

ACAC RUNNING ROOM INDOOR GRAND PRIX #2
Saturday, February 18, 2023
Gary W. Harris Canada Games Centre

Red Deer Polytechnic



**RED DEER POLYTECHNIC
ATHLETICS**



alberta colleges
athletic conference

Technical Package

Sponsored By:



Running Room Indoor Grand Prix #2

February 18, 2023

Hosting Committee

Randy Stewart	Manager, Athletics & Student Life	randy.stewart@rdpolytech.ca	403.342.3449
Maria Mackey	Events & Community Engagement Coordinator	maria.mackey@rdpolytech.ca	403.314.2457
Doug Spicer	Race Director	douglas.spicer@rdpolytech.ca	587 377-0767
Annie Bienvenu	Athletic Therapy	annie.bienvenu@rdpolytech.ca	403.396.7745
Doug Ratzlaff	Timing and Results	admin@calgarytrackcouncil.com	

Host Hotel Information

Locations: Holiday Inn & Suites, Holiday Inn Express, Holiday Inn Express & Suites, Staybridge Suites

Contact Name: Jamil Charania - Vice President Business Development

Contact Name: Michelle Tooze-Matthews - Regional Director of Business Development

Email: acac@zsholdings.com

Phone: 587-877-4667 or 403-348-8485

Competition Venue

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

Spectators will enter the indoor track venue via the gymnasium bottom entrance. There will be marshals to assist them in getting up to the track area where there will be bleachers for them to sit. Once a heat begins, spectators will not be able to exit the viewing area until the heat is finished, and the marshal gives them direction to cross.

Food Services

There will be no food services at this event.

Schedule of Events

Time	Event
	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

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.

Media

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

- \$100 per team (men's and women's teams)
- **Registration deadline is Wednesday, February 8th, 2023**
- 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. **(No Open Runners)**
- More information can be found at: <https://rdpolytechathletics.ca>
- Race package pickup at Gary W. Harris Canada Games Centre at the registration table starting at 9:00 am.

Competition

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 and 1000m will use a waterfall start and starting position will be random.
- 600m will be staggered starts. 600m runners will run 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
 - 1000m – 10

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

Seed	Preferred Lane Assignments
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

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 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 tiebreaker 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 4th place finishes including relays
 - And so on

Results

- Results will be available in the following formats:
 - <https://calgarytrackcouncil.com/RedDeer2023>
 - 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

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 18, 2023

Site: Gary W. Harris Canada Games Centre Track

Time: 10:00am

ACAC Student-Athlete Seed Times

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 their coach should provide an estimate of their athlete's performance over that distance.

Therapy | Medical Services

There will be one Athletic Therapist on-site along with a 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 Annie Biennu at annie.biennu@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
- Special requirements

Facility Maps

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