



# Alberta Indoor Games

## Combined Events and Relay Provincial Championships

Hosted and Sanctioned by Athletics Alberta  
February 18 & 19, 2017

### Location & Facility

Location:	Universiade Pavillion University of Alberta, North Campus 87 <sup>th</sup> Ave and 114 <sup>th</sup> Street, Edmonton Alberta
Facility Specs:	7 lane Mondo track (No pin spikes allowed, 7mm maximum length) Mondo runways for all jumps A cement circle for weigh throw, both cement and wooden for shot put
Photo Timing System:	Finish Lynx

### Meet Enquiries

If you have any questions or inquiries about the meet, please email [competitions@athletcsalberta.com](mailto:competitions@athletcsalberta.com) and the appropriate member of the LOC will be happy to help.

### Meet Hotels

The **Radisson Hotel Edmonton South** welcomes Last Chance participants, and rooms for teams and families for **\$112.00 per night (year long pricing)**. The nightly rate **includes full breakfast for 4, FREE Wifi and FREE parking at the hotel**. For more information (or to make a reservation), please see <https://www.athleticsalberta.com/wp-content/uploads/2016/10/Athletics-Alberta-2016.pdf>

Online hotel booking (available all year): [www.radisson.com/athleticsalberta](http://www.radisson.com/athleticsalberta)

### Registration Package

Registration packages will be available at the Technical Information Centre on the main concourse starting 90 minutes before the first scheduled event of the day.

## **Entry Deadline and Process**

- ▶ Entries must be received by **Thursday, February 9<sup>th</sup> at 9:00pm.**
- ▶ Entries submitted after Friday February 9<sup>th</sup> will be charged double.
- ▶ Scratches after **Tuesday, February 14<sup>th</sup> at 5:00pm** will still be charged.
- ▶ All entries must be done through Trackie Reg. [www.trackiereg.com/2017-AIGR](http://www.trackiereg.com/2017-AIGR)
- ▶ Team Manager file will be available for uploading into Trackie Reg.
- ▶ Meet Entry Chairperson and Competition Secretary: **Vernon Schmid:** [vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)
- ▶ All seeds for championship events must be verifiable in the Athletics Alberta rankings and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes / teams without verifiable performances.
- ▶ Window for seed performance is January 1<sup>st</sup> 2016 to February 13<sup>th</sup> 2017.
- ▶ Meet Schedule will be available on the Athletics Alberta website by end of the day on Wednesday February 15<sup>th</sup>

**Please note:** The program and instructions for using Hy-Tek Team Manager are available for download at: <http://www.ellistiming.ca/documents/TeamManagerNotes.pdf> if you wish to use Team Manager to import entries in to Trackie Reg.

## **Entry Fees**

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$20.00
Combined Events	Entry Fee:	\$30.00
Relays	Entry Fee:	\$30.00 per team
Provincial Championships Fee:	\$3.00 per person entered in a Championship Event.	

## **Eligibility**

- ▶ All athletes entering must be registered members of Athletics Alberta, no exceptions.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association. Out of province athletes will not be eligible for Provincial medals but will however receive meet medals.

## **Age categories offered:**

*Tyke* – born 2008 or later, *Peewee* – born 2006-2007, *Bantam* – born 2004-2005, *Midget* – born 2002-2003, *U18* – born 2000-2001, *U20* – born 1998-1999, *Senior* – born 1997-1978, *Masters* – Born February 18<sup>th</sup> 1982 or earlier.

## 2017 Alberta Indoor Games– Events Offered

Legend: C = Championship Event; Masters and U20 will be combined with Seniors unless otherwise indicated. There will be no separate age group jumps for U18 and younger due to facility and time constraints.

Event	Masters	Senior	Under-20	Under-18	Midget	Bantam	Pee Wee	Tykes
60m	X	X		X	X			
200m	X							
300m		X		X	X			
600m	X	X		X	X			
1000m	X	X		X	X			
1200m					X			
1500m	X	X		X				
2000m					X			
3000m	X	X		X				
60mH	X	X	X (Men)	X	X			
4x100m Relay						C	C	C
4x200m Relay	C	X	C	C	C	C	C	C
4x400m Relay	C	X	C	C	C			
Medley Relay	C	X	C	C	C	C	C	C
1.5K Race Walk	X	X	X	X				
Long Jump		X						
Triple Jump		X						
High Jump		X						
Pole Vault		X		X	X			
Shot Put	X	X	X (Men)	X	X			
Weight Throw	X	X	X	X	X			
Multi Event						C	C	C
Pentathlon	C	X (Women)	C (Women)	C	C			
Heptathlon		X (Men)	C (Men)					

- ▶ For Tykes, the **medley relay** will consist of 100-50-50-200. 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 Tyke, Pee Wee and Bantam: There will be relays on Saturday, multi events on Sunday.
- ▶ The combined events for Seniors Under-20s, and Midgets will go on Saturday; combined events for Masters, Under-18, and final three events for Men Heptathlon will go on Sunday.
- ▶ If entry is deemed insufficient, or time does not allow, non-championship events will be cancelled. Field event age classes may be combined if entry numbers are low.
- ▶ Senior 300m: Only lanes 3-7 will be scheduled.
- ▶ Provincial Senior Championships for all events (including relays and combined events) will be held at the Golden Bear Challenge February 10-11, 2017.
- ▶ School Division Relay Medals will be based on school age groups defined in the online registration (Grades 4 – 6).

## **General Rules**

- ▶ Marshalling procedures are in effect. Marshalling takes place at track level, against the bleachers not pulled out (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.**
- ▶ All track event athletes (including combined event track events) are required to check in at the Check-In Desk at least 15 minutes prior to the scheduled event start time. When checking in, please have your number on and your spikes available to verify spike length. Athletes will be required to remain there until a starters assistant leads them to their start line.
- ▶ Field event athletes will marshal at the event competition area, and are requested to be at the competition area 20 minutes before the scheduled start time of the event.
- ▶ 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/2017-AIGR](http://www.trackiereg.com/2017-AIGR) ("AIG Coach Registration").
- ▶ Athletes competing in heats who do not intend to compete in the final 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).
- ▶ For individual events and combined events, athletes must compete in their own age class at Provincial Championships. For relays, athletes are allowed to compete in an older age class to make complete teams that will be eligible for provincial medals. (Those athletes who compete in an older age class for relays must compete in their original age class for individual and combined events competition at this meet.)
- ▶ Starting blocks are mandatory for all athletes Midgets and up. Starting blocks are optional for Masters. Starting blocks will not be used for Tyke, Pee Wee, nor Bantam events.

### **Modified Rules for Tyke & Pee Wee Long Jump**

Tyke & Pee Wee athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. For the competition, all jumpers will have 3 attempts.

### **Modified Rules for Bantam High Jump**

Three successive failures will eliminate the jumper from further competition.

**Bantam:** Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

### **Modified Rules for Tyke, Pee Wee & Bantam Throws**

Each competitor will only receive 3 attempts for all throwing events

## Technical Specifications



### 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	PeeWee	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	Youth	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	Junior	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 ( <a href="#">click here</a> )					Masters	World Masters Athletics website ( <a href="#">click here</a> )				

\*PeeWee 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		Shot Put	Weight Throw
2kg		Tyke	2kg	
2kg		PeeWee	2kg	
3kg		Bantam	3kg	
3kg	7.26kg/16lbs	Midget	4kg	7.26kg/16lbs
3kg	7.26kg/16lbs	Youth	5kg	9.08kg/20lbs
4kg	9.08kg/20lbs	Junior	6kg	11.34kg/25lbs
4kg	9.08kg/20lbs	Senior	7.26kg	15.88kg/35lbs
World Masters Athletics website ( <a href="#">click here</a> )		Masters	World Masters Athletics website ( <a href="#">click here</a> )	

### Athletics Alberta Indoor Combined Events Specifications

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	Youth	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Junior	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Senior	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	Masters	60mH – Long Jump – Shot Put – High Jump – 1000m

Tyke Multi Event: 60m, Long Jump, Shot Put

Pee Wee Multi Event: 60m, Long Jump, Shot Put

Bantam Multi Event: 60m, High Jump, Shot Put

Note: Field events for Tyke, Peewee, and Bantam may not occur in this order.