

ATHLETICS



AGE GROUP(S)

MIDGET: 15 years of age & under as of December 31, 2018
(born in 2003 & 2004)

YOUTH: 16 & 17 years of age as of December 31, 2018
(born in 2001 & 2002)

ZONE TEAM COMPOSITION

The maximum team size shall be:

44	Athletes per zone	(# of females 22 # of males 22)
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)

ELIGIBILITY

Athletes

- All athletes are eligible as per the age group and affiliation requirement.

International Restrictions:

- Athletes that have finished at an international level in the top ten (20) (i.e. World Youth) are not eligible to compete at the Alberta Summer Games.
- Members of an 'international team' for a given sport are not eligible to compete in the 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 (Midget athletes must age up).
- However if a zone requires a midget 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 a 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) Midgets, ten (10) Youth. However, with approval from Alberta Sport Connection, and Athletics Alberta, an uneven split of up to a maximum of two (2) athletes may be permitted (i.e. 12 Midgets/8 Youth) 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.albertasummertimegames.ca

Coaches

- **NCCP Certification**—A minimum of one (1) member per zone registered as coaches must be National Coaching Certification Program Certified to at least **Sport Coach**
- All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.

AFFILIATION

Zone Trials

Athletes are not required to be affiliated with Athletics Alberta. Zone representatives will provide a list of participants to Athletics Alberta for insurance purposes.

LOCAL or HOSTED ZONE TRIALS must take place no less than **7 days prior** to the registration deadline.

After making Zone Team

\$135.00 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 18, 2018**

FILL POLICY

- Members of an athlete 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**, prior to contacting the fill athlete, and **Zone Representative**.

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.

ALBERTA GAMES - ATHLETE REGISTRATION FEE AND DEADLINE

All zone team athletes, who qualify to compete at the 2016 Alberta Summer Games, are required to pay an individual registration fee of **\$60.00**. This fee will go towards offsetting 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 \$60.00 and the Athletics Alberta fee of \$75.00) Total **\$135.00** are payable to Athletics Alberta, and must accompany the athlete's registration form for the Alberta Games.

The Athletics registration deadline is **June 18, 2018**.

EVENT(S)

	Event	Female (U15)	Female (U17)	Male (U15)	Male (U17)
TRACK	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*	•	•	•	•
	FIELD	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)
Hammer Throw		• (3Kg)	• (3kg)	• (4kg)	• (5kg)
COMBINED	Pentathlon**	•		•	
	Heptathlon***		•		
	Octathlon****				•

Technical Specifications for Events

- * Medley Relay 400 m, 200 m, 200m, 800m
- ** Pentathlon (U15 Female) Day 1-100 m, High Jump, Shot Put, Long Jump, 800m
- ** Pentathlon (U15 Male) Day 1-100 m, Long Jump, Shot Put, High Jump, 1000 m
- *** Heptathlon (U17 Female) Day 1-100 m, Hurdles, High Jump, Shot Put, 200m
Day 2-Long Jump, Javelin, 800 m
- ****Octathlon (U17 Male) Day 1-100m, Long Jump, Shot Put, 400 m
Day 2-110 m 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.
2. There are no restrictions on the number of events that may be entered by one (1) athlete.
3. 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.
4. Each zone may enter one (1) relay team per relay event.
5. Meet will be sanctioned by Athletics Alberta. All IAAF and Athletics Canada rules of competition will apply. Rules regarding officials, timing and safety must be followed.
6. Athletes may bring their own equipment with the exception of starting blocks. Equipment will be stored at the venue. All equipment is required to be certified prior to competition.

PROTEST PROCEDURES

As per IAAF 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 19, 2018**.

To determine the date and location of the zone playoffs/selection please visit **www.athleticsalberta.com** or **www.albertasummerngames.ca**

PROVINCIAL SPORT COORDINATOR

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Website: www.athleticsalberta.com

ZONE SPORT REPRESENTATIVE

Each of the eight (8) zones has a designated Athletics Alberta - Zone representative. The list of Athletics Zone Sport Representatives is shown below:

ZONE	NAME	CONTACT
ZONE 1	Sean Freeman	Phone: 403-581-7042 Email: medicinehatbulldogstrackclub@gmail.com
ZONE 2	Darren Posyluzny	Email: dposyluzny@yahoo.com
ZONE 3	Sam Read	Email: sam.trackandfieldcoach@gmail.com
ZONE 4	Jodie Matsuba	Email: jlm@shaw.ca
ZONE 5	Carrie Saunders & Dan Lauzon	Email: carrie.saunders@hotmail.com
ZONE 6	Courtney Elcock	Email: courtney.elcock@gmail.com
ZONE 7	Karl Meissner & Jaimee Springer	Email: kmeiss@telusplanet.net
ZONE 8	Hayden Hollowell	Phone: 780-897-6271 Email: hwh@mail.usask.ca



ALBERTA
SPORT
Connection