



Last Chance Indoor Track and Field Meet

Hosted and Sanctioned by Athletics Alberta November 17th, 2018

LOCATION & FACILITY

<u>Location:</u>	Universiade Pavillion University of Alberta, North Campus 87th Ave and 114th Street, Edmonton Alberta
<u>Facility Specs:</u>	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
<u>Photo Timing System:</u>	Finish Lynx

Meet Enquiries

If you have any questions or inquiries about the meet, please email 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.

Radisson Edmonton South

Booking link:

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



Registration Package

Friday Evening – Pick location will be announced 1 week prior to event start. Club/Team packages will only be handed to the Head Coach or Team Administrator. Unattached athletes/ participants can pick up as well.

Saturday Morning – 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 DEADLINE – NO LATER THAN 9:00 PM, SUNDAY, November 11th.**
- ▶ **SCRATCH DEADLINE - NO LATER THAN 12:00 PM, Tuesday, November 13th.**
- ▶ **NO ENTRIES ACCEPTED AFTER November 13th.**
- ▶ **SCRATCHES will not be REFUNDED.**
- ▶ Meet schedule will be available on – Trackie.
- ▶ All entries must be through Trackie. Online TAGS/ Search for 'Alberta Indoor Games 2018 or AIG 2018'.
- ▶ NO Team Manager file will be available for uploading into Trackie Reg.

ENTRY FEES

Athlete Registration	1st Event:	\$35.00
Individual Events	Each additional Event:	\$25.00
Combined Events (Hept./Pent)	Entry Fee:	\$35.00
Multi Event (TY, PW, BN)	Entry Fee:	\$35.00 (per day of competition)
Relays	Entry Fee:	\$30.00 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, **Pee wee** – born 2008-2007, **Bantam** – born 2006-2005, **Midget** – born 2004- 2003, **U18** – born 2002-2001, **U20** – born 2000-1999, **Senior** – born 1998 or earlier, **Masters** – 1983 or earlier.



2018 Alberta Last Chance – Events Offered

Legend:

****PLEASE NOTE:** “Open” – Masters, Senior and U20 athletes may be unless otherwise stated combined during the competition but separated in their overall results. Please keep an eye on future documents as exceptions may happen without notice.

Event	Masters	Senior	Under-20	Under-18	Midget	Bantam	Pee Wee	Tykes
50m								
60m	X	X	X	X	X			
150m								
200m	X							
200m AMB	X	X	X	X	X			
200m Para	X	X	X	X	X			
300m		X	X	X	X			
400m								
600m	X	X	X	X	X			
1000m	X	X	X	X	X			
1200m					X			
1500m	X	X	X	X				
2000m								
3000m	X	X						
60mH	X	X	X	X	X			
4x200m Relay	X	X	X	X	X			
4x800m Relay				X				
1.5K Race Walk	X	X	X	X				
Long Jump	X	X	X	X	X			
Standing L-Jump								
Triple Jump	X	X	X	X				
High Jump	X	X	X	X				
Pole Vault	X	X	X	X	X			
Med Ball Throw								
Shot Put Para	X	X	X	X	X			
Shot Put	X	X	X	X	X			
Weight Throw	X	X	X	X	X			
Multi Event						X	X	X

- ▶ Tyke, Pee Wee, & Bantam events will be multi-event framework, and medals will be based on total points.
- ▶ **Bantam – 60m, Shot Put, 600m; Pee Wee - 60m, Med-ball Throw, 600m; Tyke – 60m, Standing Long Jump, 400m**
- ▶ Please note: If Track & Field event entry numbers are low age classes may be combined.



Technical Meeting (Coaches and Volunteers)

- ▶ Coaches and officials - **8:30am** Track Level in the Call Room.
- ▶ Volunteers training and orientation **to be announced via the volunteer co-ordinator.**

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. Up to 5 days 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 (ie you are up on the concourse).
The pass will be a yellow wristband handed out by AA Staff.*

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 Tyke, Pee Wee & Bantam Throws

- ▶ Each competitor will receive 4 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	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	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 (please check website)					Masters	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		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 (please check website)		Masters	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	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