

THE RUNNING ROOM
ACAC INDOOR TRACK CHAMPIONSHIPS
Hosted by SAIT Polytechnic



March 15 -16, 2019
Repsol Centre, Calgary, AB



**THE RUNNING ROOM
ACAC INDOOR TRACK CHAMPIONSHIPS
March 15-16, 2019**

Hosting Committee

Position	Name	Cell Tel	Email
Meet Organizer	Bob Murray	403-671-1781	bob.murray@sait.ca
Race Director	Ryan Edgar Bre MacEachern	403-837-5107 587-576-0556	trojans.indoortrack@sait.ca
Banquet Registration	Julie Weisberger	403-404-6420	julie.weisberger@sait.ca
Athletic Therapy	Kate Trippier	403-284-8028	kate.trippier@sait.ca
Timing and Results	Ed Moore Jolene Dressler		ed.moore@shaw.ca

Host Hotel

Sandman Hotel & Suites Calgary South– (not the West or downtown property)
Address: 8001 11 St SE, Calgary, AB T2H 0B8
Phone: (403) 252-7263
Booking Code: ACAC Indoor Track Championships or quoting the Group Reservation number 229100
Booking Deadline: March 4, 2019

Competition Site

Repsol Centre, Calgary, AB
2225 Macleod Trail SE
200m – 4 lane oval

Facility Amenities

- Parking is on a first come first serve basis. Bus parking is available. Location to be determined.
- Jugo Juice
- Good Earth

Venue Information

<https://www.repsolportcentre.com/>

- Enter via the main doors of the Repsol Centre. Coaches will be given passes when they arrive. No pass no entry. Entry will be via the back gate which is immediately behind the main desk. There will be a volunteer located there.
- Athletes can use the bleachers overlooking the pool, and the area on the north side of the track to store their gear. We ask that the area on the South side of the track be left for spectators and officials. We also will have access to Gym 1 (we have never had access to the gym before), which can be used for teams and a warm up area. Please see map.
- Athletes are not to exit the track via the emergency exit door by the finish line.
- Lockers are for members and customers only. All event participants should keep their belongings with them on the track
- Please remind all athletes that shoes and shirts must be worn at all times on the main concourse and on the track.
- Please remind spectators they are not permitted on the track and must view the races from the top of the concrete aquatic bleachers
- **Safety Note:** The track is at Repsol Centre is open to the gymnasium below all the way around. There is a high railing all the way around but for safety reason please remind your athletes that pushing and shoving is strictly prohibited. This can especially be a concern at relay hand offs.

Tentative Event Schedule

Day 1	March 15	Day 2	March 16
Time	Event	Time	Event
4:00 PM	Warm up	8:00 AM	Warm up
	Coaches Technical Meeting	8:45 AM	Women's 600m (4 sections)
5:00 PM	Women's 3000m (2 sections)	9:15 AM	Men's 600m (4 sections)
5:30 PM	Men's 3000m (2 sections)	9:45 AM	Women's 1500m (2 sections)
6:00 PM	Women's 300m (5-6 heats)	10:15 AM	Men's 1500m (2 sections)
6:20 PM	Men's 300m (5-6 heats)	10:30 AM	600m Medal Ceremonies
6:40 PM	3000m Medal Ceremonies	10:40 AM	1500m Medal Ceremonies
6:45 PM	Women's 1000m (2 sections)	11:00 AM	Women's 4 x 400m (3 sections)
7:00 PM	Men's 1000m (2 sections)	11:15 AM	Men's 4 x 400m (3 sections)
7:15 PM	1000m Medal Ceremonies	11:30 PM	4x400m Medal Ceremonies
7:30 PM	Women's 300m Finals (2 sections)	1:30 PM	Awards Dinner
7:45 PM	Men's 300m Finals (2 sections)		
8:00 PM	300m Medal Ceremonies		
8:30 PM	Coaches' Committee Meeting		

1. ENTRY/REGISTRATION

- Way of submitting entries is still being finalized. Race Directors and Convener will advise coaches as soon as possible..

Seed Times are designated according to ACAC Operating Code.

- 2.6.1 Seed times submitted for the Championships must be from races from the current competitive season. Competitive season is from December to the Championships and must be an ACAC or Athletics Canada Sanctioned race.
- 2.6.2 If a runner does not have a seed time for that distance then approved conversion tables will be used to determine an equivalent time from a comparable distance. Entries must include the time from the distance raced plus the time for the new distance from the conversion tables.
- For runners who have competed in an equivalent race during the year they must use the time achieved from that season and not an equivalent from a different race.
 - If a runner has not competed over any distance in that season, then they must use no time (NT) as their seed time for the championship meet.
 - Seed time for Championships must be taken from the adjacent distance time. For example if you want to have a seed time for the 600m then the conversion must be taken from 1000m or 300m during that season or a race within that range like the 400m.

IAAF Conversion Tables: <https://www.iaaf.org/about-iaaf/documents/technical>

- Open runners are not permitted at this meet
- All competitors must be on their institutions eligibility certificates as submitted to the ACAC Office.
- Schools will be invoiced by organizing institutions at the end of the Championships.

2. TECHNICAL INFORMATION

Event Timing

- This is not an Athletics Alberta sanctioned meet
- Photo timing will be provided by Calgary Track Council
- Results will not count towards Athletics Alberta rankings.
- Results will be available on ACAC website.

Jury of Appeal:

- The ACAC coaches will select a “Jury of Appeal” from their members to manage any track protests, infractions or race results disputes. It will be a three member committee.

Competition:

- 3000m, 1500m, 1000m, 600m will be timed finals.
 - If more than one heat is required, races will have timed finals using verified seed times to determine heats.
 - Timed final heats will run from slowest to fastest times.
 - 3000m, 1500m, 1000m will be a waterfall start and starting position will be random.

- 600m will be staggered start with running in lanes for first two corners and then cut in.
- All 4 lanes will be used for the 600m for the start.
- Maximum number of starters in a heat
 - 3000m 12
 - 1500m 12
 - 1000m 10
 - 600m 8, 2 runners will be put in each lane for the start in following manner

Seed	Preferred Lane assignments
1	L-2 inside position
2	L-3 inside position
3	L-4 inside position
4	L-1 inside position
5	L-1 outside position
6	L-4 outside position
7	L-3 outside position
8	L-2 outside position

- 300m 4, 1 runner will be put in each lane for the start in following manner

Seed	Preferred Lane assignments
1	L-4
2	L-3
3	L-2
4	L-1

- 300m will have heats to determine the final 8 athletes that will compete for the top 8 positions.
 - 300m will run in the lanes for the entire race
 - 300m heats will be organized from slowest to fastest seed time.
 - Top 8 times will advance to the A and B final with the B final being the 4 slowest qualifying times and the A final being the 4 fastest qualifying times. The A final will be run second.
 - Points will be decided by either the A or B final. For example a runner in the B final could win if they run a time faster than all other runners in both finals.
 - Only two runners per school can make the A and B final.
 - 300m will use all 4 lanes for heats and finals.
 - Lanes for A and B final will be determined as above table
 - Blocks will be available.
- Athletes must check in at the start line and remain in the area 10 minutes prior to race.

Scoring

- The first two runners per school per race score in the team competition. Schools can enter more than two runners but only the top two will count towards team scoring. All entries after a school's top two finishers will be considered exhibition and will not displace other finishers.
- Schools do not need to declare their scoring two, their top two placing will simply count as their scoring runners.
- There is no limit to the number of events in which an individual may compete, and there is no limit as to how many participants from an institution can qualify for the 300 m finals.

- Only one relay team per school will count towards team scores. Schools may enter more than one relay team. A school's second relay team will not displace other teams with respect to scoring. There is no need to declare which relay team will be the scoring team, the top team will simply be the counting team. If institutions have more than one relay team the second or third relays teams must compete in the slower heat.
- Relay team members must be from the same institution.
- Points shall be awarded as follows for all individual and relay events: 10 points for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th, and 1 for 8th.
- Points will be added up for each school to determine the team standings.
- Team tie-breaker shall be decided by the following:
 - a) Total team medals including relay
 - b) Most individual gold medals including relays
 - c) Most individual silver medals including relays
 - d) Most individual bronze medals including relays
 - e) Most 4th place finishes including relays
 - Team competition will be calculated by 10 pts for 1st, 8 for 2nd, 6 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th, 2 for 7th and 1 for 8th.
 - Maximum 2 scoring runners per team per race for individual races and 1 scoring team per school for relays.

Event Medals:

- Event medals will be presented during the meet
- Medal presentations will be announced and medal recipients are expected to attend the ceremony in team attire.

Coaches' Technical Meeting:

- Meet technical issues will be discussed by email with the convener, coaches, race coordinators and timing crew. These issues will be resolved in advance of the meet, however a short 10 minute meeting will be held on site before the start of the races by the convener, SMT and coaches rep to handle any last minute issues.

Date: Friday, March 15

Site: Talisman Centre Track Start Area

Time: 4:45 pm

Coaches Committee Meeting

Sandman Hotel & Suites Calgary South

Time: 8:30-10:00pm

Studio Room

Coffee/Tea and a light snack will be provided

Bring all/any required presentation materials. No AV will be provided.

3. SPECIAL EVENTS

Banquet & Awards Presentation:

March 16

The GATEWAY restaurant – SAIT Campus Centre

Doors open: 1:30pm

Dinner and presentation begin: 2:00pm - Pasta bar and salad bar

Concludes: 4:00pm

Attire: Team Gear/Casual

Note: Please indicate on accreditation form any allergies or special dietary requirements

Send banquet registration using the attached form to **Julie Weisberger** at julie.weisberger@sait.ca by Friday, March 8, 2019.

4. THERAPY / MEDICAL SERVICES

Athletic Therapist:

On-site there will be one Certified Athletic Therapist and 2-3 student therapists present from 30 minutes prior to the first race until 30 minutes after the last race to assist with injury care and taping.

Teams are encouraged to travel with a condensed medical form. If your teams have any requests or require clarification of services, please be sure to contact Kate Trippier via email kate.trippier@sait.ca

5. FACILITY MAP

