Relay Details:
 - First runner cuts into lane 1 after the second turn (150m).
 - Timed finals organized from slowest to fastest seed time.
 - All four lanes used for timed finals.
 - More teams may be added to slower heats if needed.

Starting Block Usage:

- Mandatory for 60m, 300m, and 4 x 200m, optional for 4 x 400m.

Athlete Check-in and Start Guidelines:

- Athletes must check in at the start line and remain in the area 10 minutes prior to the race.

Seed Times:

For ACAC Grand Prix events, times from the current or previous season are acceptable. If no seed time exists for a specific distance, conversion tables may be used following guidelines in the ACAC Operating Code.

Coaches' Technical Meeting:

Meet technical issues will be addressed via email with the meet director prior to the event. Any unresolved issues will be finalized during a brief 20-minute meeting held on-site before the start of the event. The meeting will take place on Saturday, February 28, 2026, at 10:40 a.m. at the University of Lethbridge Centre for Sport and Wellness.

Team Scoring:

In the team competition, the first two runners from each school per race will score points. Colleges and universities can enter more than two runners per race, but only the top two finishers will contribute to the team score. Additional runners from the same school will not displace runners from other schools in the scoring process. Schools do not need to declare their scoring runners; the top two finishers will automatically count as the scoring runners.

There is no limit to the number of events an individual may enter. For relays, only one team per school will count toward the team score, and each school may enter only one relay team.

Points will be awarded for individual and relay events as follows:

- 1st place: 10 points
- 2nd place: 8 points
- 3rd place: 6 points
- 4th place: 5 points
- 5th place: 4 points
- 6th place: 3 points
- 7th place: 2 points
- 8th place: 1 point

Total points will determine the team standings. In the event of a tie, the following tiebreakers will be applied in order:

1. Total team medals, including relays.
2. Most individual gold medals, including relays.
3. Most individual silver medals, including relays.
4. Most individual bronze medals, including relays.
5. Most fourth-place finishes, including relays.

6. And so on.

This format ensures fair and competitive team scoring while allowing individual athletes to maximize their participation in the meet.

Media:

All photographer and media members (institution or otherwise) must contact Todd Caughlin (todd.caughlin@lethpolytech.ca). This event will have event photography and by registering for the event, participants agree to permit Calgary Track Council, Lethbridge Polytechnic, and the ACAC to use their photograph and name in event reporting and publicity.

Athletic Therapy:

A Certified Athletic Therapist will be on-site 30 minutes before the first race and remain available until 30 minutes after the last race to assist with injury care and taping. Teams are encouraged to travel with a condensed medical form. Condensed medical forms should include the athlete's full name, provincial health care number, emergency contact details, allergies, medications, medical conditions, previous injuries, and any special requirements. If athletes have medical conditions, allergies, or special requirements, teams or open runners are encouraged to email this information in advance to Carolyn Glavacevic (carolyn.glavacevic@lethpolytech.ca) to ensure appropriate preparation by the medical staff. Alternatively, teams/athletes can bring the condensed medical form and have it readily available if needed.