



## **Alberta Indoor Games**

### **Provincial Relays and Combined Events Championships**

#### **Sanctioned by Athletics Alberta**

**February 6-7, 2016 • Universiade Pavilion, Edmonton, Alberta**

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### **Eligibility**

- ❖ All athletes entering the Alberta Indoor Games (whether or not the event entered is a Championship event) must be registered members of Athletics Alberta (or attend an Athletics Alberta member school, or (if from outside of Alberta) be registered with their respective Provincial Athletics Association) **before** the meet entry deadline of noon on January 29, 2016. (Proof of out-of-province Association registration will be required.)
- ❖ To be eligible for a provincial championship, all members of relay teams must be one gender, from the same Alberta club or member school. Pee Wee and Bantam teams composed of athletes from separate clubs or schools are eligible to compete, but are not eligible for medals.
- ❖ For relays, athletes are allowed to "compete up" in order to make complete teams that will be eligible for provincial medals. *(Those athletes who "compete up" for relays must compete in their original age groups for individual and combined events competition at this meet.)*
- ❖ Out-of-province athletes will not be eligible for provincial championship medals. Out-of-province clubs may enter relay teams, but they will not be eligible for medals.

**\*\*\*All events will be offered but only if there is room. At the Meet Director's discretion, due to facility and time constraints, entries may be limited for non-championship field events. If field sizes are limited, entries will be based on "first come, first served".**

### **Meet Hotel**

Athletics Alberta has reserved a block of rooms at The Westin Edmonton for Alberta Indoor Games participants, teams, and families. The hotel has underground parking and immediate access to the ETS LRT ([www.edmonton.ca/transportation/service-lrt-service.aspx](http://www.edmonton.ca/transportation/service-lrt-service.aspx)). Please visit [www.thewestinedmonton.com](http://www.thewestinedmonton.com) or telephone 888-627-8530 and note "Athletics Alberta FEB 2016" and reference number "500-2UZ42J9". (Also, please inform [executivedirector@athleticsalberta.com](mailto:executivedirector@athleticsalberta.com) regarding the number of rooms you have booked, to help ensure the reservation size is increased as the block is consumed.)

### **Alberta Indoor Games Age categories offered**

*Tykes – born 2007 or later; Pee Wee – born 2005/2006; Bantam – born 2003/2004; Midget – born 2001/2002; Under-18 (U18) – born 1999/2000; Under-20 (U20) – born 1997/1998; Senior – born 1996 or earlier; Open – born 1998 or earlier; Master – born February 6, 1981 or earlier.*

- ❖ Masters' age subgroup categories will be: 35-49, 50-64, and 65 and older, except for events for which the technical specifications have significantly different age ranges (e.g.: 60m Hurdles, for which the Women Masters will have 35-39, 40-59, and 60+ age groups, and the Men Masters will have 35-49, 50-59, 60-69, 70-79, and 80+ age groups).

Masters athletes will compete as follows in their individual events:

- Long Distance running events, Race Walk, and Pole Vault → in the Senior (Open) age category
- Sprints → by themselves in the Masters category
- Field events → at the discretion of the Meet Director

Under-20s will compete as follows:

- 60mH, Shot Put, and Weight Throw → by themselves in the Under-20 Category  
(University registered athletes may request to compete as a senior.)
- All other events → in the Senior (Open) age category

## **Location and Facility Information**

- ❖ University of Alberta Universiade Pavilion, 87 Avenue and 114<sup>th</sup> Street, Edmonton, Alberta
- ❖ Five/Seven (5/7) Lane 200m flat track. Ten (10) lane 60m straight with 30m run off Mondo surface.
- ❖ All run-up areas for jumps are Mondo Surface.
- ❖ Concrete and plywood throw circles will be used.
- ❖ Change rooms are available

## **Meet Enquiries**

Meet Director – Nathan Lennie – [nathanlennie@me.com](mailto:nathanlennie@me.com)

Chair, Edmonton Meet Organizing Committee – Anna Francis – [anna\\_francis2001@yahoo.com](mailto:anna_francis2001@yahoo.com)

Meet Registration - [emocktrack@gmail.com](mailto:emocktrack@gmail.com)

## **Registration Package**

Registration packages will be available at the Pavilion Registration Desk beginning at 8:00 a.m. on Saturday, February 6, 2016. Payment by cash or cheque payable to EMOC must be made before package will be released.

## **Coaches' Technical Meeting**

There will be a brief technical meeting held in the infield near the finish line 30 minutes before the track events start on Saturday, February 6, and on Sunday, February 7, 2016.

## **Entry Deadline**

- Entries must be received by **Noon (12:00 p.m.) Friday, January 29, 2016.**
- NON-RELAY ENTRIES SUBMITTED AFTER THIS DATE (IF ACCEPTED) WILL BE CHARGED DOUBLE.
- Relay entries must be received by **Noon (12:00 p.m.) Friday, January 29, 2016;** relay entries submitted after then (if accepted) will be charged double.
- Scratches and changes will be accepted up to **Noon (12:00 p.m.) Monday, February 1, 2016.**
- There will be no refunds of entries for scratches made after **Noon (12:00 p.m.) Monday, February 1, 2016.**

Please send all scratches and changes to: [emocktrack@gmail.com](mailto:emocktrack@gmail.com)

Schedule and meet questions should be directed to the Meet Director at: [nathanlennie@me.com](mailto:nathanlennie@me.com)

## Entry Fees

### **NOTE:** FEES ARE PAYABLE

- online on the TrackieReg web site during registration (TrackieReg accepts credit card, Interac, and PayPal), or
- at the Registration Desk (cheque or cash only; please make cheques payable to "E.M.O.C." or "Edmonton Meet Organizing Committee").

Individual Events	Entry Fee:	\$25.00 per first event; \$20.00 per subsequent event
Combined Events	Entry Fee:	\$30.00 per combined event entered, \$40 per heptathlon
Relay Events	Entry Fee:	\$30.00 per team
Provincial Championship Fee:		\$3.00 per person (paid only once) for anyone competing in any championship event.

For online payments, the TrackieReg processing fee will be added to the above-noted fees. (Please see [www.trackie.com/online-registration/popups/comparisonChart.php](http://www.trackie.com/online-registration/popups/comparisonChart.php) for more information.) Seed mark validations involving Athletics Canada rankings will also have an additional charge of \$0.25 per entry.

Whether you pay online or intend to pay at the Registration Desk, please bring your receipt/invoice from TrackieReg. **Registration packages will not be distributed without proof of payment.**

## Entry Process

- ❖ **ALL entries MUST be done using the TrackieReg web site** on [www.trackiereg.com/AIG](http://www.trackiereg.com/AIG). TrackieReg is being used to help ensure all entries are for registered members, and to facilitate verification of seed time/performance.
- ❖ Coaches preferring to use Hy-Tek Team Manager will prepare their entries using Team Manager (after loading the event file), then import the information into TrackieReg.
- ❖ The Hy-Tek Team Manager event file will be available from the entry person and on [www.athleticsalberta.com](http://www.athleticsalberta.com). Notes on using Team Manager are available from [www.ellistiming.ca/documents/TeamManagerNotes.pdf](http://www.ellistiming.ca/documents/TeamManagerNotes.pdf).
- ❖ Entry questions, entries, scratches, and changes should be sent to: Valerie Kemp at [emctrack@gmail.com](mailto:emctrack@gmail.com).
- ❖ **Performance List** will be available on the Athletics Alberta web-site beginning January 29, 2016. (This will be in addition to the ongoing Confirmation List available from the TrackieReg web site.)
- ❖ **Tentative meet schedule** will be available beginning January 31; **finalized meet schedule** will be available late in the evening of February 4.

## General Rules

1. Athletics Alberta's "Rules on Illegitimate Seed Times" will be followed. (Please see [www.athleticsalberta.com/hosting-and-sanctioning](http://www.athleticsalberta.com/hosting-and-sanctioning), especially the details provided on [www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf](http://www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf).)  
If coaches submit an erroneous seed time/performance that cannot be verified, the athlete will get an "NT" (or equivalent for field events).
2. Marshalling procedures are in effect. Refer to the Meet Information and Procedures at the end of this package for instructions for field and track athletes. Marshalling takes place at track level, against the bleachers near the finish line (Call Room/Warm-up area). **Athletes who do not present themselves in the Marshalling Area as required will not be eligible to compete in that race – no exceptions will be allowed.**
3. The competition numbers must be worn on back for events run entirely in lanes (60m to 300m) and on front for all other track events. Athletes in horizontal jump events must wear number on front; for other field events, athletes may wear numbers either on front or on back.

4. For Tyke, Pee Wee, and Bantam athletes, competition numbers must be worn on the front right for all track events (including 60m).
5. Hip numbers (distance and relay events) must be clearly visible on the athlete's right side hip. (Please tuck in your shirt/uniform, all the way around.)
6. Scratches or changes on the day of competition are to be done at the Registration Desk on the concourse level. Scratches may result in manual lane reassignment and/or heat combining at the discretion of the Call Room and/or Starter's Assistant, and/or re-seeding of the event at the discretion of the Track Referee.
7. Athletes competing in heats who do not intend to compete in the final (even if they win their heat) must inform the Results Desk **before** the heats. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final. Otherwise, IAAF Rule 142.4 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).
8. To accommodate post-heat considerations, coaches have until the start of the track lunch break to advise the Results Desk if their final-qualifying athlete will **NOT** compete in the next round. Otherwise, we will assume that the athlete will compete in the final and print the finish line sheets accordingly.
9. For individual events and combined events, athletes must compete in their own age class at provincial competitions (no exceptions). For relays, athletes are allowed to "compete up" in order to make complete teams that will be eligible for provincial medals. (Those athletes who "compete up" for relays must compete in their original age groups for individual and combined events competition at this meet.)
10. Starting blocks are mandatory for all athletes **Midgets** and up. Starting blocks are optional for Masters (WMA rule 161). Starting blocks will **not** be used for Tyke, Pee Wee, nor Bantam events. Medical exemptions (i.e.: to allow the athlete to not use starting blocks) require prior approval from Athletics Alberta's Technical Manager.

## 2016 Alberta Indoor Games– Events Offered

Legend: C = Championship Event; (S) = Joining the Senior (Open) category

Event	Masters	Senior	Under-20	Under-18	Midget	Bantam	Pee Wee	Tykes
60m	X	X	X (S)	X	X			
300m	X	X	X (S)	X	X			
600m	X	X	X (S)	X	X			
1000m	X (S)	X	X (S)	X	X			
1200m					X			
1500m	X (S)	X	X (S)	X				
3000m	X (S)	X	X (S)					
60mH	X	X	X	X	X			
4x100m Relay						C	C	
4x200m Relay	C	X	C	C	C	C	C	
4x400m Relay	C	X	C	C	C			
Medley Relay*	C	X	C	C	C	C	C	
3K Race Walk	X (S)	X	X (S)					
Long Jump	X	X	X (S)					
Triple Jump	X	X	X (S)					
High Jump	X	X	X (S)					
Pole Vault	X (S)	X	X (S)	X	X			
Shot Put	X	X	X	X	X			
Weight Throw	X	X	X	X	X			
Combined	Pent. C	W Pent. X M Hept. X	W Pent. C M Hept. C	Pent. C	Pent. C	Tetra. C	Triathlon C	Triathlon C

- ❖ For Pee Wees and Bantams the **medley relay** will consist of 200-100-100-400. For all other age groups, the medley relay will consist of 400-200-200-800.
- ❖ For Pee Wee and Bantam: There will be relays on Saturday, combined events on Sunday.
- ❖ The combined events for Seniors and Under-20s will go on Saturday; combined events for Masters, Under-18, and Midgets (and final three events for Men Heptathlon) will go on Sunday.
- ❖ X = Non-Championship Event. NOTE: If entry is deemed insufficient, or time does not allow, non-championship events will be cancelled.
- ❖ If the number of entries in sprint events requiring heats (i.e.: 60m, 60m Hurdles, Senior 300m) would normally warrant quarter-finals or semi-finals, the advancers from the heats will instead have a timed final.
- ❖ Senior 300m: Only lanes 3-7 will be scheduled (lanes 1 and 2 will be used for late entries).
- ❖ Provincial Senior Championships for all events (including relays and combined events) will be held at the Golden Bear Challenge meet (i.e.: February 12-14).

## **Events for TYKE, PEE WEE, and BANTAM – Specification and Information**

Pee Wees and Bantams will compete in relays.

Combined Events for younger than Midget will be scored using the Alberta Youth Tables. Competitors may miss an event and continue the competition; their total points earned will be used for final standings.

Depending on numbers, the Tykes might compete with the Pee Wees but will be scored separately. We will try to put Tykes, Pee Wees, and Bantams in field event flights of approximately 15. All combined event track events will be scheduled at the same time.

Different groups will perform their field events in a different order – the order will be set once we have all entries.

### **Modified rules for field events:**

**Long Jump** – Tyke and Pee Wee: A 1m take-off area will be used and jumps will be measured from the point of take-off. A fault will occur if the toe of the athlete is beyond the edge of the pit. Warm-up is limited to 1 jump each. For the competition, all jumpers will have only 3 attempts, and results will be calculated in the usual way.

**High Jump** – Bantam: Starting height of 0.90m, increments of 5cm throughout. (No increments of 3cm.)

Further clarification and instruction on field event rules will be given on site.

## **Appendix 1 - Schedule**

The times indicated below are from **last** year's meet and are **tentative**. Various considerations (e.g.: entries, availability of officials, and facility and time constraints) might require events to be moved (even to the other day) or cancelled. The meet schedule will **NOT** be finalized until two nights before the first day of competition.

<b>Tentative Track Event Schedule</b>	
<b>Saturday, February 6 -- Track Session</b>	<b>Sunday, February 7 -- Track Session</b>
8:30 a.m. Coaches' Technical Meeting	7:40 a.m. Coaches' Technical Meeting
9:00 a.m. 4x100m Relay Timed Finals	8:10 a.m. 60m CE Midget
9:20 a.m. 60m Hurdles Heats (if needed) / Finals and 60m Hurdles CE, 60m CE	8:20 a.m. 60m Hurdles CE
10:25 a.m. 4x200m Relay Pee Wee, Bantam	8:45 a.m. 60m Tyke CE
10:45 a.m. 300m Timed Finals and Senior Heats	8:55 a.m. 60m Heats
Break	10:00 a.m. 60m Bantam, Pee Wee CE
12:30 p.m. 60m Hurdles Finals (if heats needed)	10:30 a.m. 600m Timed Finals
12:45 p.m. Medley Relay Pee Wee, Bantam	11:05 a.m. 3000m Race Walk
1:00 p.m. 800m CE	Break
1000m Timed Finals	12:25 p.m. 800m CE
1:50 p.m. 4x200m Relay Timed Finals	12:55 p.m. 600m Pee Wee, Tyke CE
2:45 p.m. 3000m Timed Finals	1:05 p.m. 1000m CE
3:35 p.m. Medley Relay Timed Finals	1:25 p.m. 1200m Timed Finals
[Was T.F. earlier.] 300m Senior Finals	1:45 p.m. 1500m Timed Finals
	2:50 p.m. 60m Finals
	3:35 p.m. 800m CE Midget Women
	3:45 p.m. 4x400m Relay Timed Finals
5:00 p.m. Finish	4:45 p.m. Finish

If more than 8 athletes are entered in hurdles in a given category, there will be heats and finals. If there are 8 athletes or fewer entered, the event will be run as a final only (at the time originally scheduled for the heats).

Race Walk will be scheduled for just before the lunch break.

## Tentative Field Event Schedule

Saturday, February 6 -- Field Session						Sunday, February 7 -- Field Session					
	LJ	HJ	TJ/PV **	SP	WT		LJ	HJ	TJ/PV**	SP	WT
9:00 a.m.	CE U20/SR Men	CE U20/SR Women	Open Women <3.0m PV	CE U20/SR Men	Open & Masters Men WT	9:00 a.m.	CE U18/MD Men	Open Women		Bantam Girls	
	Masters Men		Open Men <3.5m PV	CE U20/SR Women	Open & Masters Women WT		CE Masters Men	Open Men	CE U20/SR Men PV	Bantam Boys	
	Masters Women		Open Women TJ	Midget & U18 Women	Midget & U18 Men WT		Open Women	CE U18/MD Women		CE U18/MD Men	U20 Men WT
		Masters Women	Open Men TJ	Midget & U18 Men	U18/MD Women WT		Open Men	CE Masters Women		CE U18/MD Women	U20 Women WT
	CE U20/SR Women	CE U20/SR Men	Open Women 3.0m+ PV	Masters Women			CE U18/MD Women	CE U18/MD Men		CE Masters Men and Women	
		Masters Men	Open Men 3.5m+ PV	Masters Men			CE Masters Women	CE Masters Men		Open/U20 Men	
			Masters Men, Masters Women				Pee Wee Girls LJ	Bantam Boys		Open/U20 Women	
							Pee Wee Boys LJ	Bantam Girls			

**\*\* Pole Vault:** Minimum height is 1.60 metres. Competition will be split into flights based on starting height: below 3.0m for Open Women Flight 1, 3.0m or better for Flight 2; below 3.5m for Open Men Flight 1, 3.5m or better for Flight 2. Medals will not be awarded until after Flight 2 athletes finish.



## Appendix 2 – Technical Specifications

Sanctioned by Athletics Alberta



### Athletics Alberta Indoor Hurdles Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	Pee Wee	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	Bantam	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	Midget	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	Under-18	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Under-20	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Senior	60m	5	1.07m/42"	13.72m	9.14m
World Masters Athletics website (see below)					Masters	World Masters Athletics website (see below)				

\*Pee Wee hurdle heights can range from .45m/18"-.60m/24".

\*\*Bantam hurdle heights can range from .60m/24"-76m/30".

### Athletics Alberta Indoor Throws Specifications

Females			Age Group	Males		
Shot Put	Weight Throw	Med Ball		Shot Put	Weight Throw	Med Ball
2kg		2kg	Pee Wee	2kg		2kg
3kg		3kg	Bantam	3kg		3kg
3kg	7.26kg/16lbs		Midget	4kg	7.26kg/16lbs	
3kg	7.26kg/16lbs		Under-18	5kg	9.08kg/20lbs	
4kg	9.08kg/20lbs		Under-20	6kg	11.34kg/25lbs	
4kg	9.08kg/20lbs		Senior	7.26kg	15.88kg/35lbs	
World Masters Athletics website (see below)			Masters	World Masters Athletics website (see below)		

World Masters Athletics specifications are posted at

[http://www.world-masters-athletics.org/files/laws\\_rules/Appendix-A-K.pdf](http://www.world-masters-athletics.org/files/laws_rules/Appendix-A-K.pdf) (see also <http://www.world-masters-athletics.org/laws-a-rules/appendixes-and-tables>).

### Athletics Alberta Combined Events Specifications -- Pentathlon

Females -- Order Specific	Age Group	Males -- Order Specific
60m – High Jump – Shot Put – Long Jump – 800m	Midget	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Under-18	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Under-20	[Not applicable for this meet. See Heptathlon below.]
60mH – High Jump – Shot Put – Long Jump – 800m	Senior	[Not applicable for this meet. See Heptathlon below.]
60mH – High Jump – Shot Put – Long Jump – 800m	Masters	60mH – Long Jump – Shot Put – High Jump – 1000m

### IAAF Combined Events Specifications -- Under-20 and Senior Men Heptathlon

First day: 60m; Long Jump; Shot Put; High Jump.

Second day: 60m Hurdles; Pole Vault; 1000m.

**Triathlon for Tyke and Pee Wee:** 60m, LJ, and 600m. (Events may not be held in that sequence for both genders.)

**Tetrathlon for Bantam:** 60m, HJ, SP, and 800m. (Events may not be held in that sequence for both genders.)

## **Appendix 3 – Meet Information and Procedures**

Please ensure all your athletes are aware of the following procedures:

1. EMOC has a zero tolerance policy in respect to the behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. Enforcement of this policy is at the discretion of the Meet Director, Meet Manager, and/or the President of EMOC.
2. Marshalling procedures for all events are in effect. Please read carefully to determine when and where you are to marshal.
3. All track event athletes (including combined event track events) are required to check in at the Check-In Desk at least **20 minutes prior** to the scheduled event start time. When checking in, please have your number on and your spikes available to verify spike length.
4. All track event athletes (including combined event track events) are **required to be in, and remain in** the Call Room/Warm-Up area **15 minutes prior** to the scheduled event start time. A starter's assistant will escort the athletes to the start line prior to the event starting.  
N.B. The Check-In Desk and Call Room/Warm-Up area are located at the track level near the finish line (outside of lane twelve).
5. Field event athletes will marshal at the event competition area, and are requested to be at the **competition area 30 minutes before** the scheduled start time of the event.
6. For vertical jump events for Midgets and older, starting heights and progressions will be decided on-site by the Official (and/or the Combined Events Referee).
7. **Spikes are to be no longer than 6mm in length.** Only smooth "Christmas tree" or pyramid type spikes will be allowed. **No pin, needle, or other elements will be permitted.** This will be enforced and **athletes will be required to remove any illegal spikes.**  
Sets of spikes can be ordered in advance via the TrackieReg web site on [www.trackiereg.com/AIG](http://www.trackiereg.com/AIG).
8. All athletes must wear proper club or school uniforms.
9. Athletes must be "competition ready", with warm-ups off, when they go onto the track from the Call Room.
10. **Restricted access to field for Coaches (with approved identification)**, athletes, Officials, and volunteers only. We have set-up clearly identified designated seating areas for coaches only, adjacent to the field competition venues -- we require that **coaches confine themselves to those areas** while an event is taking place. Spectators are **not** to be present on the in-field of the track nor the south wall of the Pavilion. Coaches passes available at [www.trackiereg.com/AIG](http://www.trackiereg.com/AIG) ("AIG Coach Registration").
11. Please do NOT use the track level as a meeting/seating area (nor as a bag storage area) for your athletes/club. Unless your athletes are in a field event or have been called to the marshalling area, they should not be on the track level.  
Please direct ALL spectators to the upper bleachers. Spectators are **not** to be present on the in-field of the track nor the south wall of the Pavilion. **We ask for your co-operation on this matter for the safety of all.**
12. Medals will be awarded to the top three finishers in all championship events. Performances of Masters Athletes will be age-graded. In non-championship events, medals will only be awarded where there is a minimum of three athletes competing in the specified age group.

13. Scratches for Sunday should be provided as early as possible on Saturday. This will allow the seeding and printing of Sunday events to reflect the changes in competitors (and will allow consideration of late entries for Sunday events).
14. Long jump "centre pit" is located on the south centre of the pavilion. Long jump "wall pit" is located along the south wall of the Pavilion.
15. Shot put "centre circle" is located on the east centre of the pavilion. Shot put "west circle" is located along the doors at the west end of the Pavilion (under the basketball nets).
16. All results will be posted on the concourse level opposite the Results Area. Links for online results (including via "Track Meet Mobile") will be available from [www.ellistiming.ca/AIG](http://www.ellistiming.ca/AIG).

Thank you

Volunteers will be pleased to answer any questions you may have at the Registration Desk located on the concourse level. Have a great day!