

**University of Calgary Indoor Track and Field Training Program**  
**2015-16**  
**(as of October 1, 2015)**

**To train at the University of Calgary, athletes must:**

1. Be a part of a club coach's training group. A club coach must acknowledge the athlete in their group by signing the registration form.
2. Be a Track and Field member of Athletics Alberta.
3. **Minimum age –**
  - a. **SENIOR PROGRAM:** 14 years of age (born in 2002 or earlier)
  - b. **JUNIOR DEVELOPMENT:** 12 years of age (born in 2004 or earlier)
    - i. Jack Simpson Track Only
    - ii. 2 Weekdays, 6:30-8:00pm

**Jack Simpson**

- Access to the Fitness Centre track must be through the main Fitness Centre entrance, with a valid Access card. Returning members will have their access cards renewed automatically after registration forms are processed. Athletes will be allowed to forget card up to 3 times per year. After that there will be a \$10.00 fee to reset the 3 strike policy.
  - Jack Simpson Access Cards for New Members can be acquired after registration forms have been processed:
    - Coach can email a new athlete's photo to Doug Lamont, [lamont@ucalgary.ca](mailto:lamont@ucalgary.ca)
      - The pictures must be in color and in uncompressed jpg format and should be at least 640 x 480 pixels. The photos must be of the **face and upper shoulders**. The **background must be a plain neutral color like grey or white**.
    - Lost or Stolen Cards: Athletes will have to go to the Unicard Office, Dining Centre, Room 018. Cards will be replaced for a fee of \$20.00
- Access is only for use of Jack Simpson track and Track West during Varsity T&F Booked Times.
- The Blue Sandwich board and laminated sign at stanchions must be posted when teams are present on the track. Outside 3 lanes only.
- Bags are allowed only if stored in the designated area by the 2nd level west doors.
- Teams have access to High Jump and hurdles. Please return the equipment back where you got it from. Report any damaged or broken equipment as soon as possible.
- Lane Designations:
  - Lane 1, 2 & 3 – Fitness Centre users
  - Lane 4, 5 & 6 – Varsity Track (including Track Clubs)
    - 5 & 6 – for sprints/ Hurdles on each side
    - 4 – oval running.
- The safety of general public users must always be considered. Watch for persons with disabilities and yield to them. It is easier for you to get out of their way than it is for them to get out of yours.
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- Acceptable clothing for gym use is closed toed shoes, shorts, spandex or athletic pants (no jeans) and top.
- Please address any concerns directly to the Fitness Centre floor staff.
- **High Jump:** High Jump is to be set up in the Northwest corner of the track by the storage cage. A designated spotter must be located next to the pit. This person will signal when it is safe for the jumper to cross the track. High Jumpers are expected to yield to track users.

## Olympic Oval

- Access to the Olympic Oval track must be through the main entrance, with a valid membership card. Returning members will have their access cards renewed automatically after registration forms are processed.
- Oval Access Cards for New Members can be acquired at the Oval Front Desk, after Registration forms have been processed.
- Athletes will be allowed to forget card up to 3 times per year. After that there will be a \$10.00 fee to reset the 3 strike policy.
- Pole Vault and Long jump can only be used at scheduled times. Users must ensure that all equipment is put away properly and that the area is swept clean.
- **450m Track**
  - Lane 1 is for slow jogging in single file, Lane 2 is for fast running
  - When slowing down to complete an interval runners can move to the gray lane, or shoulder check before moving to the outside.
  - Faster runners should pass on the outside.
- **Sprint pads**
  - all fast running will be done in the South to North Direction
  - Lanes
    - 1 Jog/walk
    - 2 Fast Interval
    - 3-4 Sprint
    - 5-6-7 Hurdle
    - 8-9 Walk Back

### Long Jump Pit

- After uncovering the pit all covers must be removed including the final cover which covers the stomp grate system which was installed in the summer of 2007. No rubber matting shall be laid on the grating system, if the groups have an issue with this then a piece of matting shall be supplied by the operations department. The piece shall be like the matting found in the tunnel where the sand can drop through still.
- The pit will be watered down. The pit **must** be soaked thoroughly for 5-7 minutes prior to each use. This will reduce air borne particles. We insist coaches use more water than they have been to reduce contamination.
- All jumpers must exit the pit via the stomp grate system located at the North end of pit. This system is meant to keep the sand in the pit and from getting on the running track where it is tracked throughout the building. The oval is very sensitive to debris like sand getting on the ice surface because it prevents our athletes from performing to the high standards that they are used to. A skater traveling at 50km/h gliding over a granule of sand can strip an edge of a skate. This ends a training session and causes the athlete to have to sharpen their skates which is an unnecessary waste of time and loss of training time.
- When usage of the pit is finished a broom and vacuum will be accessible to sweep any sand leaving the pit back into the pit. All covers will be replaced the way they were found. The pit area will be left in the same condition that the using group found the pit in so that the next user group can have a positive experience as well.
- Where the pit is not used for extended periods of time, the operations department will open the pit periodically and we will soak the pit down as this is typical protocol for any jumping pit.
- Note- Signage indicated the Rules and Disciplinary action will be made and posted on the bike cage door next to the pit so it is visible for all users.

### Pole Vault

- Pole Vault time is available 4:00pm – 5:30pm on Mondays, Wednesdays and Fridays.
- Due to limited time and space for Pole Vault, clubs will need to share the pit and time fairly and safely.
- Additional Pole Vault time has been purchased 7:00pm – 9:00pm on Mondays and Wednesdays.
  - This time is available to:
    - Senior Program Users
    - Pole Vault only Users