



Alberta Provincial Indoor Track and Field Championships

Sanctioned by Athletics Alberta

March 5-6, 2016 • Universiade Pavilion, Edmonton, Alberta

Eligibility

- ❖ All athletes entering the Alberta Provincial Indoor Track and Field Championships (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 February 26, 2016. (Proof of out-of-province Association registration will be required.)
- ❖ Out-of-province athletes will not be eligible for provincial championship medals.
- ❖ Athletes must compete in their own age class (no exceptions).

Meet Hotel

Athletics Alberta has reserved a block of rooms at The Westin Edmonton for Alberta Provincial Indoor Championships participants, teams, and families. The hotel has underground parking and immediate access to the ETS LRT (www.edmonton.ca/transportation/service-lrt-service.aspx). Please visit www.thewestinedmonton.com or telephone 888-627-8530 and note "Athletics Alberta March 2016" and reference number "500-2UZEXOL". (Also, please inform 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 Provincial Championships Age Categories Offered

Tykes – born 2007 or later; *Pee Wee* – born 2005-2006; *Bantam* – born 2003-2004; *Midget* – born 2001-2002; *Under-18* – born 1999-2000; *Under-20* – born 1997-1998; *Senior* – born 1981-1996. *Master* – born March 5, 1981 or earlier.

- ❖ Masters' age subgroup categories will be: 35-49, 50-64, and 65 and older.
- ❖ Note: These are **NOT** the provincial championships for the Senior category. **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."**

Location and Facility Information

- ❖ University of Alberta Universiade Pavilion, 87 Avenue and 114 Street, Edmonton, Alberta.
- ❖ Seven (7) Lane 200m Oval and Ten (10) lane 60m straightaway
- ❖ High Jump aprons and LJ/TJ runways: Mondo
- ❖ Throw circles - Main: Concrete, West: Wood
- ❖ Change rooms are available

Meet Enquiries

Meet Director/Manager – Nathan Lennie – nathanlennie@me.com

Chair, Edmonton Meet Organizing Committee – Anna Francis – anna_francis2001@yahoo.com

Meet Registration - emocktrack@gmail.com

Registration Package

Registration packages will be available in the Pavilion at the Registration Desk beginning at 7:45 a.m. on Saturday, March 5, 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 both days. This will take place in the Call Room / Warm Up Area close to the START LINE. PLEASE CHECK THE TENTATIVE AND THE FINAL SCHEDULE FOR THAT TIME. NOTE: COACHES' ACCREDITATION WILL BE DISTRIBUTED AT THE COACHES MEETING, NOT IN THE CLUB PACKAGES.

ATHLETE OF THE MEET

New to the Indoor Provincial Championships Meet will be the Athlete of the Meet for Midgets, Youth, Junior and Senior Athletes. Based on a combination of performances and accumulation of points scored, male and female athletes of the meet will be selected and recognized at the end of the meet Sunday.

Entry Deadline

- ❖ Entries must be received by Noon (12:00 p.m.) Friday, February 26, 2016.
- ❖ Entries submitted after this date will be charged double if accepted.
- ❖ Scratches and changes will be accepted up to Noon (12:00 p.m.) Tuesday, March 1, 2016.
- ❖ There will be no refunds of entries for scratches made after Noon (12:00 p.m.) Tuesday, March 1, 2016.

Please send all entries, scratches, and changes to: emocktrack@gmail.com

Schedule and meet questions should be directed to the Nathan Lennie at: 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 |
| Bantams Multiple-Events | Entry Fee: | \$30.00 per day |
| Pee Wee Multiple-Events | Entry Fee: | \$30.00 per day |
| Tyke Multiple-Events | Entry Fee: | \$30.00 per day |
| 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 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/AITFC. 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 can 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. Notes on using Team Manager are available from www.ellistiming.ca/documents/TeamManagerNotes.pdf.
- ❖ Entry questions, scratches, and changes should be sent to: Valerie Kemp at emocktrack@gmail.com.
- ❖ **Performance List** will be available on the Athletics Alberta web-site beginning February 26, 2016. (This will be in addition to the ongoing Confirmation List available from the TrackieReg web site.)
- ❖ **Tentative meet schedule** will be available beginning February 26; **finalized meet schedule** will be available late in the evening of March 3.

General Rules

1. Athletics Alberta's "Rules on Illegitimate Seed Times" will be followed. (Please see 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.)
If coaches submit an erroneous seed performance or a one that cannot be verified, the athlete will instead have an "NT" (or equivalent for field events).
2. Marshalling takes place at track level on the EAST SIDE OF THE BLEACHER SECTION (closest to the START LINE). **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. Check in Windows for events open 60min prior to the scheduled start time. Athletes must be checked in and AT THE CALL ROOM no less than 15min prior to scheduled event start time.**
For FIELD EVENTS – Window opens at 60min prior to start time, athletes must REPORT TO FIELD EVENT SITE no later than 30min prior to scheduled start time.
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. **Please ensure that singles/uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.**
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.
6. 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, it will be assumed that the athlete will compete in the final and print the finish line sheets accordingly. Failure to compete at that time will result in a scratch from that event and from the remainder of the meet.
7. 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.

8. **ATHLETES OF THE MEET** – based on performances in the Youth through Junior categories, both a Male and Female athlete of the meet will be selected.

2016 Alberta Indoor Provincial Championship Meet – Events Offered

C = Championship Event

| Event | Masters 1981-03-05 | Senior* 1981-96 | Under-20 1997-98 | Under-18 1999-2000 | Midget 2001-2002 | Bantam 2003-04 | Pee Wee 2005-06 | Tyke 2007 - later |
|--------------------|-----------------------|--------------------|---------------------|-----------------------|---------------------|-------------------|--------------------|----------------------|
| 60m | C | X | C | C | C | ME | ME | ME |
| 150m | | | | | | | ME | |
| 200m | C | X | C | C | C | ME | | |
| 300m | | | | | C | | | |
| 400m | C | X | C | C | | | | ME |
| 600m | | | | | | | ME | |
| 800m | C | X | C | C | C | ME | | |
| 1200m | | | | | C | | | |
| 1500m | C | X | C | C | | | | |
| 2000m | | | | | C | | | |
| 3000m | C | X | C | C | | | | |
| 60m Hurdles | C | X | C | C | C | | | |
| Race Walk | C-3k | X-3k | C-3k | C-3k | C-1.5k | | | |
| Standing Long Jump | | | | | | | ME | ME |
| Long Jump | C | X | C | C | C | ME | ME | ME |
| Triple Jump | C | X | C | C | C | | | |
| High Jump | C | X | C | C | C** | ME | | |
| Pole Vault*** | C | X | C | C | C | | | |
| Shot Put | C | X | C | C | C | ME | ME | |
| Weight Throw | C | X | C | C | C | | | |

ME Multiple Events

* Non-Championship Event. NOTE: If entry is deemed insufficient, non-championship events will be cancelled at the discretion of the Meet Director.

** Starting height for Midget High Jump will be 1.10 metres.

*** Minimum height for pole vault is 1.60 metres.

Multiple Events for Tyke, Pee Wee and Bantam – Specification and Information

Pee Wee and Bantam will compete multiple events on Saturday and Sunday, Tykes only compete on Sunday.

| | | |
|-----------------|---------------------------------|------------------------------|
| Tykes: | | Sunday: 60m, LJ, 400m |
| Pee Wee: | Saturday: 60m, SLJ, 150m | Sunday: SP, LJ, 600m |
| Bantams: | Saturday: 60m, LJ, 200m | Sunday: HJ, SP, 800m |

Overall Top Athletes

Scores will be kept for Combined Events: 1st place in each event gets 10 points, 2nd 9 points, 3rd 8 points, etc. down to 10th and below who get 1 point. Points from the day's events will be totalled and medals given to top 3 athletes overall.

Depending on number of entries, Pee Wees and Bantams may be placed in single-year age groups. All multiple event track events will be scheduled at the same time. Different groups will perform field events in a different order – the order will be set once entries are finalized. Athletes may miss or “scratch” an event and continue the competition.

Modified rules for field events:

Long jump – Tyke & 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.

Standing Long Jump – Jump is done with feet together, no steps allowed.

High Jump - Bantams: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

Further clarification of the Multiple Events rules as well as instruction on the modified field events 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.

Tentative Track Event Schedule

| Saturday, March 5 -- 8:30 a.m. MST Start | | Sunday, March 6 -- 8:30 a.m. MST Start | |
|------------------------------------------|------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------|
| 9:00 a.m. | Coaches Technical Meeting | 9:00 a.m. | Coaches Technical Meeting |
| 8:30 a.m. | 60m (PeeWee / Bantam) | 8:00 a.m. | 60m Tykes |
| 9:30 a.m. | 60m HEATS - MG, YG, MB, YB, Masters | 9:15 a.m. | 400m Tykes |
| 10:00 a.m. | 150m – PeeWee | 9:30 a.m. | 600m Pee Wee |
| 10:30 a.m. | 200m – Bantam | 9:45 a.m. | 800m Bantam |
| 11:00 a.m. | 1200m – MG, MB (Timed Final) | 10:00 a.m. | 3000m – YG, JW, SW, Masters (Timed Finals) |
| 11:30 a.m. | 1500m – YG, JW, SW, Masters (Timed Final) | 10:15 a.m. | 3000m – YB, JM, SM, Masters (Timed Fin.) |
| 12:00 noon | 1500m – YB, JM, SM, Masters (Timed Final) | 10:30 p.m. | 200m HEATS – MG, MB, YB, YB, JW, JM, SW, SM, Masters |
| 12:45 p.m. | 60m FINAL – MG, YG, MB, YB, Masters | 11:15 a.m. | 60m Hurdles (Heats) MG, YG, JW, SW |
| 1:00 p.m. | 60m HEATS - JW, SW, JM, SM | 11:45 a.m. | 60m Hurdles (Heats) MB, YB, JM, SM |
| 1:30 p.m. | 3000m Race Walk – JW, SW, Masters 3000m Race Walk – JM, SM, Masters | 12:15 p.m. | TRACK BREAK |
| | TRACK BREAK | 1:00 p.m. | 60m Hurdle FINALS – SM, JM, YB, MB |
| 2:15 p.m. | 60m FINAL – JW, SW, JM, SM | 1:30 p.m. | 60m Hurdle FINALS – SW, JW, YG, MG |
| 2:30 p.m. | 1500m Racewalk – Midget/Youth Girls | 1:50 p.m. | 800m – MG, YG, JW, SW, Mast (Timed Fin) |
| 2:45 p.m. | 1500m Racewalk – Midget/ Youth Boys | 2:15 p.m. | 800m – MB, YB, JM, SM, Mast. (Timed Fin) |
| 3:10 p.m. | 300m – MG, MB (Timed Final) | 2:50 p.m. | 2000m – MG |
| 3:30 p.m. | 400m – YG, JW, SW, YB, JM, SM, Masters (Timed Final) | 3:05 p.m. | 2000m - MB |
| | | 3:20 p.m. | 200m FINAL – MG, YG, Mast, JW, SM 200m FINAL – MB, JB, Mast, JM, SM |
| 3:45 | Finish | 3:30 p.m. | AWARDS & Finish |

If more than 8 athletes are entered in hurdles in a given category, time permitting 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, March 5 -- THROWS | | Saturday, March 5 -- JUMPS | |
|-----------------------------|----------------------------------|----------------------------|-------------------------------------------------------------------------------------------|
| 9:00 a.m. | Coaches Technical Meeting | 9:00 a.m. | Coaches Technical Meeting |
| 9:00 a.m. | SLJ (PeeWee), LJ (Bantam) | 9:00 a.m. | SLJ (PeeWee) (Outside Pit), LJ (Bantam) (Center Pit) |
| 10:00 a.m. | Shot Put – MG, YG (3kg) | 9:00 a.m. | High Jump – MG (Center Mat) |
| 11:00 a.m. | Shot Put – MB (4kg) | 9:00 a.m. | High Jump – YB (West Mat) |
| 12:00 p.m. | Shot Put – YB (5kg), Masters | 10:15 a.m. | Triple Jump – MB/YB |
| 12:45 p.m. | Shot Put – JM (6kg) | 11:00 a.m. | Triple Jump – MG/YG Pole Vault – JW, SW |
| 1:45 p.m. | Shot Put – JW, SW (4kg), Masters | 1:00 p.m. | High Jump – MB (West Mat) High Jump – YG (Centre Mat) Triple Jump – JM, SM, Masters |
| 2:45 p.m. | Shot Put – SM – (7.26kg) | 2:00 p.m. | Triple Jump – JW, SW, Masters Pole Vault – JM, SM |
| | | 2:45 p.m. | High Jump – JW, SW, Masters (Cntr Mat) |

| | | | |
|-------------|--------|------|--------------------------------------|
| | | | High Jump JM, SM, Masters (West Mat) |
| 3:15 | Finish | 3:45 | Finish |

| Sunday, March 6 -- THROWS | | Sunday, March 6 -- JUMPS | |
|----------------------------------|------------------------------------|---------------------------------|-----------------------------------|
| 9:00 a.m. | Coaches Technical Meeting | 9:00 a.m. | Coaches Technical Meeting |
| 8:00 a.m. | Shot Put (PeeWee) – West Circle | 8:30 a.m. | Long Jump – PeeWee (Center Pit), |
| 8:30 a.m. | Shot Put (Bantam) – West Circle | 9:00 a.m. | Tykes (Outside Pit) |
| 9:00 a.m. | Weight Throw – MG, YG | | High Jump – Bantam – (Center Mat) |
| 9:50 a.m. | Weight Throw – MB | 10:00 a.m. | Long Jump – MB, YB |
| 10:40 a.m. | Weight Throw – YB | 12:00 noon | Pole Vault – MB, YB |
| 11:30 a.m. | Weight Throw – JM/SM | 1:00 p.m. | Long Jump – MG, YG |
| 1:00 p.m. | Weight Throw – JW, SW | 2:00 p.m. | Pole Vault – MG, YG |
| 1:50 p.m. | Weight Throw – Masters Men & Women | 2:30 p.m. | Long Jump – SM, Masters |
| | | 2:15 p.m. | Long Jump SW, Masters |
| 2:30 | Finish | 3:00 | Finish |

**** Pole Vault:** Minimum height is 1.60 metres. Competition will be split into flights based on seed 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. Final split will be determined after entries are received. Medals will not be awarded until after Flight 2 athletes finish.

AGE CATEGORY LEGEND:

M = Midget U-16

Y = Youth U-18

J = Junior U-20

S = Senior

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 0.45m/18"-0.60m/24".

** Bantam hurdle heights can range from 0.60m/24"-0.76m/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 (see also <http://www.world-masters-athletics.org/laws-a-rules/appendixes-and-tables>).

Appendix 3 – Meet Information and Procedures:

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

1. EMOC & Athletics Alberta has a zero tolerance policy in respect to the behaviour that constitutes harassment and unsportsmanlike behaviour, this behaviour is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious. **Any Athlete, Coach, Club Representative or Spectator(s) who behave contrary to this policy in any way, will be removed from the facility for the remainder of the meet and their future attendance will be under review.** Enforcement of this policy is at the discretion of the Meet Director, and/or the President of EMOC, Athletics Alberta or a representative thereof.
2. **MARSHALLING AND CHECK IN PROCEDURES** for all events are in effect. **Track Athletes must check in within the "Check in Window".**
 - **TRACK EVENTS – Check in Window opens 60min prior to scheduled start time. Athletes are expected to be at the CALL ROOM and CHECKED IN NO LATER THAN 15minutes prior the event start time and will remain in the call room until marshalled to their track event. The Check in table is located on the East side of the Bleachers, CLOSEST to the START LINE. You must check in with your number and spikes to be verified.**
 - **FIELD EVENT CHECK IN** - Athletes will check in with the same window – **60 minutes prior to the event start.** They are expected to be **CHECKED IN** at the event competition area no later than **30min before** the scheduled start time of the event.
 - **EXTRA WARM UP AREA – Athletes will be permitted to use the back stretch as demarcated to warm up for their events, this includes hurdles. Be aware as coaches and athletes to respect the races that may be on going and attempt to use the space wisely so as not to impede on the operation of the meet.**
 - **For EVENTS WITH BLOCKS** – Please ensure that athletes are **READY** to compete. When their heat is ready, Athletes are expected to set blocks promptly and be ready to race. They must **ADHERE TO OFFICIAL INSTRUCTIONS**. This helps ensure we remain on time.
3. **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 non-conforming spikes.**
Sets of spikes can be ordered in advance via the TrackieReg web site on www.trackiereg.com/AITFC.
4. **Restricted access to field for Coaches (with approved identification),** athletes (with their numbers), 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 anywhere. Coaches' passes are available at www.trackiereg.com/AITFC ("AITFC Coach Registration"). **Failure to register in advance will result in not having access to the competition areas.**
5. The track level is not to be used 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 be aware – any athletes or clubs who are situating themselves as such, will be asked to move into the stands and if absent their items will be moved.**
6. Tyke, Pee Wee, and Bantam athletes who miss an event will be allowed to continue in the competition.
7. 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.

8. LEGAL SCRATCHES should be provided as early as possible on Saturday. This will allow for proper seeding and printing of Saturday Sunday events to reflect the changes in competitors.
9. 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/AITFC.

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!