



45th Annual Running Room Indoor Games
Thursday, February 20th to Saturday, March 8th, 2025
Universiade Pavilion (Butterdome)
Website: www.indoorgames.ca

Dear Principal and/or Physical Education Instructor:

We hope your students will join us at the 45th Annual Running Room Indoor Games presented by New Balance. The Running Room Indoor Games is a community track and field event that allows children from grades 3 -12 the opportunity to experience the thrill of competition -- against themselves and each other. Track events for girls and boys include 200m and 800m individual events as well as 8 x 200m relay events. Mixed relay events are offered for small elementary and junior high schools (further details are supplied in this document and on the web site). Long jump competitions are open for elementary students. A teachers' relay race and select invitational events are also available for your participation.

Entries are processed on a first-come, first-served basis, so enter early! Please ensure you sign up for the email list online at www.indoorgames.ca so we can inform you of any changes to the schedule. Receipt of your entries will be confirmed by email within 24 hours. If you have not received confirmation within 48 hours, please contact the Registration Director at indoorgames@runningroom.com.

We hope to see you at the 45th Annual Running Room Indoor Games!

Registration Information

- Open Practice Night is on Monday, February 10th from 3:00 p.m. to 6:30 p.m.
- The Preliminaries dates are noted in the table below.
- The Quarter-Finals, Semi-Finals, and Finals are on Saturday, March 8th from 8:30 a.m. to 10:00 p.m. for athletes and teams that qualified from the Preliminaries.
- Participants must be registered students of the school they are representing.
- Students are limited to one individual event and one relay team.
- Entry fee is \$15 per individual and \$45 per relay team. Teachers' Relay entry is no charge.
- Age Restrictions: Elementary born March 1, 2012 or later; Junior High born March 1, 2009 or later; High School-born March 1, 2006 or later.

School Grades	Entry Deadlines	Relay Preliminaries Competition Date	Individual Preliminaries Competition Date
Elementary Schools Grades 3 – 6	Thursday, February 13 (Relay) Thursday, February 13 (Individual)	Friday, February 21st Monday, February 24th	Friday, February 21st Monday, February 24th
Junior High Schools Grades 7 – 9	Thursday, February 13 (Relay) Thursday, February 13 (Individual)	Thursday, February 20th	Thursday, February 20th
Senior High Schools Grades 10 – 12	Tuesday, February 25 (Relay) Tuesday, February 25 (Individual)	Saturday, March 9	Thursday, February 20th
Teachers' Relay 3 Competition Dates Available	Thursday, February 13 (Elementary) Thursday, February 13 (Junior/Senior High)	Thursday, February 20th Friday, February 21st Monday, February 24th	Not Applicable

Additional information for coaches, athletes, and parents is available online at www.indoorgames.ca.

For information on invitational events, please contact indoorgames@runningroom.com.

Register for the Running Room Indoor Games email list to receive event news and updates.

Note: Payment must be received before teams are allowed to compete, and all confirmed entries after their respective entry deadline must be paid for. Running Room Indoor Games Waiver of Liability Agreement or Informed Consent Form MUST be signed by the Parent or Guardian for ALL participants and provided at the registration table on the FIRST DAY of competitions.

GENERAL NOTICE: Running Room Indoor Games is a public event. Photographers/reporters will be on site for all preliminaries and the finals. Photos/footage will be taken and athletes' names will be published. Anyone registering a child athlete with FOIP concerns should be aware of this.