

ATHLETICS



AGE GROUP(S)

Midget: 15 years of age & under (born in 1995, 1996)

Juvenile: 17 years of age & under (born in 1993, 1994)

*All ages as of Decemeber 31, 2010

ZONE TEAM COMPOSITION

The maximum team size shall be:

<u>40</u>	competitors per zone	(# of females	<u>20</u>	# of males	<u>20</u>)
<u>5</u>	coaches or chaperones per zone	(# of females	<u>min. 2</u>	# of males	<u>min. 2</u>)

FILL POLICY

There will be no fills permitted in Athletics.

ELIGIBILITY

Athletes

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

Athletes must compete in the zone in which they reside. No exceptions.

Athletes that have participated at the national level (i.e. Legion nationals) are not eligible to compete at the provincial level (i.e. Alberta Summer Games) in their age category or a younger age category. Example: If an athlete competed at nationals as a Midget, that athlete would have to compete at the Alberta Summer Games in the Juvenile age category.

An athlete that has qualified for a national team, but has not yet competed at the national level may participate at a provincial level in the appropriate age category.

An athlete who has tried out for but has not made a position on a national team, will still be eligible to participate in the Alberta Summer Games.

Members of a 'national team' for a given sport are not eligible.

It is highly recommended for each zone representative to fill each zone team with ten (10) Midgets and ten (10) Juveniles. However, with approval from Athletics Alberta, an uneven split of up to a maximum of two (2) athletes may be permitted (i.e. 12 Midgets/8 Juveniles).

Refer to the Alberta Games Athlete Eligibility guidelines (listed on page 11) for further details.

ATHLETICS, continued

ELIGIBILITY, cont'd

Coaches

NCCP Certification - A minimum of one (1) member per zone of the staff registered as coaches must be fully certified (theory, technical and practical) under the National Coaching Certification Program to at least **Level 1 in Track and Field**, or the equivalent in the new NCCP Program (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 submit a list of participants to Athletics Alberta for insurance purposes.

After Making Zone Team

\$35.00 per individual to Athletics Alberta. This is to offset the cost of the team uniform which the athlete keeps. This fee plus the provincial registration fee and registration form will be due on **June 16, 2010**.

Contact Athletics Alberta or check out www.athleticsalberta.com for affiliation information.

PROVINCIAL GAMES REGISTRATION FEE AND DEADLINE

All zone team competitors, who qualify to compete at the 2010 Alberta Summer Games (excluding coaches and chaperones), are required to pay an individual registration fee of **\$50.00**. This fee will go towards offsetting the costs related to transportation, accommodation, meals, zone identification, medals, athlete entertainment and sport competitions. Please note that all fees (the 2010 Alberta Summer Games Registration fee of \$50.00 and the Athletics Alberta fee of \$35.00) are payable to Athletics Alberta, and must accompany the athlete's registration form for the Alberta Summer Games.

Please note that the registration deadline for Athletics is **June 16, 2010**.

ATHLETICS, continued**EVENTS**

	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")		
	110 m Hurdles			• (33")	
	200 m Hurdles	• (30")		• (30")	
	400 m Hurdles		• (30")		• (36")
	4 x 100 m Relay	•	•	•	•
	Medley Relay*	•	•	•	•
FIELD	Long Jump	•	•	•	•
	High Jump	•	•	•	•
	Triple Jump	•	•	•	•
	Shot Put	• (3 kg)	• (3 kg)	• (4 kg)	• (5 kg)
	Discus Throw	• (1kg)	• (1 kg)	• (1 kg)	• (1.5 kg)
	Javelin Throw	• (600 g)	• (600 g)	• (600 g)	• (700 g)
	COMBINED	Pentathlon**	•		•
Heptathlon***			•		
Octathlon****					•

Technical Specifications for Events

- * Medley Relay 400 m , 200 m, 200 m, 800 m
- ** Pentathlon (U15 Female) Day 1 - 100 m, High Jump, Shot Put, Long Jump, 800 m
- ** 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, 200 m
Day 2 - Long Jump, Javelin Throw, 800 m
- ****Octathlon (U17 Male) Day 1 - 100 m, Long Jump, Shot Put, 400 m
Day 2 - 110 m Hurdles, High Jump, Javelin Throw, 1000 m

Notes:

- Each zone may enter a maximum of two (2) athletes per event. Athlete may be replaced due to injury, but must be replaced by someone on the alternate list submitted with registration.
- There are no restrictions on the number of events that may be entered by one (1) athlete.
- 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.

ATHLETICS, continued

EVENTS, cont'd

Notes: cont'd

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 Foundation Sport Liaison to determine the date and location of zone playoffs.

All Zone trial meets must be completed by **June 10, 2010**.

PROVINCIAL SPORT COORDINATOR

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ZONE SPORT REPRESENTATIVE

Each of the eight (8) zones has a designated Athletics representative. The Provincial Sport Coordinator or the Foundation Sport Liaison (listed on page 9) can advise you how to contact this person.

HOST COMMUNITY SPORT CHAIR

TBD

