

43rd Annual Running Room Indoor Games -- March 11, 2023
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). ***This number must be kept and used for each race today and tonight!*** 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.)

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 ensure that the Marshal records your relay team's number on the Marshalling sheet.

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 and Junior High 200m races will be "ON YOUR MARK".
- Starting command for all Senior High 200m races will be "ON YOUR MARK", then "SET".
- 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.
- **Senior High Men 800m:** A two-line start will be used if more than ten competitors. Athletes 1-9 will use normal start line; remainder will use second start line and merge into lane 4 when it is clear to do so but **must NOT enter (nor merge into) lanes 1-3 until AFTER the first corner** and they are in the back straight. (The inside border of lane 4 for the group in the outer half of the track will be identified by red cones placed around the first bend.)

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 only for each team's **first** race today.
- **The last runner on the relay team wears the number on the front!**
- 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.

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- The passing zone is marked by red safety cones (ten metres before and ten metres after the finish line). All exchanges must be made in this area; passing outside the zone will result in disqualification.

Result sheets from each race will be posted on the balcony level 5-10 minutes 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.

Overall results for the event (which determines which athletes/teams will advance to the next round today/tonight) will be posted on the balcony level a few minutes after the event's last heat. 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.

Coaches might be interested in providing any "interesting tidbits" of information for our announcer to use this evening. Although tonight's meet is not being televised, the announcer would still like to personalize his message if possible. Print out any facts or figures that might be of interest and submit them to the Registration Desk before tonight's races. Thank-you in advance.

Spectator ticket prices on March 11 will be \$5.00 for adults; \$2.00 for students (with I.D.) 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 March 11, pay for the rental of the Butterdome. See <http://www.indoorgames.ca> for Saturday's schedule.

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

Memo to Coaches: Relays

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

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 race 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) 20m exchange zone. Please point out pylon which indicates the end of the 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).