



## Alberta Indoor Games (AIG)

Combined Events and Relay Provincial Championships  
(CE - u16, u18, u20, Senior, Masters / Relay – All Age Groups)

Hosted by Athletics Alberta

February 3 & 4, 2024

\*Technical Package will be updated on the Trackie registration website, and the final schedule will be posted on [www.ellistiming.ca](http://www.ellistiming.ca) on Friday (Feb 2) before the event. A tentative order of events is listed at the end of this technical package.

### LOCATION, FACILITY, and TIMING

#### **Location:**

Universiade Pavilion  
University of Alberta, North Campus  
87 Avenue and 114 Street, Edmonton, Alberta

**\*\*\* Please enter at top of the ramp on the south side of Van Vliet Centre (87 Avenue) \*\*\***  
**(Located across from Edmonton Clinic Health Academy (ECHA) / Starbucks on west side of 114 Street)**  
**\*\*\* Use second-floor east doors near the Athletics Office. \*\*\***

#### **Facility Specifications:**

7-lane Mondo 200m track, 8 lanes for 60m. Mondo runways for all jumps.  
Spikes: No pin spikes allowed; 7mm maximum length.  
A cement circle for weight throw; both cement and wooden for shot put.  
A wooden platform for seated shot put

#### **Photo Timing System:**

FinishLynx (Supplied by Ellis Timing Canada)

### Meet Inquiries

If you have any questions about the meet, please email [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com) and the appropriate member of the organizing committee will be happy to respond.

### Meet Hotel

Athletics Alberta meet hotel information below.

**Delta Edmonton South:** 4404 Gateway Boulevard NW, Edmonton, Alberta, T6H 5C2

The Delta is offering a special group (standard room, quad occupancy) for 20% off of the standard rate.



Billing Contact: [harshit.thacker@deltahotels.com](mailto:harshit.thacker@deltahotels.com)

Reference: Athletics Alberta (note - for AB provincial members only)

## Package Pickup

- Saturday Morning: Packages will be available on the main concourse beyond the check-in desk for receiving coach wristbands.
- Only Coaches who are registered may pick up the meet package for their club.

## Entry Deadline and Process

- Entry Deadline: 11:59 p.m. on **Thursday, January 25.**
- Late Entries: will be accepted until 2:00 p.m. on **Saturday, January 27** for a fee.
- Scratch Deadline: 8:00 p.m. on **Monday, January 29.**
- Scratches after the scratch deadline will **not be refunded.**
- Coach Reg Deadline: 8:00 p.m. on **Thursday, February 1.**
- Meet schedule will be available on the Trackie registration page and on [www.ellistiming.ca](http://www.ellistiming.ca)
- All entries must be through the Trackie registration page (<http://www.trackiereg.com/2024-AIG-Event-Reg>).
- Coaches must be registered through Trackie for access to floor (<https://www.trackiereg.com/2024-AIG-Coach-Reg>).
- No Team Manager file will be available for uploading into Trackie registration.

## Accreditation Rules and Restrictions

Coaches must register ahead of time through Trackie -- only those who meet all the criteria below will have access to the track/competition level.

Criteria:

1. You are a registered coach with Athletics Alberta ([note - 2024 membership is done on AthleticsReg](#)).
2. You have a current CRC confirmed with Athletics Alberta.
3. You have completed the Safe Sport course available through coach.ca (requires an NCCP #)

***Coaches who do not meet the above requirements must spectate from the stands above the concourse.***

### 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 ask that coaches confine themselves to those areas while an event is taking place.
- Non-accredited people will be asked to leave the competition level and the athlete(s) they are associated with may be disqualified from the competition, and their performances will be erased. Repeated offences will be reported to the AA Personnel Committee and could lead to suspension from future competition.



## ENTRY FEES

- Athlete Registration 1st Individual Event \$35.00
- Each Additional Individual Event: \$25.00
- Combined Events: \$50.00 (U14 Biathlon \$35.00)
- Late Fees (for accepted entries): additional \$25.00 per registrant (charged to first event only)

## First Aid

To be available at track level near the 60m startline.

## Provincial Championship Age Policy

### (u16, u18, u20, Senior, and Masters Combined Events Championships)

- 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.
- Out of province clubs may compete but do not receive medals.

## Relay Championships

- Athletes may compete up one age category in relays.
- No registration will be done on the day-of-event.
- Out of province clubs may compete but do not receive medals.

## Package Pick-Up

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.

## Eligibility

All Alberta coaches and athletes entering must be registered members of Athletics Alberta. Out of province coaches and athletes must be registered with their respective provincial association (Out of province athletes do not receive provincial medals).

## Age categories offered

**U10** – born 2015 or later, **U12** – born 2013-2014, **U14** – born 2011-2012, **U16** – born 2009-2010, **U18** – born 2007-2008, **U20** – born 2005-2006, **Open** – born 2004 or earlier, **Masters** – Born February 3, 1989 or earlier (as of day of competition).

\*\*Age categories may be combined in the final schedule based on the number of entries.\*\*



## Awards

- Provincial medals (to AB registrants) will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place Championship events (including relays).
- Meet medals will be available (to all registrants) for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place in non-championship individual events.

## 2024 Alberta Indoor Games– Events Offered

### Legend:

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

Event	Masters	Open	U20	U18	U16	U14	U12	U10
60m	X	X	X	X	X			
60m (Para)	X	X	X	X	X	X	X	X
200m	X	X	X	X	X			
200m (Para)	X	X	X	X	X	X	X	X
300m		X	X	X	X			
400m	X							
600m		X	X	X	X			
800m	X							
1000m		X	X	X				
1200m					X			
1500m	X	X	X	X				
2000m					X			
3000m	X	X	X	X				
60mH	X	X	X	X	X			
4x200m Relay	C	C	C	C	C	C	C	C
4x400m Relay	C	C	C	C	C			
4x800m Relay	C	C	C	C	C			
1.5k Race Walk	X	X	X	X	X			



Long Jump	X	X	X	X	X			
Triple Jump	X	X	X	X	X			
High Jump	X	X	X	X	X			
Pole Vault	X	X	X	X	X			
Seated Throws	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X			
Weight Throw	X	X	X	X	X			
Multi Event						X	X	X
Pentathlon	C	C (W)	C (W)	C	C			
Heptathlon	Exhib.	C	C					

## General Rules

- Marshalling procedures are in effect. Marshalling takes place at track level **indicated by the marked 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.
- **Track event athletes** (including multiple 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 arrive **30 minutes before the scheduled start time of the event.**
- Starting blocks are mandatory for all athletes in the Under 16 and older age groups. Starting blocks are optional for Masters. Starting blocks will not be used for Under 10, Under 12, nor Under 14 events. Athletes with a medical condition may elect to not use starting blocks.
- **RESTRICTED ACCESS to track level:**
  - **ONLY approved Coaches (with wrist band), athletes (with bib number), officials, and volunteers are permitted on track level.**



## Technical Specifications and Notes

Butterdome Diagram

[https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton\\_Butterdome.pdf](https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome.pdf)

Butterdome Notes and Relay Information

[https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton\\_Butterdome-Start-Lines.pdf](https://athleticsalberta.com/wp-content/uploads/2022/03/Edmonton_Butterdome-Start-Lines.pdf)

Technical Specifications

To Be Added

### Combined Events

Heptathlon - Day 1 (60m, Long Jump, Shot Put, High Jump) Day 2 (60mH, Pole Vault, 1000m)

Pentathlon W - 60mH, High Jump, Shot Put, Long Jump, 800m - (U16 run 60m flat instead of 60m Hurdles)

Pentathlon Men - 60mH, Long Jump, Shot Put, High Jump, 1000m - (U16 run 60m flat instead of 60m Hurdles)

### Multi Event Framework

U10: 60m, Standing Long Jump, Shot Put, 300m

U12: 60m, Long Jump (1m board), Shot Put, 600m

U14: 60m, Long Jump, Shot Put, 600m (Tetrathlon)

U14: High Jump, 150m (Biathlon)

## Standing Long Jump Description

**Standing Long Jump** - No approach steps. Two feet must remain stationary until the jump is performed (e.g. no stutter-step before jump is initiated).



## Tentative Order of Events

A final schedule will be posted on [www.ellistiming.ca](http://www.ellistiming.ca) on Friday prior to the meet

**First event to start around 8:45 am for both days**

### Saturday

#### Track

60m HEATS  
60m CE (Hep, U10,U12 B/G, U14 B)  
60mH CE (M Pent - not masters)  
3000m  
2000m  
800m RW  
1500m RW  
60m FINALS  
*Tentative Break*  
600m  
400m  
600m (U12,U14 multi)  
300m (U10 multi)  
200m  
4x800m  
4x200m (U10,U12,U14 only)  
End day (est. 6 pm)

#### Field

Weight Throw (W)  
LJ (W, applicable combined events), SLJ (U10 multi)  
TJ (M)  
HJ (M)  
PV(W)  
Shot Put (M, applicable combined events)

### Sunday

#### Track

60mH HEATS  
60mH CE (W,Masters,U18B Pent, Hep)  
60m (U16W Pent)  
800m  
1000m  
60mH FINALS  
300m  
*Tentative Break*  
150m ME  
1500m  
1200m  
1000m CE  
800m CE  
4x200m (U16 and up)  
4x400m  
**End day (est. 5 pm)**

#### Field

Weight Throw (M)  
LJ (M)  
TJ (W)  
HJ (W, applicable combined/multi events)  
PV (M)  
Shot Put (W, applicable combined/multi events)



## **CE Details**

### **Sat**

U10, U12 B/G Tetrathlon (60m, SP, SLJ, 300m) (U12 LJ - may flip SP and LJ based on entries)

U14 B Tetrathlon (60m, SP, LJ, 600m)

U14 G Biathlon (HJ/150m)

Men's Heptathlon Day 1 (60m, LJ, SP, HJ)

U16 B Pentathlon (60, LJ, SP, HJ, 1000m)

### **Sun**

U14 G Tetrathlon (60m, SP, LJ, 600m)

U14 B Biathlon (HJ/150m)

Women's and Master's, U18 Boys Pentathlon (60mH, HJ, SP, LJ, 800m) (U18 Boys, Masters M LJ, then HJ,1000m)

Men's Heptathlon Day 2 (60mH, PV, 1000m)