



## Alberta Indoor Games (AIG)

U10, U12, U14 & Masters Provincial Championships

Hosted and Sanctioned by Athletics Alberta February 15 & 16, 2020

### 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 Management

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 Purpose

This meet serves as the U10, U12, U14 & Masters Indoor Provincial Championship, and as such they will be given preferential time in the schedule, and treatment to complete their events. If you would like to inquire about this statement please email [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com) and an appropriate member of the Programs Committee will address inquiry or concerns.

### Meet Hotels (year-round partners)

#### 3 hotel partners – Please take advantage of the savings.

Athletics Alberta partner hotels are available **all year long**, and for friends and family of AA members. All partner hotel rooms include – 1 or 2 beds, wifi, breakfast, & parking. **Groups looking to book 10 or more rooms** must contact the group booking representative listed with the hotel.

The provided below are effective for individual or small parties booking.

If at any time you, **BEFORE YOU BOOK YOUR ACCOMODATIONS**, an advertised price online is less than our booking rate please call our group booking contact or the hotel and they will help you obtain that price.



## HOLIDAY INN CONFERENCE CENTRE EDMONTON SOUTH

- Standard 1 & 2 Queen Rooms (front or rear facing) \$119.00 per night
- Queen with Sofabed \$119.00 per night
- King Deluxe Rooms \$129.00 per night
- King Deluxe with Sofabed \$139.00 per night
- King Deluxe Suite \$169.00 per night

**Breakfast Options:** Large Groups are eligible for buffets in a private breakfast room (customizable if for an additional charge), or restaurant vouchers. Small groups or individuals are eligible for the restaurant breakfast vouchers.

Booking link (all year): [Click Here](#), or call **770.431.1100**

## RADISSON EDMONTON SOUTH

- Signature Double Queen/ Single King: \$119.00 per night
- Deluxe King: \$125.00 per night

**Breakfast options:** Hot continental buffet

Booking link: [Click Here](#), or call **780.437.6010**

## COAST EDMONTON HOTEL (TBA ONLINE)

- Signature Double Queen/ Single King: [If available check price on AA website](#)

**Breakfast options:** Hot continental buffet

Booking link: [Click Here](#), or call **780.423.4811**



## Athlete Services

- ▶ **Massage & Athletic Therapy(First Aid) is available during the meet - (15 minute time slots during the meet) - will be available at the competition venue track level west of the Call Room Tables against the bleachers wall (Call Room area)**
- ▶ All therapists on site are bondable, and professionally certified.

## Sunday Tune Up Session Provided by ATHX



- ▶ **Massage, Chrio, & Athletic Therapy(15 minute time slots during the meet) - will be available at the competition venue track level west of the Call Room Tables against the bleachers wall (Call Room area)**
- ▶ All therapists on site are bondable, and professionally certified.  
Sunday Tune up Session service partner [ATHX Performance is located at 18019 111 Ave NW, Edmonton.](#)

## First Aid

- ▶ **Provided at track level west of the call room area**
- ▶ All therapists on site are bondable, and professionally certified.

## Provincial Championship Competition Age Policy

- ▶ **All Athletes at provincial championships must compete in the provincial age category as of December 31 of the calendar year.**
- ▶ Athletes must be registered as annual athletics Alberta members to be eligible to compete in the provincial championships.
- ▶ Mixed relays for U10 to Masters must be composed of 2 competitors of each opposite biological sex.
- ▶ **\*\*Relays acceptance, athletes are allowed to age up to one age category without penalty to create a complete relay team.**



## 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

- ▶ **ENTRIES DEADLINE: 11:59PM, Saturday, February 8<sup>th</sup>.**
- ▶ **SCRATCH DEADLINE: 11:59PM, Saturday, February 8<sup>th</sup>.**
- ▶ **NO ENTRIES ACCEPTED AFTER February 8<sup>th</sup>.**
- ▶ **SCRATCHES will not be REFUNDED.**
- ▶ Meet schedule will be available on – Trackie, and Athletics Alberta website.
- ▶ All entries must be through Trackie. Online TAGS/ Search for ‘Alberta Indoor Games 2020 or AIG 2020’.
- ▶ Team Manager file will be available for uploading into Trackie Reg.

### ENTRY FEES (Frozen pricing for 2 years – 2019 & 2020)

Athlete Registration	1st Event:	\$40.00
Individual Events	Each additional Event:	\$20.00
Combined Events (Pent)	Entry Fee:	\$40.00
Multi Event (TY, PW, BN)	Entry Fee:	\$40.00 (per day of competition)
Relays	Entry Fee:	\$40.00 per team

## Eligibility

- ▶ **All Alberta 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:

**U10** – born 2011 or later, **U12** – born 2010-2009, **U14** – born 2008-2007, **U16** – born 2006- 2005, **U18** – born 2004-2003, **U20** – born 2002-2001, **Open** – born 2000 – earlier, **Masters** – Born February 15, 1985 or earlier( as of day of competition).

**\*\*WHEN REGISTERING U20** - Athletes will register in their **U20 Age Category**, and later be combined with the OPEN age category in the final schedule. \*\* AKA – **OPEN is inclusive** of the age group U20 at this meet unless shown different in the final schedule.

## Awards:

- ▶ Provincial Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place Championship events
  - U10, U12, & U14 Provincial Medals will only be awarded to the Multi-Event/Combined points Champions.
- ▶ Provincial Ribbons will be given out for the multi-event/combined points 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, & 10<sup>th</sup> place.
  - U10, U12, & U14 only
- ▶ Meet Medals will be available for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place
  - Non-championship individual events only
- ▶ **At AIG** - NO Individual medals to be awarded to U10, U12, or U14 for individual event performances.
  - **AT ATFC** - Individual events meet medals will be available for U10, U12, & U14 performances, as will ribbons for 4<sup>th</sup> to 10<sup>th</sup> place



**2020 Alberta Indoor Games– Events Offered**

**Legend:**

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

Event	Masters	Open	U20	U18	U16	U14	U12	U10
60m	C	X	X	X	X			
60m (Para)	C	X	X	X	X	X	X	X
200m	C							
200m (Para)	C	X	X	X	X	X	X	X
300m		X	X	X	X			
300m (Para)		X	X	X	X			
400m	C							
600m		X	X	X	X			
800m	C							
1000m		X	X	X				
1200m					X			
1500m	C	X	X	X				
2000m					X			
3000m	C	X		X				
60mH	C	X	X	X	X			
4x200m Relay	C	X	X	X	X	C	C	C
4x200m Mixed Relay	C	X				C	C	C
4x200m (Para) Mixed Relay	C	X				C	C	C
1.5K Race Walk	C	X	X	X				
3.0k Race Walk								
Long Jump	C	X	X	X	X			
Triple Jump	C	X	X	X	X			
High Jump	C	X	X	X	X			
Pole Vault	C	X	X	X	X			
Seated Throws	C	X	X	X	X	X	X	X
Shot Put	C	X	X	X	X			
Weight Throw	C	X	X	X	X			
Multi Event						C	C	C
Pentathlon	C							

- ▶ 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.
- ▶ Lanes specifications for U20, Open, and Masters: 2-7 can be scheduled for the heats, finals can be lanes 4-7 or 3-7 depending on required number of advancers, and age group.
- ▶ U10, U12, U14 – Multi-Event lineup is available on the last page.
- ▶ U10 & U12 will be using a **floating board** in Long Jump
- ▶ **Wheelchair and Para Track Events** available in 60m, 200m, 300m, SP, Mixed Relay & and upon request.

## 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 **U16** and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10, U12, nor U14 events. **\*\* Athletes with a medical condition** may apply to not use starting blocks, please notify 2 weeks prior to competition - email the Meet Director & AA Technical Manager directly. **\*\***
- ▶ **RESTRICTED ACCESS to track level. ONLY Coaches (with approved accreditation), athletes (with an Athlete number), Officials and volunteers are permitted at track level.**
- ▶ **Masters Track Heats:** If there are less than 10 competitors pre-registered there will be no heats and timed finals only. *ie. The Masters 60m (H) would not take place and the Masters 60m Final will convert to the 60m timed final (TF).*

## Accreditation Rules and Restrictions

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

- Coaches must have the appropriate wristband and coaches ID card.
- Coaches will be given wristbands at the registration desk.
- Coaches who have received their **"Coaching Card"** previously. Please bring those for identification for a quick pick-up.

### Criteria (must meet all):

1. You are a registered coach of Athletics Alberta,
2. You have completed the NCCP MED Online Evaluation,
3. You are either RJTW **Trained**, Sport Coach **Trained**, or Club Coach **Trained**
4. 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 5th (10 days before the first indoor provincials)**. The passes are granted **SEPERATLY** for both indoor provincial meets.*

### Rules and Restrictions

- ▶ **Spectators are not allowed** on competition level. This includes **non-accredited Coaches**.
- ▶ There are designated seating/standing 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 at track level, 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, their performances will be erased, and no refund issued. Repeated offenses will be reported to the AA Personnel Committee with the recommendation of competition suspension.

### Modified Rules for U10, U12 & U14

- ▶ **Throws** - Each competitor will receive 3 attempts for all throwing events
- ▶ **U14 High Jump** – Girls starting height will be 0.90m
- ▶ **U14 High Jump** – Boys starting height will 1.10m
- ▶ **U14 High Jump** – All height progression will be 5cm (if a larger progression is needed the officials will make that determination onsite)

## 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	.76m/30"	12.00m	8.00m	<b>U16</b>	60m	5	.84m/33"	13.00m	8.50m
60m	5	.76m/30"	13.00m	8.50m	<b>U18</b>	60m	5	.91m/36"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>U20</b>	60m	5	.99m/39"	13.72m	9.14m
60m	5	.84m/33"	13.00m	8.50m	<b>Open</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)				

### Athletics Alberta Indoor Throws Specifications

Females			Age Group	Males		
Med ball	Shot Put	Weight Throw		Weight Throw	Shot Put	Med ball
2kg	2kg		<b>U10</b>		2kg	2kg
2kg	2kg		<b>U12</b>		2kg	2kg
3kg	3kg		<b>U14</b>		3kg	3kg
	3kg	7.26kg/16lbs	<b>U16</b>	7.26kg/16lbs	4kg	
	3kg	7.26kg/16lbs	<b>U18</b>	9.08kg/20lbs	5kg	
	4kg	9.08kg/20lbs	<b>U20</b>	11.34kg/25lbs	6kg	
	4kg	9.08kg/20lbs	<b>Open</b>	15.88kg/35lbs	7.26kg	
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>U16</b>	60m – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>U18</b>	60mH – Long Jump – Shot Put – High Jump – 1000m
60mH – High Jump – Shot Put – Long Jump – 800m	<b>U20</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>Open</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

Girls	U10				U12				U14			
<b>Day 1</b>	60m	SLJ	MBT	600m	60m	LJ	SP	600m	60m	HJ	MBT	1000m
<b>Day 2</b>	150m	LJ	SP	300m	150m	SLJ	MBT	300m	150m	LJ	SP	600m
Boys	U10				U12				U14			
<b>Day 1</b>	60m	SLJ	MBT	600m	60m	LJ	SP	600m	600m	HJ	MBT	1000m
<b>Day 2</b>	150m	LJ	SP	300m	150m	SLJ	MBT	300m	150m	LJ	SP	600m