46th Annual Running Room Indoor Games
Elementary Relays and Elementary Individual Preliminaries
January 19 and January 22, 2026

Coach's Information

SCHEDULE IS AVAILABLE TO ALL COACHES

You will receive from the Registration Desk a schedule, a list of your school's runners, a competition number for each runner and team, and safety pins. Please ensure the correct number is worn by each runner (refer to "COMP#" on your list of entries, or to the competitor number printed on the heat sheets). If you have a relay team, please also read the "Memo to Coaches: Relays" (another copy of some of the rules that are in effect for these Running Room Indoor Games), plus a competition number for each relay team. (Each team must show the marshals the number being worn for that race. It does not matter which relay team uses which number.) If your athlete/team advances to the next round on February 14, a different competitor number will be provided on that date.

Please check the heat sheets posted on the north wall at balcony level to determine which races your athletes will compete in. Please tell each of your runners which heat they are racing in, and then direct them to go to the Marshalling Area (north-west corner at track level, near the basketball nets) when the Announcer calls that race. Please listen to the Announcer to ensure your athlete/team does not miss their race/event.

Result sheets from each race will be posted on the balcony level 5-10 minutes (and on the "live results" "last completed heat") after the race has completed (barring protests) -- please do not interrupt the staff working in the results area. In the event of a disqualification, we always call the team's coach to the announcer's desk (balcony level, behind section GG), but such announcements are not always heard. Therefore, **please take the time to verify how you finished**. Ties for the final qualifying position(s) will be broken by: 1) position of finish; 2) photofinish/hand times to hundredths of seconds. If this is not possible, none will advance. Extra run-offs will not be held.

Coaches, please advise all your runners of the following:

- Runners must not run on the line that marks the inside of their lane.
- Runners may not receive assistance, either pacing or coaching, from the infield during the race.
- Metal pin/needle type spikes are prohibited. Only pyramid or "Christmas tree" type spikes are allowed. No other spike elements are permitted. Use of football/soccer type cleats/footwear is not allowed.
- Spike length must not exceed five millimetres. Athletes must remove any spikes that do not conform to these rules.
- Starting blocks will not be used.

In addition, please advise your competitors in 200m races of the following:

- Competitors in 200m races wear their number on the back!
- Starting command for all Elementary 200m races will be "ON YOUR MARKS".
- Competitors must remain in their assigned lane for the entire race. Note that the lanes have alternating colours -- "stay in the colour you start in".

In addition, please advise your competitors in 800m races of the following:

- Competitors in 800m races wear their number on the front!
- Starting command for all 800m races will be "ON YOUR MARK".
- 800m (four laps) should be run in lane one when it is clear to do so.

In addition, please **ensure your competitors in relays understand the rules** – no instructions will be given at centre field. The rules include those provided by "Memo to Coaches: Relays", as well as the following:

- Coaches will be allowed to accompany their relay teams in the infield.
- The last runner on the relay team wears the number on the front!
- If the heat has more than six teams assigned, teams 3 and 4 will run in lane three and teams 6 and 7 will run in lane five.
- Starting command will be "ON YOUR MARK".

- First runner must remain in assigned lane. Note that the lanes have alternating colours -- "stay in the colour you start in".
- Second runner must receive the baton in his/her assigned lane and then should move to inside lane when it is clear.
- After handing off the baton, runners must not interfere with other runners coming from behind. Runners should step off the track as soon as it is safe to do so.
- If the baton is dropped, the runner who drops it must pick it up and complete the exchange.
- The exchange zone is marked by large, red safety cones. All exchanges must be made in this area; passing outside the zone will result in disqualification.

PLEASE MAKE SURE EACH RUNNER WEARS THE <u>ASSIGNED</u> NUMBER!

A result sheet for each round will be posted following the last race in the round -- overall results for the event (which determines which athletes/teams will advance to the next round on Saturday, February 14) will be posted after the last heat for the event in Session F (Thursday evening). Results will be posted at http://www.indoorgames.ca (which includes a "live results" link) and will be sent to the Edmonton Journal for consideration for publication.

Spectator ticket prices on February 14 will be $5.00 for adults; $2.00 for youths and seniors. (We will accept cash only.) Children under the age of 6 will be admitted free. Spectator admissions, which are valid for all of February 14, pay for the rental of the Butterdome. See http://www.indoorgames.ca for a tentative Saturday schedule.

GOOD LUCK TO ALL TEAMS!! EACH OF YOUR ATHLETES DESERVES ENCOURAGEMENT AND A CHEER!

<u>Memo to Coaches: Relays</u>

<u>Kindly review rules with your teams prior to the race. No instructions will be given at centre field</u>.

1. **Start Line:** Only one command is given before the gun is fired - “ON YOUR MARKS”.

2. First runner on each team must run the entire lap in his or her assigned lane. The athlete must NOT step on the left line (at all) at any time.

3. **Exchange:** Coaches please stress the following:

a) 20-metre exchange zone. Please point out pylon which indicates the end of exchange zone.
b) Second (2nd) runner on each team is assigned to same lane as first runner. Subsequent runners (3 to 8) are placed on the track according to the team’s position in the race.
c) Runners 2 to 8: Once the exchange has been made, the outgoing runner should move in safely to the inside lane(s).
d) After the exchange, incoming runners should remain in their lanes until it is safe to leave the track.

4. **Passing Slower Runners:** No contact, interference, or cutting off is permitted. It is safer to pass a slower runner on the outside (right).

5. **Finish Line:** Ensure the last runner on each team knows where the finish line is (past the lane numbers and striped pole).