

**ACAC RUNNING ROOM INDOOR GRAND PRIX #2**  
**Saturday, February 19, 2022**  
**Gary W. Harris Canada Games Centre**

**Red Deer Polytechnic**



**Technical Package**

Sponsored By:



# Running Room Indoor Grand Prix #2

February 19, 2022

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## Hosting Committee

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Randy Stewart	Manager, Athletics & Student Life	<a href="mailto:randy.stewart@rdpolytech.ca">randy.stewart@rdpolytech.ca</a>	587.966.4242
Emily Peckham	Meet Organizer	<a href="mailto:emily.peckham@rdpolytech.ca">emily.peckham@rdpolytech.ca</a>	587.435.2877
Kari Elliott	Race Director	<a href="mailto:kari.elliott@rdpolytech.ca">kari.elliott@rdpolytech.ca</a>	403.630.6591
Morgan Walper	Athletic Therapy	<a href="mailto:morgan.walper@rdpolytech.ca">morgan.walper@rdpolytech.ca</a>	403.396.7745
Ed Moore	Timing and Results	<a href="mailto:ed.moore@shaw.ca">ed.moore@shaw.ca</a>	

## Host Hotel Information

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Holiday Inn Express Red Deer North / Holiday Inn Express (Gaetz location)  
Selma Omercic | [somercic@zsholdings.com](mailto:somercic@zsholdings.com) | 403-314-5684

## Competition Venue

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### **Gary W. Harris Canada Games Centre**

120 College Circle, Red Deer, AB | T4N 0T7

### **Facilities Amenities**

Parking	Free
Dressing Rooms	General Public change rooms available
Track Dimensions	3 Lanes x 200 metres

### **Footwear**

Standard spikes only of 5mm or shorter can be used on the track surface

### **Warm-Up Area**

Competitors will have access to the gymnasium floor for any active warm-up or stretching activities. **Court shoes or socks will be the only footwear permitted. No spikes!**

### **Spectator Viewing**

There will be no spectators permitted for this event, at this time. If the situation changes, we will notify the teams involved.

### **Food Services**

There will be no food services available for this event.

## ***Tentative Schedule of Events***

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<b><i>Time</i></b>	<b><i>Event</i></b>
	Set Up
	Warm Up
10:00am	Technical Meeting
10:30am	Women's 3000m
	Men's 3000m
	Women's 1000m
	Men's 1000m
11:30am	Women's 4 x 200m
	Men's 4 x 200m
12:00pm	Break
1:00pm	Women's 600m
	Men's 600m
	Women's 1500m
	Men's 1500m
2:00pm	Women's 4 x 400m
	Men's 4 x 400m

Take-Down – All participants and support staff depart from the facility at the conclusion of the meet after final clean-up/take-down.

Race package pickup on site at Gary W. Harris Canada Games Centre at the registration table beginning at 9:00am.

## ***Covid-19 Policy***

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The 2022 ACAC Indoor Track Grand Prix will be restricted to ACAC schools and coaches only. As per [Red Deer Polytechnic policy](#), all persons coming to campus must be prepared to provide your government-issued identification showing your name and date of birth, in addition to one of the following:

- Proof of full vaccination (given at least two weeks prior to arriving at RDP), or
- Proof of an approved negative COVID-19 rapid test (taken within 72 hours of arriving at RDP), or
- Proof of medical exemption (see [website](#) for more details)

## ***Jury of Appeal***

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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.

## ***Media***

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All photographer and media members (institution or otherwise) must contact Red Deer Polytechnic Athletics prior to the event. This event will have event photography and by registering for the event, participants agree to permit the Calgary Track Council, Red Deer Polytechnic, and the ACAC to use their photograph and name in event reporting and publicity.

## ***Registration – ACAC Teams Only***

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- \$100 per team (men's and women's teams)
- **Registration deadline is Friday, February 11<sup>th</sup> @ 12:00PM**
- To be invoiced by Red Deer Polytechnic following the Grand Prix
- All teams to register using the forms provided via email
- All competitors must be on their institution's eligibility certificates as submitted to the ACAC Office.
- More information can be found at: <https://www.rdcathletics.ca/landing/index>
- Race package pickup at Gary W. Harris Canada Games Centre at the registration table starting at 8:00 am.

## **Competition**

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The meet will use World Athletics (formerly IAAF) rules except for rule notifications indicated below.

- 3000m, 1500m, 1000m and 600m will be timed finals.
- 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 3 lanes will be used for the 600m for the start.

Maximum number of starters in a heat

- 3000m – 12
- 1500m – 12
- 1000m – 10
- 600m – 6, two runners will be put in each lane for the start in the following manner:

<b>Seed</b>	<b>Preferred Lane Assignments</b>
1	L-2 inside position
2	L-3 inside position
3	L-1 inside position
4	L-1 outside position
5	L-3 outside position
6	L-2 outside position

## **Scoring | Results | Timing**

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### **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. 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 relay teams must compete in the slower heat.
- Points shall be awarded as follows for all individual and relay events: 10pts for 1<sup>st</sup>, 8 for 2<sup>nd</sup>, 6 for 3<sup>rd</sup>, 5 for 4<sup>th</sup>, 4 for 5<sup>th</sup>, 3 for 6<sup>th</sup>, 2 for 7<sup>th</sup>, and 1 for 8<sup>th</sup>.
- Points will be added up for each school to determine the team standings.
- Team tie-breaker shall be decided by the following:

- Total team medals including relay
- Most individual gold medals including relays
- Most individual silver medals including relays
- Most individual bronze medals including relays
- Most 4<sup>th</sup> place finishes including relays
- And so on

### **Results**

- Results will be available in the following formats:
  - Online at <https://calgarytrackcouncil.com/RedDeer2022>
  - Other event information available [HERE](#)
  - Printed copies available for coaches upon request
  - On the large display screens in the venue

### **Timing**

- This is not an Athletics Alberta sanctioned meet
- Photo timing will be provided by the Calgary Track Council
- Results will not count towards Athletics Alberta rankings

### **Technical Meeting – Coaches**

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Meet technical issues will be discussed by email with the convener. These issues will be resolved in a short 10-minute meeting held on-site before the start of the races by the convener, SMT and coaches.

Date: Saturday, February 19, 2022

Site: Gary W. Harris Canada Games Centre Track

Time: 10:00am

### **ACAC Student-Athlete Seed Times**

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If an ACAC student-athlete does not have a seed time for that distance, 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.

Athletes who have competed in an equivalent race during the year must use the time achieved from that season and not an equivalent from a different race. If a runner has not competed in the 1000m, 1500m, 3000m the coach may submit an estimate of their athlete's ability. No estimates will be accepted for the 600m as preferred lane assignments will be given based on seed times.

### **Therapy | Medical Services**

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There will be one Athletic Therapist on-site along with 2 student trainers 30 minutes prior to the first race until 30 minutes after the last race of the day to assist with injury care and taping. Teams are also asked to bring their own athletic tape.

If your team has any questions or require clarification of services, please contact Morgan Walper at [morgan.walper@rdpolytech.ca](mailto:morgan.walper@rdpolytech.ca).

Teams are encouraged to travel with a condensed medical form. Condensed medical forms should contain the following information to assist our AT staff to serve you in the event of emergency:

- Athlete's first and last name,
- Provincial health care number,
- Emergency contact name and number,

- Allergies,
- Medications,
- Medical conditions,
- Previous injuries, and
- Special requirements.

### ***Facility Maps***

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See venue map on additional page or visit: [Gary W. Harris Canada Games Centre - Maps](#)