



## Alberta Indoor Games

Combined Events and Relay Provincial Championships

Hosted and Sanctioned by Athletics Alberta February 17 & 18, 2018

### LOCATION & FACILITY

**Location:**

Universiade Pavillion  
University of Alberta, North Campus  
87th Ave and 114th 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@athleticsalberta.com](mailto:competitions@athleticsalberta.com) and the appropriate member of the LOC will be happy to help.

### Meet Hotels

Athletics Alberta partner hotels are available all year long, and for friends and family of AA members. Each room standard double room includes wifi, breakfast, & parking.

**Holiday Inn Edmonton South** - across from the Radisson \$115.00 per night.

Booking link:

<https://www.holidayinn.com/redirect?path=hd&brandCode=hi&localeCode=en&hotelCode=yegem&rateCode=IX7BT&PMID=99502056&corpNum=786855570&viewfullsite=true>

**Radisson Edmonton South**

Booking link:

<http://www.radisson.com/reservation/resEntrance.do?hotelCode=ABEDMSOU&whpNumber=156312&whpLink=Y>



## Registration Package

Registration packages will be available at the Technical Information Centre on the main concourse starting 60 minutes before the first scheduled event of the day.

## Entry Deadline and Process

- ▶ **ENTRY & SCRATCH DEADLINE ARE DUE NO LATER THAN 11:59PM, Thursday, February 8<sup>th</sup>.**
- ▶ **NO ENTRIES ACCEPTED AFTER February 8th.**
- ▶ **SCRATCHES will not be REFUNDED.**
- ▶ Meet schedule will be available on – Trackie, Athletics Alberta website.
- ▶ All entries must be through Trackie. Online TAGS/ Search for 'Alberta Indoor Games 2018 or AIG 2018'.
- ▶ Team Manager file will be available for uploading into Trackie Reg.

### ENTRY FEES

Athlete Registration	1st Event:	\$30.00
Individual Events	Each additional Event:	\$20.00
Combined Events (Hept./Pent)	Entry Fee:	\$35.00
Multi Event (TY, PW, BN)	Entry Fee:	\$35.00 (per day of competition)
Relays	Entry Fee:	\$35.00 per team

## Eligibility

- ▶ All Coaches and athletes entering must be registered members of Athletics Alberta, no exceptions.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association.

## Age categories offered:

**Tyke** – born 2009 or later, **Peewee** – born 2007-2008, **Bantam** – born 2005-2006, **Midget** – born 2003- 2004, **U18** – born 2001-2002, **U20** – born 1999-2000, **Senior** – born 1998-1979, **Masters** – Born February 18 1983 or earlier.



## 2018 Alberta Indoor Games– Events Offered

### Legend:

C = Championship Events,  
X= Non-Championship Events.

**\*\*PLEASE NOTE:** “Open” consist of Senior and U20 athletes unless otherwise stated. Separately in the chart below, they will be combined in both the schedule and official results. Senior and U20 athletes will not have results separated out post-competition. The exception being the relay and Combined Events as they are Championship events.

Event	Masters	Senior	Under-20	Under-18	Midget	Bantam	Pee Wee	Tykes
50m						MEx-D2	MEx-D2	MEx-D2
60m	X	X	X	X	X	MEC-D1	MEC-D1	MEC-D1
150m						MEx-D2	MEx-D2	MEx-D2
200m								
300m	X	X	X	X	X			
400m								MEC-D1
600m	X	X	X	X	X	MEC-D1	MEC-D1	
1000m	X	X	X	X	X			
1200m					X			
1500m	X	X	X	X				
2000m					X			
3000m	X	X		X	X			
60mH	X	X	X	X	X			
4x100m Relay						C	C	C
4x200m Relay	C	C	C	C	C	C	C	C
4x400m Relay	C	C	C	C	C			
Medley Relay	C	C	C	C	C	C	C	C
1.5K Race Walk	X	X	X	X				
Long Jump	X	X	X	X				
Standing L-Jump							MEC-D1	MEC-D1
Triple Jump	X	X	X					
High Jump	X	X	X			MEC-D1		
Pole Vault	X	X	X	X	X			
Shot Put	X	X	X	X	X	MEx-D2	MEx-D2	MEx-D2
Weight Throw	X	X	X	X	X			
Multi Event						C	C	C
Pentathlon	C	C (Women)	C (Women)	C	C			
Heptathlon		C (Men)	C (Men)					

- For Tykes, the medley relay will consist of **100-50-50-200**. For Pee Wee 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**.
- 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.



## General Rules

- ❑ Marshalling procedures are in effect. Marshalling takes place at track level **indicated by signage 'Call Room or Warm-up area'**. Athletes who do not present themselves in the Marshalling Area as required will not be eligible to compete in their designated 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**. Athletes will be required to **remain there until a starter's assistant or volunteer 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 **30 minutes before the scheduled start time of the event**.
- ❑ 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. \*\* Athletes with a medical condition may apply to not use starting blocks. 2 weeks prior to competition, please email the Meet Director & AA Technical Manager \*\*
- ❑ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with Athlete number), Officials and volunteers are permitted at track level.**

## Accreditation Rules and Restrictions

**Coaches Accreditation will be automatically given to those who meet all the criteria of below:**

### Criteria:

- ❑ You are a registered coach of Athletics Alberta,
- ❑ You have NCCP training (minimum completed MED Online Evaluation),
- ❑ Your NCCP number is active, and you have been self reporting.

*Those who do not meet the above requirements will not be granted coaching access at the Indoor Provincials (ie you are up on the concourse). Cut off date for the **above passes will be February 7th (10 days before the first indoor provincials)**. The pass granted will be for both indoor provincial meets.*

### Rules and Restrictions

- ❑ **Spectators are not allowed** on competition level. This **includes non-accredited Coaches**.
- ❑ There are designated seating areas for coaches and volunteers only, adjacent to the field of competition venues -- we require that coaches confine themselves to those areas while an event is taking place.
- ❑ If a non-accredited person is caught they will be asked to leave the competition level. If they do not the athlete they are associated to will be disqualified from the competition, and their performances will be erased. Repeated offenses will be reported to the AA Personnel Committee with the recommendation of competition suspension.

### Modified Rules for Bantam High Jump

- ❑ 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 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	<b>Pee Wee</b>	60m	5	.45m*	12.00m	7.00m
60m	5	.60m**	12.00m	7.50m	<b>Bantam</b>	60m	5	.60m**	12.00m	7.50m
60m	5	.76m/30"	12.00m	8.00m	<b>Midget</b>	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	<b>Youth</b>	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>Junior</b>	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>Senior</b>	60m	5	1.07m/42"	13.72m	9.14m
World Masters Athletics (please check website)					<b>Masters</b>	World Masters Athletics (please check website)				

\*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		<b>Tyke</b>	2kg	
2kg		<b>PeeWee</b>	2kg	
3kg		<b>Bantam</b>	3kg	
3kg	7.26kg/16lbs	<b>Midget</b>	4kg	7.26kg/16lbs
3kg	7.26kg/16lbs	<b>Youth</b>	5kg	9.08kg/20lbs
4kg	9.08kg/20lbs	<b>Junior</b>	6kg	11.34kg/25lbs
4kg	9.08kg/20lbs	<b>Senior</b>	7.26kg	15.88kg/35lbs
World Masters Athletics (please check website)		<b>Masters</b>	World Masters Athletics (please check website)	

### Athletics Alberta Indoor Combined Events Specifications

Females – Order Specific	Age Group	Males – Order Specific
60m – High Jump – Shot Put – Long Jump – 800m	<b>Midget</b>	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>Youth</b>	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>Junior</b>	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>Senior</b>	Day 1: 60m – Long Jump – Shot Put – High Jump Day 2: 60mH – Pole Vault – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>Masters</b>	60mH – Long Jump – Shot Put – High Jump – 1000m