

# ATHLETICS



## AGE GROUP(S)

MIDGET:	15 years of age & under as of December 31, 2023 (born in 2008 & 2009)
YOUTH:	16 & 17 years of age as of December 31, 2023 (born in 2006 & 2007)
PARA:	14 – 24 years of age as of December 31, 2023 (born in 1999 – 2009)

## ZONE TEAM COMPOSITION

The maximum team size shall be:

44	Athletes per Zone	(# of females 22 # of males 22)
2	Para athletes per Zone	(to total Games maximum of 10)
1	Head Coach per Zone	No gender specified for this role
4	Coaches, or 3 & 1 Manager per Zone	(# of females 2 # of males 2)
4	Chaperones	(# of females min. 1 # of males min. 1)
1	Para Coach (with Zone athletes)	

## ELIGIBILITY

### *Athletes*

- All athletes are eligible as per the age group and affiliation requirement.
- Note: para athletes 2 per Zone maximum total 10 for the Games. (non-gender specific; a Zone could have 2 boys, or 2 girls or 1 boy & 1 girl registered)
  - ♦ Only seated para classifications to be allowed in track events
  - ♦ Only seated throws to be allowed in field Events

### **International Restrictions:**

- Athletes that have competed at an ‘international team’ for a given sport are not eligible to compete in an event/discipline they have qualified for internationally in the given competition year (i.e. Team Canada - 100m).

### **National Experience:**

- Athletes that have participated on Team Alberta at a National level (i.e. Legion Nationals) are not eligible to compete at the Alberta Summer Games in the age group they competed in at the National competition (U16 athletes must age up).
- However if a Zone requires a U16 to age up, the first athletes chosen must be those athletes who have attended an outdoor National level event (i.e. Legions).
- Athletes attending National Indoor Championships with the calendar year are eligible to participate in the Alberta Summer Games, given that they meet all other requirements.
- An athlete that has qualified for a national team, but has not previously competed at national level may compete at the Alberta Summer Games as long as the commitment to the other competition does not conflict with the Summer Games.
- It is highly recommended for each Zone representative to fill each Zone team with ten (10) U16, ten (10) U18. However, with approval from the Multisport Games unit of

Sport, Physical Activity and Recreation and Athletics Alberta, an uneven split of up to a maximum of two (2) athletes may be permitted (i.e. 12 U16/U18) per gender.

- All athletes must compete in the Zone they reside in, or via the fills policy below.

For Alberta Games Eligibility Policy information please visit [www.albertasummergames.ca](http://www.albertasummergames.ca)

### ***Coaches***

- **NCCP Certification**—All Zone registered coaches must be National Coaching Certification Program Certified to at least **Sport Coach**
- All coaches and chaperones must be a registered coach member of Athletics Alberta, have a current and confirmed Criminal Record Check, have completed the NCCP Safe Sport Course, and completed Making Ethical Decisions.
- All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.

## **AFFILIATION**

### ***Zone Trials***

Athletes are required to be affiliated with Athletics Alberta. Zone representatives will provide a list of participants to Athletics Alberta for insurance purposes. Affiliation must be completed prior to LOCAL or HOSTED ZONE TRIALS. LOCAL or HOSTED ZONE TRIALS must take place no less than 7 days prior to the registration deadline.

### ***After making Zone Team***

\$160.00 per individual to Athletics Alberta. This is to offset the cost of the team uniform, which the athlete gets to keep. This fee includes the Alberta Games fee below.

This payment and the registration form will be due on **June 16, 2023**

## **FILL POLICY**

- Members may fill a competition opening in a Zone from another Zone if all other means of acquiring an athlete from said Zone have been exhausted.
- The deadline to use the fill policy is limited to 5 days after a Zone trial in which the fill athlete is being obtained.
- A fill may not happen if the fill deadline & Zone trial conflicts with any Alberta Summer Games deadlines, if so, no fills will be allowed.
- All fills must be pre-approved, and, or requested through the **Provincial Governing Body (PSO)**, prior to contacting the fill athlete, and **Zone Representative**. A fill does not happen unless it's approved by the PSO

### **Fill options in order of hierarchy:**

- A fill athlete may come from a **bordering Zone** that had the largest tryout numbers.
- If needed, **Alberta Northern and Southern territories** will be clarified, and a fill athlete may be added from the declared North or South territories represented in Alberta.
- If a fill is still needed, the athlete may be acquired from the Zone that had the largest tryout numbers in Alberta.
- Fills must be submitted for approval to the Multisport Games Unit by **June 20, 2023**.

**ALBERTA GAMES - ATHLETE REGISTRATION FEE AND DEADLINE**

All Zone team athletes, who qualify to compete at the 2023 Alberta Summer Games, are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification vests, medals, athlete entertainment and sport competitions.

Please note that all fees (the Alberta Summer Games individual registration fee of \$80.00 and the Athletics Alberta fee of \$80.00) Total \$160.00 are payable to Athletics Alberta, and must accompany the athlete's registration form for the Alberta Games.

The Athletics registration deadline is **June 16, 2023**.

**EVENT(S)**

	Event	Female (U16)	Female (U18)	Male (U16)	Male (U18)
<b>TRACK</b>	100 m	•	•	•	•
	200 m	•	•	•	•
	300 m	•		•	
	400 m		•		•
	800 m	•	•	•	•
	1200 m	•		•	
	1500 m		•		•
	2000 m	•		•	
	3000 m		•		•
	80 m Hurdles	• (30'')			
	100 m Hurdles		• (30'')	• (33'')	
	110 m Hurdles				• (36'')
	200 m Hurdles	• (30'')		• (30'')	
	300 m Hurdles		• (30'')		• (33'')
	4 x 100 m Relay	•	•	•	•
	Medley Relay*	•	•	•	•
<b>FIELD</b>	Long Jump	•	•	•	•
	High Jump	•	•	•	•
	Triple Jump	•	•	•	•
	Shot Put	• (3 kg)	• (3kg)	• (4 kg)	• (5 kg)
	Discus Throw	• (1 kg)	• (1 kg)	• (1 kg)	• (1.5 kg)
	Javelin Throw	• (500 g)	• (500 g)	•(600g)	• (700 g)
<b>COMBINED</b>	Pentathlon**	•		•	
	Heptathlon***		•		
	Octathlon****				•

Para Events – Para Wheel 100m & 200m, and Para Seated shot put & discus throw

## **Technical Specifications for Events**

*Medley Relay	400m, 200m, 200m, 800m
** Pentathlon (U16 Female)	Day 1-100m, High Jump, Shot Put, Long Jump, 800m
** Pentathlon (U16 Male)	Day 1-100m, Long Jump, Shot Put, High Jump, 1000m
*** Heptathlon (U18 Female)	Day 1-100m, Hurdles, High Jump, Shot Put, 200m Day 2-Long Jump, Javelin, 800m
****Octathlon (U18 Male)	Day 1-100m, Long Jump, Shot Put, 400m Day 2-110m Hurdles, High Jump, Javelin, 1000m

1. Each Zone may enter a maximum of two (2) athletes per event. Athletes may be replaced due to injury, but must be replaced by someone on the alternate list submitted with registration from the same Zone.
2. Athletes are restricted to 3 events entered by one (1) athlete per day not including relays.
3. Combined event athletes. On the athletes competition day they are restricted to their combined events and team relays only.
4. The younger age group athletes may choose to compete in the older age division, however, if they so choose, they must compete in that age division for all events and for the duration of the Games.
5. Each Zone may enter one (1) relay team per relay event.
6. Meet will be sanctioned by Athletics Alberta. All IAAF and Athletics Canada rules of competition will apply. Rules regarding officials, electronic timing and safety must be followed.
7. Athletes may bring their own equipment with the exception of starting blocks. Equipment will be stored at the venue. All equipment must be certified prior to competition.

## **PROTEST PROCEDURES**

As per World Athletics rules.

## **ENTRY AND ZONE PLAYOFF PROCEDURES**

Consult the Provincial Sport Coordinator or your Athletics Alberta Zone Representative to determine the date and location of Zone playoffs. All Zone trial meets must be completed by **June 16, 2023**.

To determine the date and location of the Zone playoffs/selection please visit [www.athleticsalberta.com](http://www.athleticsalberta.com) or [www.albertasummertimegames.ca](http://www.albertasummertimegames.ca)

## **PROVINCIAL SPORT COORDINATOR**

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