



Alberta Provincial Indoor Track & Field Championships

• March 13-14, 2010 • Universiade Pavilion •

Eligibility:

- ❑ All athletes entering into the Alberta Provincial Track & Field Championships & Alberta Provincial Track & Field Club Championships must be registered members of Athletics Alberta by the entry deadline of Friday, March 5, 2010 or be enrolled at an Athletics Alberta membership school.
- ❑ Out of province athletes must be registered with their respective Provincial Athletics Association. They will not be awarded provincial championship medals.

Alberta Provincial Championships Age categories offered:

Peewee – born 1999 or later; *Bantam* – born 1997-1998; *Midget* – born 1995-1996; *Youth* – born 1993-1994; *Junior* – born 1991-1992; *Senior* – born 1990-1976. *Master* – born 1975 or earlier.

- ❑ Masters' age subgroups categories will be: 35-49, 50-64 and 65 and older.
- ❑ Note – These are not the provincial championships for the Senior or the Master categories.

Location and Facility Information:

- ❑ University of Alberta Universiade Pavilion, 87 Avenue and 114th Street, Edmonton, Alberta.
- ❑ Six (6) Lane 200m flat oval track. Ten (10) lane 60m straight with 30m run off. Mondo surface.
- ❑ All run-up areas for jumps are Mondo Surface.
- ❑ Concrete and plywood throw circles will be used.
- ❑ Change rooms are available.

Meet Enquiries

If you have any general questions about this meet, please contact the following individual:

- ▣ John Bole at jbole@shaw.ca

Registration Package

Registration packages will be available at the Pavilion registration desk beginning at 8:00 a.m. on Saturday, March 13, 2010. Payment by cash or cheque payable to EMOC must be made before package will be released.

Coaches' Technical Meeting

There will be a brief technical meeting held in the infield behind the finish line at 8:30am Saturday, March 13.

Note: this time may be changed as needed to accommodate the final schedule.

Entry Deadline

- ▣ Entries must be received by **Friday, March 5, 2010.**
- ▣ Entries submitted after this date will be charged double if accepted.
- ▣ Scratches and changes will be accepted up to **Noon (12:00pm) Tuesday, March 9, 2010.**
- ▣ There will be no refunds of entries for scratches made after **Noon (12:00pm) Tuesday, March 9, 2010.**

Entry Fees

NOTE: FEES ARE PAYABLE AT REGISTRATION DESK BY CHEQUE OR CASH ONLY. PLEASE MAKE CHEQUES PAYABLE TO E.M.O.C. OR EDMONTON MEET ORGANIZING COMMITTEE.

Individual Events	Entry Fee:	\$20.00 per first event; \$15.00 per subsequent event
Bantams Multi-Events	Entry Fee:	\$25.00 per day
Peewee Multi-Events	Entry Fee:	\$25.00 per day

Entry Process

- ▣ Entries are to be done using Hy-Tek Team Manager.
- ▣ Entry questions should be sent to Valerie Kemp at valeriekemp@shaw.ca.
- ▣ A Hy-Tek Team Manager Event File will be created and posted on the Athletics Alberta website. It may also be obtained from Valerie Kemp at valeriekemp@shaw.ca.
- ▣ **Meet Schedule and Performance List will be available on the Athletics Alberta web-site on March 11, 2010.**

General Rules

1. Marshalling procedures are in effect. Refer to the Meet Information and Procedures at the end of this package for instructions for field and track athletes. Marshalling takes place at track level, against the bleachers near the exit doors (Call Room/Warm-up area).
2. The competition numbers must be worn on the back for events run entirely in lanes (60m to 300m) and on the front for all other track events. Field event athletes may wear numbers either on front or on back.
3. Scratches during the competition are to be done at the registration desk.
4. Athletes can only compete in one age group, if an athlete competes 'up' an age group in an event that is offered in their age group, they must compete 'up' for all of their events.

2010 Alberta Indoor Provincial Championship Meet – Events Offered

Event	Masters*	Senior*	Junior	Youth	Midget	Bantam	PeeWee
60m	X	X	X	X	X		
150m							
200m	X	X	X	X	X		
300m					X		
400m	X	X	X	X			
600m							
800m	X	X	X	X	X		
1000m							
1200m					X		
1500m	X	X	X	X			
2000m					X		
3000m	X	X	X	X			
60mH			X	X	X		
Race Walk	3k	3k	3k	3k	1.5k		
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		
Shot Put	X	X	X	X	X		
Weight Throw	X	X	X	X	X		
Multiple Events						X	X

* Non-Championship Event. NOTE: If entry is deemed insufficient, non-championship events will be cancelled.

Multiple Events for PEEWEE and BANTAM – Specification and Information

Peewees and Bantams will compete multiple events on Saturday and Sunday.

Peewee: **Saturday:** 60m, SP, LJ, 600m. **Sunday:** 150m, HJ, MB, 800m.

Bantams: **Saturday:** 60m, , HJ, MB, 600m. **Sunday:** 150m, LJ, SP, 800m.

Ribbons for 1st – 10th will be handed out for each event.

Scores will be kept for the multiple events - 1st place in each event gets 10 pts., 2nd 9 pts., 3rd 8 pts., etc down to 10th and below who get 1 pt. Points from the day's events will be totaled and medals given to top 3 athletes overall.

Depending on entry, PeeWees and Bantams may be placed in single year age groups. All multiple event track events will be scheduled at the same time. Different groups will perform field events in a different order – the order will be set once entry is finalized. Athletes may miss or “scratch” an event and continue the competition.

Modified rules for field events:

Long jump – PeeWees will have a take-off area consisting of a 1 metre zone, the jump will be measured from the athlete's take-off point. For the competition, jumpers will have 3 attempts.

Medicine ball throw – will be a chest pass from a straight line rather than a circle. The ball is held against the chest and must be pushed forward with both hands. Both feet must remain on the floor at all times.

One foot may be in front of the other; however no run up or steps are permitted. The athlete must not pass the throw line. Measurement is to the point the ball first touches the floor. Athlete's chest must face forward at all times during the throw; trunk rotation techniques are not allowed. The results will be decided in the usual way after 3 attempts have been completed.

High Jump - PeeWees: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter. Bantams: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter. Further clarification of the Multiple Events rules as well as instruction on the modified field events will be given on site.

Appendix 2 - Championship Specifications:

INDOOR SPECIFICATIONS FOR HURDLES AND THROWING IMPLEMENTS

Females - Hurdles					Age Group	Males - Hurdles				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	PeeWee	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 website (click here)					Masters	World Masters Athletics website (click here)				

Females				Age Group	Males			
Shot Put	Weight Throw	Med Ball			Shot Put	Weight Throw	Med Ball	
2kg		2kg		PeeWee	2kg		2kg	
3kg		3kg		Bantam	3kg		3kg	
3kg	7.26kg/16lbs			Midget	4kg	7.26kg/16lbs		
4kg	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 website (click here)				Masters	World Masters Athletics website (click here)			

ACS* - Age Categories Specifications for Masters. Please refer to the following website for WMA specifications:
http://www.world-masters-athletics.org/index.php?content=laws_rules/appendix&title=appendix&bild=laws_rules_balken.ipgg

Appendix 3 – Meet Information and Procedures:

Please ensure all your athletes are aware of the following procedures:

1. Marshalling procedures for all events are in effect. Please read carefully to determine when and where you are to marshal.
2. All Track athletes are required to check-in at the Check-In Desk 20 minutes prior to the schedule event start time. When checking-in, please have your number on and your spikes available to verify spike length.
3. All Track athletes are required to be in the Call Room/Warm-Up area 10 minutes prior to the scheduled event start time.

N.B. The Check-In Desk and Call Room/Warm-Up area are located at the track level.
4. Competitors will then be required to remain in the Call Room/Warm-up area until a starter's assistant escorts them to the start line.
5. Field events are to be marshalled at competition area 20 minutes prior to the event's start time.
6. Spikes are to be no longer than 7mm in length. Only smooth pin or pyramid type spikes will be allowed. This will be enforced and athletes will be required to remove any illegal spikes.
7. All athletes must wear proper club or school uniforms.
8. Pee Wee and Bantam events will NOT use starting blocks in any events.
9. Pee Wee and Bantam athletes who miss an event will be allowed to continue in the competition.
10. Medals will be awarded to the top three finishers in all championship events. Performances of master athletes will be age-graded. In non championship events, medals will only be awarded where there is a minimum of three athletes competing in the specified age group.
11. Long jump pit #1 is located in the centre of the Pavilion. Long jump pit #2 is located along the far wall.
12. Shot put circle #1 is located in the centre of the Pavilion. Shot put circle #2 is located along the doors (under the basketball nets).
13. All results will be posted on the concourse level opposite the results area.
14. Scratches or changes on the day of competition are to be done at the Registration Desk on the concourse level.
15. There are safety concerns with having coaches/spectators in non-designated in-field areas and on the track. Accidents and injuries have occurred. We have set-up clearly identified designated seating areas for coaches only, adjacent to the field competition venues and we require that coaches confine themselves to those areas while an event is taking place. We ask for your co-operation on this matter for the safety of all.

Thank you.

Volunteers will be pleased to answer any questions you may have at the Registration Desk located on the concourse level. Have a great day!