

2017 Butterdome Start Lines & Notes

50m, 60m, 150m, 200m & 300m (including hurdle events)

Solid white lines as shown on the track diagram

100m White/**black**/white lines at end of back straight.

400m & 600m White/**blue**/white start lines with a two turn cut-in.

800m White/**green**/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with 65% of the field using the regular arced start line and 35% using a second arced start line on the outer portion of the track. 800m run in this fashion would be a one turn cut-in.

1,000m to 3,000m A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.

4 x 200m Relay White/**red**/white start line, with a three turn cut-in. First exchange is in lanes, the 2nd and 3rd exchanges are not done in lanes. 3rd and 4th runners place themselves in the order of the athletes at the 100m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.

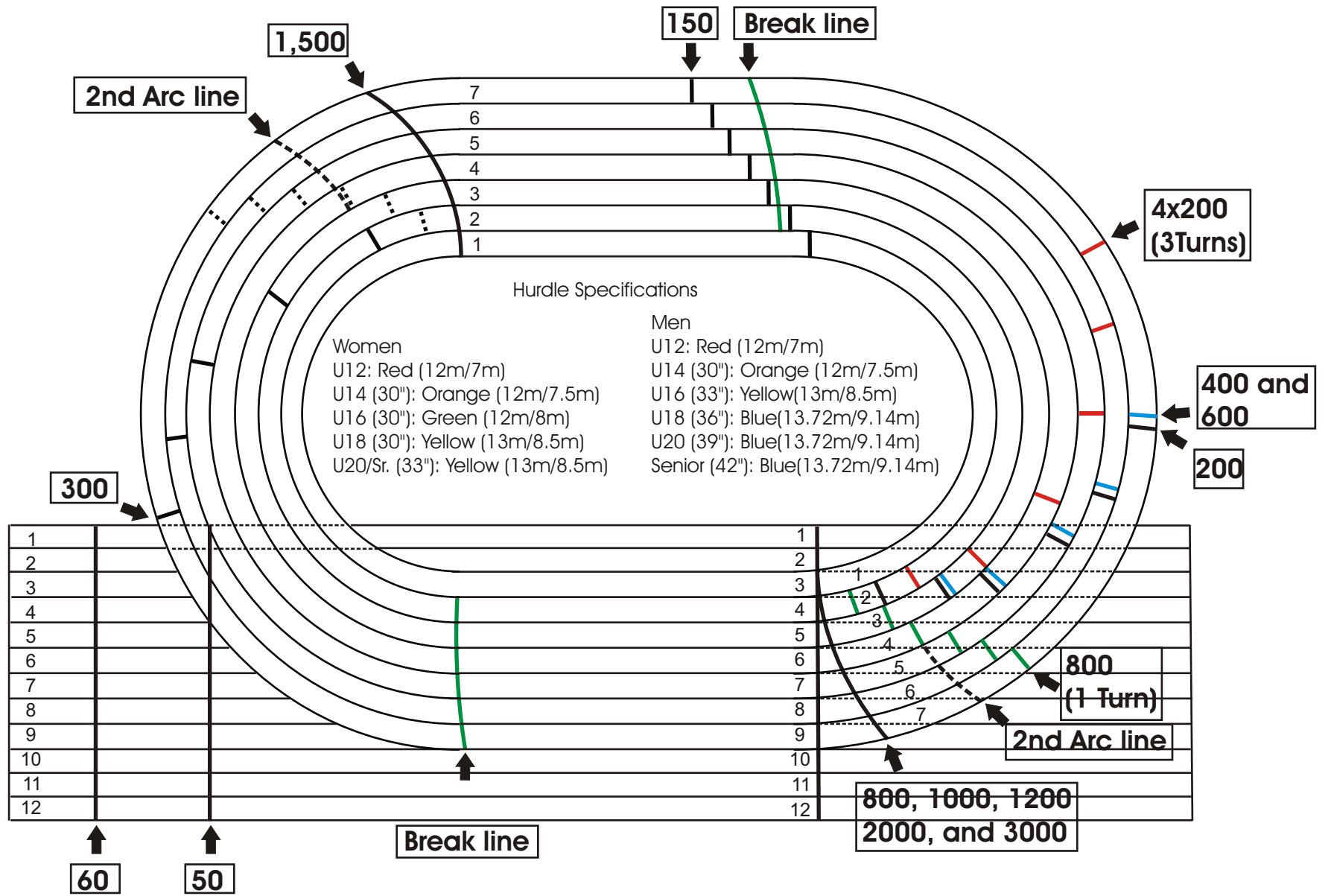
4 x 400m Relay White/**blue**/white start line with a two turn cut-in.

4 x 800m Relay White/**green**/white with a one turn cut-in.

4 x 100m Relay Use white/**blue**/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight, 2nd & 3rd exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

Butterdome Start Lines and Break Line Diagram



Alberta Indoor Games

Provincial Relays and

U10/U12/U14/Masters Championships

Track Schedule (as of February 13 1700h)



This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, February 15, 2020

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:30	60m Hurdles Pentathlon - Masters Women	2	8	1	5:00	5:00	9:10	9:15	
9:35	60m Hurdles Pentathlon - Masters Men	4	8	1	5:00	5:00	9:15	9:20	
9:40	60m Timed Finals - Under-10 Boys	11	9	2	3:00	6:00	9:20	9:25	
9:46	60m Timed Finals - Under-10 Girls	Full 9	9	1	3:00	3:00	9:26	9:31	
9:49	60m Timed Finals - Under-12 Boys	22	9	3	3:00	9:00	9:29	9:34	
9:58	60m Timed Finals - Under-12 Girls	Full 18	9	2	3:00	6:00	9:38	9:43	
10:04	60m Timed Finals - Under-14 Boys	25	9	3	3:00	9:00	9:44	9:49	
10:13	60m Timed Finals - Under-14 Girls	44	9	5	3:00	15:00	9:53	9:58	
10:30	60m Heats - Under-16 Men	19	8	3	3:30	10:30	10:10	10:15	Top 2 + 2 going to 1 race (8)
10:40	60m Heats - Under-16 Women	31	8	4	3:30	14:00	10:20	10:25	Top 3 + 4 going to 2 races (16)
10:54	60m Heats - Under-18 Men	18	8	3	3:30	10:30	10:34	10:39	Top 2 + 2 going to 1 race (8)
11:05	60m Heats - Under-18 Women	26	8	4	3:30	14:00	10:45	10:50	Top 3 + 4 going to 2 races (16)
11:19	60m Heats - Under-20 Men	10	8	2	3:30	7:00	10:59	11:04	Top 3 + 2 going to 1 race (8)
11:26	60m Heats - Senior Men	7	8	1	3:30	3:30	11:06	11:11	*** Top 3 + 2 going to 1 race
11:29	60m Heats - Under-20 Women	10	8	2	3:30	7:00	11:09	11:14	Top 3 + 2 going to 1 race (8)
11:36	60m Heats - Senior Women	6	8	1	3:30	3:30	11:16	11:21	*** Top 3 + 2 going to 1 race
11:40						19:00			
12:00	400m Timed Finals - Masters Women	1	5	1	4:00	4:00	11:40	11:45	
	400m Timed Finals - Masters Men	3	5						
12:04	600m Timed Finals - Under-16 Men	11	5	3	4:30	13:30	11:44	11:49	
12:17	600m Timed Finals - Under-16 Women	17	5	4	4:30	18:00	11:57	12:02	
12:35	600m Timed Finals - Under-18 Men	3	5	1	4:15	4:15	12:15	12:20	
12:39	600m Timed Finals - Under-20 Men	4	5	1	4:15	4:15	12:19	12:24	
12:44	600m Timed Finals - Open Men	4	5	1	4:15	4:15	12:24	12:29	
12:48	600m Timed Finals - Under-18 Women	4	5	1	4:15	4:15	12:28	12:33	
	600m Timed Finals - Under-20 Women	none 0	5						
12:52	600m Timed Finals - Open Women	Full 5	5	1	4:15	4:15	12:32	12:37	
12:56						4:00			
13:00	1500m Race Walk - Women	9	13	1	11:00	11:00	12:40	12:45	Includes non-Masters
13:11	1500m Race Walk - Men	5	13	1	11:00	11:00	12:51	12:56	
13:22	Lunch Break					35:00			
14:00	600m Timed Finals - Under-10 Boys	11	15	1	4:30	4:30	13:40	13:45	
14:04	600m Timed Finals - Under-10 Girls	9	15	1	4:30	4:30	13:44	13:49	
14:09	600m Timed Finals - Under-12 Boys	22	15	2	4:30	9:00	13:49	13:54	
14:18	600m Timed Finals - Under-12 Girls	18	15	2	4:30	9:00	13:58	14:03	
14:27	1000m Timed Finals - Under-14 Boys	25	15	2	5:30	11:00	14:07	14:12	
14:38	1000m Timed Finals - Under-14 Girls	44	12	4	5:30	22:00	14:18	14:23	
15:00	800m Pentathlon - Masters Women	2	10	1	5:00	5:00	14:40	14:45	
15:05	1000m Pentathlon - Masters Men	4	13	1	6:00	6:00	14:45	14:50	
15:15	60m Final - Under-16 Men	8	8	1	3:30	3:30	14:55	15:00	
15:18	60m Final - Under-16 Women	16	8	2	3:30	7:00	14:58	15:03	
15:25	60m Final - Under-18 Men	8	8	1	3:30	3:30	15:05	15:10	

Alberta Indoor Games

Provincial Relays and

U10/U12/U14/Masters Championships



Track Schedule (as of February 13 1700h)

This finalized version of the schedule will be provided to coaches at Registration.

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Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, February 15, 2020

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
15:29	60m Final - Under-18 Women	16	8	2	3:30	7:00	15:09	15:14	
15:36	60m Final - Under-20 Men	8	8	1	3:30	3:30	15:16	15:21	
15:39	60m Final - Senior Men	8	8	1	3:30	3:30	15:19	15:24	
15:43	60m Final - Under-20 Women	8	8	1	3:30	3:30	15:23	15:28	
15:46	60m Final - Senior Women	8	8	1	3:30	3:30	15:26	15:31	
15:50	60m Timed Final - Masters Women	5	8	1	3:30	3:30	15:30	15:35	
15:53	60m Timed Final - Masters Men	10	9	2	3:30	7:00	15:33	15:38	
16:00						4:00			
16:05	1500m Timed Finals - Men	Full 13	13	1	8:00	8:00	15:45	15:50	
16:13	1500m Timed Finals - Women	7	13	1	8:00	8:00	15:53	15:58	
16:25	2000m Timed Finals - Under-16 Men	4	13	1	9:00	9:00	16:05	16:10	
16:34	2000m Timed Finals - Under-16 Women	3	13	1	10:00	10:00	16:14	16:19	
16:45	4x200m Relays - Under-10 Mixed	1	5	1	6:00	6:00	16:25	16:30	
	4x200m Relays - Under-12 Mixed	1							
16:51	4x200m Relays - Under-14 Mixed	6	6	1	6:00	6:00	16:31	16:36	
16:57	4x200m Relays - Senior Mixed	1	5	1	6:00	6:00	16:37	16:42	
	4x200m Relays - Masters								
17:03	4x200m Relays - Under-10 Girls	1	5	1	6:00	6:00	16:43	16:48	
	4x200m Relays - Under-12 Girls	2							
17:09	4x200m Relays - Under-10 Boys	1	5	1	6:00	6:00	16:49	16:54	
	4x200m Relays - Under-12 Boys	3							
17:15	4x200m Relays - Under-16 Men	2	5	1	6:00	6:00	16:55	17:00	
	4x200m Relays - Under-18 Men	1							
17:21	4x200m Relays - Under-20 Men	3	6	1	6:00	6:00	17:01	17:06	
	4x200m Relays - Senior Men	3							
17:27	4x200m Relays - Under-16 Women	4	5	1	6:00	6:00	17:07	17:12	
17:33	4x200m Relays - Under-18 Women	4	5	1	6:00	6:00	17:13	17:18	
17:39	End of Day's Competition			93					



U10/U12/U14/Masters Championships

Field Schedule (as of February 13 1700h)

Saturday, February 15, 2020

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)												
10:00	09:30	09:30	09:30		Pentathlon Masters Men	4	3	12	1:00	3:00	30:00	0:42
10:35	10:15	10:05	10:15		U12 Girls Long Jump	18	3	54	1:00	1:00	18:00	1:12
11:30	11:30		11:30		Break							0:35
13:00	12:10	12:10	12:10		Open Women Triple Jump	16	6	72	1:00	3:00	48:00	2:00
14:40	14:15	14:10	14:15		U16 Men Long Jump	12	6	60	1:00	2:00	24:00	1:24
16:00	15:40	15:30	15:40		U18 Men Long Jump	10	6	54	1:00	2:00	20:00	1:14
17:15	16:55	16:45	16:55		U20 / Senior / Masters Men Long Jump	10	6	54	1:20	2:00	20:00	1:32
18:30					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Long Jump (Wall Pit)												
10:30	10:10	10:00	10:10		U12 Boys Long Jump Flight 1	22	3	66	1:00	1:00	22:00	1:28
11:40	11:40		11:40		Break							0:35
13:00	12:30	12:25	12:20	12:25	Pentathlon Masters Women	2	3	6	1:00	3:00	30:00	0:36
13:10					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Standing Long Jump Mat 1												
10:30	10:20	10:00	10:20		U10 Boys	11	3	33	1:00	1:00	11:00	0:44
11:05					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Standing Long Jump Mat 1												
10:30	10:20	10:00	10:20		U10 Girls	9	3	27	1:00	1:00	9:00	0:36
11:00					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
High Jump (Centre Mat)												
10:00	09:30	09:30	09:30		Pentathlon Masters Women	2	8	16	1:00	3:00	30:00	0:46
10:45	10:20	10:15	10:20		U14 Boys	25	7	175	0:20	1:00	25:00	1:23
11:45	11:45		11:45		Break							0:35
12:40	12:25	12:25	12:25		U18 Women	8	8	64	1:00	2:00	16:00	1:20
14:10	13:50	13:40	13:50		U16 Women	11	9	99	1:00	2:00	22:00	2:01
16:10	15:55	15:40	15:55		Masters Women	1	8	8	1:00	3:00	15:00	0:30
16:45	16:30	16:15	16:30		U20 / Senior Women	3	8	24	1:00	2:00	15:00	0:39

Alberta Indoor Games

Provincial Relays and

U10/U12/U14/Masters Championships



Field Schedule (as of February 13 1700h)

Saturday, February 15, 2020

Note: The Saturday schedule is tentative and subject to scratches/changes received by Friday evening.

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Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
17:10					End of Day's Competition							

High Jump (West Mat)												
09:50	09:30	09:20	09:30		U14 Girls Flight 1	22	7	154	0:20	1:00	22:00	1:13
11:05	10:45	10:35	10:45		U14 Girls Flight 2	22	7	154	0:20	1:00	22:00	1:13
12:00	12:00		12:00		Break							0:35
13:10	12:40	12:40	12:40		Pentathlon Men	4	8	32	1:00	3:00	30:00	1:02
13:45					End of Day's Competition							

Pole Vault												
11:00	10:15	10:00	10:15		Open Men < 3.7 metres	5	8	40	1:15		0:45	1:35
11:55	11:55		11:55		Break							0:35
13:30	12:45	12:40	12:35	12:40	Open Men >= 3.7 metres	2	8	16	1:15		0:45	1:05
13:55					End of Day's Competition							

Shot Put and Weight Throw (Centre Circle)												
09:30	09:20	09:00	09:20		U16 to Masters Women Weight Throw	6	6	36	1:00	2:00	12:00	0:48
10:25	10:10	09:55	10:10		U16 Men Shot Put	7	6	42	1:00	2:00	14:00	0:56
11:20	11:10	10:50	11:10		U12 Boys Shot Put	22	3	66	1:00	0:30	11:00	1:17
12:30	12:30		12:30		Break							0:35
13:20	13:10	13:10	13:10		U12 Girls Shot Put	18	3	54	1:00	0:30	9:00	1:03
14:25	14:15	13:55	14:15		U18 Men Shot Put	6	6	36	1:00	2:00	12:00	0:48
15:30	15:05	15:00	15:05		U20 / Senior / Masters Men Shot Put	12	6	60	1:00	2:00	24:00	1:24
16:30					End of Day's Competition							

Shot Put (West Circle)												
11:00	10:30	10:30	10:30		Pentathlon Masters Men/Women	6	3	18	1:00	3:00	30:00	0:48
11:20					End of Day's Competition							

Medicine Ball Throw (West Side)												
11:30	11:25	11:20	11:15	11:20	U10 Girls	9	3	27	0:35	0:30	4:30	0:20
12:05	11:50	11:35	11:50		U14 Boys	25	3	75	0:35	0:30	12:30	0:56
12:55	12:50	12:25	12:50		U10 Boys	11	3	33	0:35	0:30	5:30	0:24
13:25	13:15	12:55	13:15		U14 Girls Flight 1	22	3	66	0:35	0:30	11:00	0:49
14:15	14:05	13:45	14:05		U14 Girls Flight 2	22	3	66	0:35	0:30	11:00	0:49
14:55					End of Day's Competition							

Alberta Indoor Games

Provincial Relays and

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Track Schedule (as of February 13 1700h)

Sunday, February 16, 2020

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday afternoon.

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Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:00	60m Hurdles Timed Final -- Masters Women	1	8	1	5:00	5:00	8:40	8:45	
9:05	60m Hurdles Heats - Under-16 Women	12	8	2	5:00	10:00	8:45	8:50	Top 3 + 2 going to 1 race (8) -- 0.76, 12, 8 green
9:15	60m Hurdles Heats - Under-18 Women	Full 8	8	1	6:00	6:00	8:55	9:00	0.76, 13, 8.5 yellow
9:21	60m Hurdles Heats - Under-20/Senior Women	3	8	1	6:00	6:00	9:01	9:06	0.84, 13, 8.5 yellow
9:27	60m Hurdles Heats - Under-16 Men	5	8	1	5:30	5:30	9:07	9:12	0.84, 13, 8.5 yellow
9:32	60m Hurdles Heats - Under-18 Men	3	8	1	6:00	6:00	9:12	9:17	0.91, 13.72, 9.14 blue
9:38	60m Hurdles Heats - Under-20 Men	3	8	1	6:00	6:00	9:18	9:23	0.99, 13.72, 9.14 blue
	60m Hurdles Heats - Senior Men	1	8						1.07, 13.72, 9.14 blue
9:44	60m Hurdles Timed Final -- Masters Women	2	8	1	5:00	5:00	9:24	9:29	
9:49						4:00			
9:55	150m Timed Finals - Under-10 Boys	Full 10	10	1	3:30	3:30	9:35	9:40	Waterfall start.
9:58	150m Timed Finals - Under-10 Girls	9	10	1	3:30	3:30	9:38	9:43	Waterfall start.
10:02	150m Timed Finals - Under-12 Boys	22	10	3	3:30	10:30	9:42	9:47	Waterfall start.
10:12	150m Timed Finals - Under-12 Girls	16	10	2	3:30	7:00	9:52	9:57	Waterfall start.
10:19	150m Timed Finals - Under-14 Boys	29	5	6	3:30	21:00	9:59	10:04	In lanes (1-5).
10:40	150m Timed Finals - Under-14 Girls	48	5	10	3:30	35:00	10:20	10:25	In lanes (1-5).
11:15						4:00			
11:20	1200m Timed Finals - Under-16 Men	10	13	1	6:30	6:30	11:00	11:05	
11:26	1200m Timed Finals - Under-16 Women	11	13	1	6:30	6:30	11:06	11:11	
11:33	1000m Timed Finals - Under-18 Women	7	13	1	5:45	5:45	11:13	11:18	
11:38	1000m Timed Finals - Senior Women	6	13	1	5:45	5:45	11:18	11:23	
	1000m Timed Finals - Under-20 Women	2							
11:44	1000m Timed Finals - Under-18 Men	6	13	1	5:45	5:45	11:24	11:29	
	1000m Timed Finals - Senior Men	2							
	1000m Timed Finals - Under-20 Men	1							
	1000m Timed Finals - Masters Men	1							
11:50	800m Masters Men	3	13	1	4:30	4:30	11:30	11:35	
11:55	60m Hurdles Final - Under-20 Men	3	8	1	6:00	6:00	11:35	11:40	0.99, 13.72, 9.14 blue
	60m Hurdles Final - Senior Men	1	8						1.07, 13.72, 9.14 blue
12:01	60m Hurdles Final - Under-18 Men	8	8	1	6:00	6:00	11:41	11:46	0.91, 13.72, 9.14 blue
12:07	60m Hurdles Final - Under-16 Men	8	8	1	5:30	5:30	11:47	11:52	0.84, 13, 8.5 yellow
12:12	60m Hurdles Final - Under-20/Senior Women	8	8	1	6:00	6:00	11:52	11:57	0.84, 13, 8.5 yellow
12:18	60m Hurdles Final - Under-18 Women	8	8	1	6:00	6:00	11:58	12:03	0.76, 12, 8 green
12:24	60m Hurdles Final - Under-16 Women	8	8	1	5:00	5:00	12:04	12:09	0.76, 12, 8 green
12:29	Lunch Break					30:00			
13:00	300m Timed Finals - Under-16 Men	7	5	2	4:00	8:00	12:40	12:45	Lanes 3-7.
13:08	300m Timed Finals - Under-16 Women	19	5	4	4:00	16:00	12:48	12:53	Lanes 3-7.
13:24	300m Timed Finals - Under-18 Men	11	5	3	4:00	12:00	13:04	13:09	Lanes 3-7.
13:36	300m Timed Finals - Under-18 Women	Full 20	5	4	4:00	16:00	13:16	13:21	Lanes 3-7.
13:52	300m Timed Finals - Under-20 Men	Full 10	5	2	4:00	8:00	13:32	13:37	Lanes 3-7.
14:00	300m Timed Finals - Senior Men	7	5	2	4:00	8:00	13:40	13:45	Lanes 3-7.
14:08	300m Timed Finals - Under-20 Women	7	5	2	4:00	8:00	13:48	13:53	Lanes 3-7.

Alberta Indoor Games

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Track Schedule (as of February 13 1700h)

Sunday, February 16, 2020

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
14:16	300m Timed Finals - Senior/Masters Women	8	5	2	4:00	8:00	13:56	14:01	Lanes 3-7.
14:24	300m Timed Finals - Under-10 Boys	Full 10	10	1	4:00	4:00	14:04	14:09	Waterfall start.
14:28	300m Timed Finals - Under-10 Girls	9	10	1	4:00	4:00	14:08	14:13	Waterfall start.
14:32	300m Timed Finals - Under-12 Boys	22	10	3	4:00	12:00	14:12	14:17	Waterfall start.
14:44	300m Timed Finals - Under-12 Girls	16	10	2	4:00	8:00	14:24	14:29	Waterfall start.
14:52						2:00			
14:55	600m Timed Finals - Under-14 Boys	29	10	3	4:30	13:30	14:35	14:40	Waterfall start.
15:08	600m Timed Finals - Under-14 Girls	48	10	5	4:30	22:30	14:48	14:53	Waterfall start.
15:31	200m Timed Finals - Masters Men	6	5	2	4:00	8:00	15:11	15:16	
15:39	200m Timed Finals - Masters Women	2	5	1	4:00	4:00	15:19	15:24	
15:43	3000m Timed Finals - All Men	9	13	1	14:00	14:00	15:23	15:28	
15:57	3000m Timed Finals - All Women	6	13	1	14:00	14:00	15:37	15:42	
16:11	End of Day's Competition			85					



Field Schedule (as of February 13 1700h)

Sunday, February 16, 2020

Note: The Sunday schedule is tentative and subject to scratches/changes received by Saturday evening.

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least one hour before the indicated time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Long/Triple Jump (Centre Pit)												
09:25	09:15	08:55	09:15		U10 Boys Long Jump	10	3	30	0:40	1:00	10:00	0:30
10:05	09:50	09:35	09:50		U14 Girls Long Jump Flight 1	16	3	48	0:40	1:00	16:00	0:48
10:55	10:40	10:25	10:40		U14 Girls Long Jump Flight 2	16	3	48	0:40	1:00	16:00	0:48
11:45	11:30	11:15	11:30		U14 Girls Long Jump Flight 3	16	3	48	0:40	1:00	16:00	0:48
12:20	12:20		12:20		Break							0:35
13:15	13:00	13:00	13:00		U18 Women Long Jump Flight 1	7	3	21	0:50	2:00	14:00	0:31
14:00	13:35	13:30	13:35		U18 Women Long Jump Flight 2	12	6	60	0:50	2:00	24:00	1:14
15:05	14:50	14:35	14:50		Open Men Triple Jump	5	6	30	1:00	3:00	15:00	0:45
15:55	15:40	15:25	15:40		U20 / Senior / Masters Women Long Jump	8	6	48	1:00	2:00	16:00	1:04
16:45					End of Day's Competition							

Long Jump (Wall Pit)												
09:10	09:00	08:40	09:00		U10 Girls	9	3	27	0:40	1:00	9:00	0:27
09:45	09:30	09:15	09:30		U16 Women Long Jump Flight 1	7	3	21	0:50	2:00	14:00	0:31
10:30	10:05	10:00	10:05		U16 Women Long Jump Flight 2	12	6	60	0:50	2:00	24:00	1:14
11:35	11:20	11:05	11:20		U14 Boys Flight 1	15	3	45	0:40	1:00	15:00	0:45
12:25	12:10	11:55	12:10		U14 Boys Flight 2	14	3	42	0:40	1:00	14:00	0:42
12:55					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Standing Long Jump Mat 1												
10:30	10:10	10:00	10:10		U12 Boys	22	3	66	1:00	1:00	22:00	1:28
11:40					End of Day's Competition							

Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Standing Long Jump Mat 2												
10:25	10:10	09:55	10:10		U12 Girls	16	3	48	1:00	1:00	16:00	1:04
11:15					End of Day's Competition							

High Jump (Centre Mat)												
11:00	10:45	10:30	10:45		U18 / U20 / Open Men	6	8	48	1:00	2:00	15:00	1:03
12:05	11:50	11:35	11:50		U16 Men	7	9	63	1:00	2:00	14:00	1:17
13:10	13:10	12:40	13:10		Masters Men	0	8	0	1:00	3:00	0:00	0:00
13:15					End of Day's Competition							

Alberta Indoor Games

Provincial Relays and

U10/U12/U14/Masters Championships



Field Schedule (as of February 13 1700h)

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Event Start Time MST	Warm-Up Start Time	Check-in Time	Area Available	Check-In No Earlier Than	Field Events	Entries	Max or Average Jumps or Throws	Expected Total Jumps or Throws	Minutes per Jump or Throw M:SS	Warm-up Time per Athlete M:SS	Time for Warm-up MM:SS	Expected Total Time H:MM
Pole Vault												
11:00	10:15	10:00	10:15		Open Women < 3.0 metres	10	8	80	1:15		0:45	2:25
12:45	12:45		12:45		Break							0:35
14:10	13:25	13:25	13:25		Open Women >= 3.0 metres	1	8	8	1:15		0:45	0:55
14:25					End of Day's Competition							

Shot Put and Weight Throw (Centre Circle)												
09:30	09:20	09:00	09:20		U16 to Masters Men Weight Throw	4	6	24	1:00	2:00	8:00	0:32
10:05	09:55	09:35	09:55		U16 Women Shot Put	4	6	24	1:00	2:00	8:00	0:32
10:35	10:30	10:05	10:30		U10 Boys Shot Put	10	3	30	1:00	0:30	5:00	0:35
11:20	11:10	10:50	11:10		U14 Girls Shot Put Flight 1	16	3	48	1:00	0:30	8:00	0:56
12:10	12:10		12:10		Break							0:35
13:00	12:50	12:50	12:50		U14 Girls Shot Put Flight 2	16	3	48	1:00	0:30	8:00	0:56
14:00	13:50	13:30	13:50		U14 Girls Shot Put Flight 3	16	3	48	1:00	0:30	8:00	0:56
15:00	14:50	14:30	14:50		U18 Women Shot Put	6	6	36	1:00	2:00	12:00	0:48
16:00	15:40	15:30	15:40		U20 / Senior / Masters Women Shot Put	9	6	51	1:00	2:00	18:00	1:09
16:50					End of Day's Competition							

Shot Put (West Circle)												
11:30	11:25	11:00	11:25		U10 Girls	9	3	27	1:00	0:30	4:30	0:31
12:10	12:00	11:40	12:00		U14 Boys Flight 1	15	3	45	1:00	0:30	7:30	0:52
13:00	12:55	12:30	12:55		U14 Boys Flight 2	14	3	42	1:00	0:30	7:00	0:49
13:45					End of Day's Competition							

Medicine Ball Throw (West Side)												
11:30	11:20	11:00	11:20		U12 Boys	22	3	66	0:35	0:30	11:00	0:49
12:20	12:10	11:50	12:10		U12 Girls	16	3	48	0:35	0:30	8:00	0:36
12:50					End of Day's Competition							