

ACAC RUNNING ROOM INDOOR GRAND PRIX #2
Saturday, February 14, 2026
Gary W. Harris Canada Games Centre

Red Deer Polytechnic



**RED DEER POLYTECHNIC
ATHLETICS**



alberta colleges
athletic conference

Technical Package

Sponsored By:





Running Room Indoor Grand Prix #2

February 14, 2026

Hosting Committee

Randy Stewart.....Manager, Athletics & Student Life | randy.stewart@rdpolytech.ca | 403.342.3449
Hayley Helland.....Events & Engagement Coordinator | hayley.helland@rdpolytech.ca | 403.314.2457
Michael Schnare.....Race Director, RDP Indoor Track Coach | xc@rdpolytech.ca
Lise Workun.....Athletic Therapy | lisa.workun@rdpolytech.ca | 403.343.4025
Doug Ratzlaff.....Timing and Results | admin@calgarytrackcouncil.com
Doug Lamont.....Entries | lamont3684@gmail.com

Host Hotel Information

Locations: Holiday Inn & Suites, Holiday Inn Express, Holiday Inn Express & Suites, Staybridge Suites

Contact Name: Michelle Tooze-Matthews - Regional Director of Business Development

Email: acac@zsholdings.com or mtooze-matthews@zsholdings.com

Phone: 587-877-4667 or 403-348-8485

Competition Venue

Gary W. Harris Canada Games Centre

120 College Circle, Red Deer, AB | T4N 0T7

Facilities Amenities

Parking	Free
Dressing Rooms	General Public change rooms available
Track Dimensions	3 Lanes x 200 metres

Footwear

Standard spikes only of 5mm or shorter can be used on the track surface.

Warm-Up Area

Competitors will have access to the gymnasium floor for any active warm-up or stretching activities. ***Court shoes or socks will be the only footwear permitted on the gymnasium floor. No spikes!***

Spectator Viewing

Spectators will enter the indoor track venue via the gymnasium bottom (north) entrance. There will be marshals to assist them in getting up to the track area where there will be bleachers for them to sit. Once a heat begins, spectators will not be able to exit the viewing area until the heat is finished, and the marshal gives them direction to cross. NO SPECTATORS are permitted on the gymnasium floor area.

Teams can set up on either the west, east or south bleachers. The North bleachers and the viewing area on top of the North bleachers are reserves for spectators and coaching staff. As space is limited, we kindly ask that athletes do not linger in this area.

Food Services

Food services will unfortunately not be available at our concession. However, hot beverages and Subway sandwiches can be purchased via vending machine at Dimensions Cafe. (1st floor of the GWHCGC).

Schedule of Events

Time	Event
9:00AM	Set-up, Warm-up, Registration
10:00AM	Tech Meeting
10:30AM	M/W 3K (15min X 2) + 5min
11:10AM	M/W 1K (5min X 6) + 5min
11:55PM	M/W 4 X 200 relay (3min X 6) + 12min
12:25PM	BREAK
1:00PM	M/W 600m (2.5min X 8) + 10min
1:30PM	M/W 1500m (5.5min X 4) + 13min
2:00PM	M/W 4 X 400m relay (5min X 4) + 10min

Please note the times above are estimates and are subject to change based on the number of registrations per event.

Jury of Appeal

The ACAC coaches will select a "Jury of Appeal" from their members to manage any track protests, infractions or race results disputes. It will be a three-member committee.

Media

All photographer and media members (institution or otherwise) must contact Red Deer Polytechnic Athletics prior to the event. This event will have event photography and by registering for the event, participants agree to permit the Calgary Track Council, Red Deer Polytechnic, and the ACAC to use their photograph and name in event reporting and publicity.

Registration – ACAC Teams Only

- \$100 per team (men's and women's teams)
- **Registration deadline is Friday, February 6th, 2026, at 4:00PM**
- To be invoiced by Red Deer Polytechnic following the Grand Prix
- All teams to register using the forms provided via email
- All competitors must be on their institution's eligibility certificates as submitted to the ACAC Office.
- Race package pickup at Gary W. Harris Canada Games Centre at the registration table starting at 9:00AM
- For relays, **only ONE team per gender per relay. Each institution can have up to four relay teams in total.**

Competition

The meet will use World Athletics rules except for rule notifications indicated below.

- 3K, 1K, 1500m, 600m will be timed finals.
- 3K and 1K will be a waterfall start and starting position will be random.
- 600m will be staggered start with running in lanes for first two corners and then cut in.
- All 3 lanes will be used for the 600m for the start.
- Maximum number of starters in a heat
 - 3000m – 12
 - 1000m – 10
- 600m – 6, two runners will be put in each lane for the start in the following manner:

Seed	Preferred Lane Assignments
1	L-2 inside position

2	L-3 inside position
3	L-1 inside position
4	L-1 outside position
5	L-3 outside position
6	L-2 outside position

Scoring | Results | Timing

Scoring

- The first two runners per school per race score in the team competition. Schools can enter more than two runners but only the top two will count towards team scoring. All entries after a school's top two finishers will be considered exhibition and will not displace other finishers.
- Schools do not need to declare their scoring two, their top two placing will simply count as their scoring runners.
- There is no limit to the number of events in which an individual may compete. Only one relay team per school will count towards team scores. Schools may enter more than one relay team. A school's second relay team will not displace other teams with respect to scoring. There is no need to declare which relay team will be the scoring team; the top team will simply be the counting team. If institutions have more than one relay team, the second or third relay teams must compete in the slower heat.
- Points shall be awarded as follows for all individual and relay events: 10pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th, and 1 for 8th.
- Points will be added up for each school to determine the team standings.
- Team tiebreaker shall be decided by the following:
 - Total team medals including relay
 - Most individual gold medals including relays
 - Most individual silver medals including relays
 - Most individual bronze medals including relays
 - Most 4th place finishes including relays
 - And so on...

Results

- Results will be available in the following formats:
 - <https://calgarytrackcouncil.com/RedDeer2026>
 - Printed copies available for coaches upon request
 - On the large board located on the gym floor

Timing

- This is not an Athletics Alberta sanctioned meet
- Photo timing will be provided by the Calgary Track Council
- Results will not count towards Athletics Alberta rankings

Technical Meeting – Coaches

Meet technical issues will be discussed by email with the race director. These issues will be resolved in a short 10-minute meeting held on-site before the start of the races by the race director, SMT and coaches.

Date: Saturday, February 14, 2026

Site: Gary W. Harris Canada Games Centre Track

Time: 10:00am (Tech Meeting)

ACAC Student-Athlete Seed Times

If an ACAC student-athlete does not have a seed time for that distance, approved conversion tables will be used to determine an equivalent time from a comparable distance. Entries must include the time from the distance raced, plus the time for the new distance from the conversion tables.

Athletes who have competed in an equivalent race during the year must use the time achieved from that season and not an equivalent from a different race. If a runner has not competed in the 1000m, 1500m, 3000m their coach should provide an estimate of their athlete's performance over that distance.

Medical Information

Please provide the name, contact information and level of qualification for any medical personnel who will be attending the tournament with your team to our Head Athletic Therapist, Lisa Workun @lisa.workun@rdpolytech.ca If you are not travelling with medical personnel, please let her know that as well.

The following information will clarify the medical and therapy services available during the RDP Indoor Track Grand Prix. Should you have any questions, please do not hesitate to contact.

Venue	Gary W Harris Canada Games center 120 College Cir, Red Deer, AB, T4N 0T7
Emergency Procedures	<p>A certified Athletic Therapist will be present during the duration of the Grand Prix. They will be mainly around the finish line and if not, they will be found assisting athletes in the SW corner where our medical area can be found.</p> <p>Head Athletic Therapist, Lisa Workun: (403) 396-7745 Assistant Athletic Therapist, Dylaney Thompson: (403) 988-1114</p> <p>More details regarding the EAP are available upon request from the Athletic Therapist or the student trainer working at the event.</p>
Emergency Equipment Available	<p>Crutches Spine board Trauma kit Blanket kit Blood kit Medical kit Wheelchair</p>
Therapy Services	<p>Located in the SW corner of the gymnasium where our medical area can be found. Services available are:</p> <ul style="list-style-type: none"> o Tapping (teams must come with their own supplies) o Injury assessment from certified therapist o Ice
Hospital(s)	<p>Red Deer Regional Hospital 3942 50a Ave, Red Deer, AB (403) 343-44220 Innisfail Health Center 5023 42 St, Innisfail, AB (403) 227-7800</p>

Any other on-site questions or concerns, please direct them to the attending Head Athletic Therapist, Assistant Athletic Therapist, student trainer or event staff.

Facility Maps

See venue map on additional page or visit: [Gary W. Harris Canada Games Centre - Maps](#)