



# **Edmonton Columbians Track Classic**

## **June 22-23**

Host of the Northern Zone Provincial Qualifying Meet  
for the U14, U12 and U10 Athletes

Sanctioned by Athletics Alberta

Rollie Miles Athletic Grounds  
10503 74 Ave NW, Edm, AB

Meet Director: Corrine Timmer

General Inquiries: [ctimmer@telus.net](mailto:ctimmer@telus.net)

Meet Entry Chairperson and Competition Secretary: Vernon Schmid,  
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Meet Information & Registration:

<https://athleticsalberta.com/event/u10-u12-and-u14-provincial-qualifier-north/>

<b>AGE CATEGORIES</b>
U10: Born 2010-2011
U12: Born 2008-2009
U14: Born 2006-2007
Age Group is based on age as of December 31, 2019

<b>DAY 1 EVENTS - START TIME 9AM</b>	<b>DAY 2 EVENTS - START TIME 9AM</b>
<b>U10</b> – 60m, Long Jump, 600m	<b>U10</b> – 80m, Ball Throw, 400m
<b>U12</b> – 100m, Long Jump, 800m	<b>U12</b> – 200m, Shot Put, 600m
<b>U14</b> – 100m, Discus, Long Jump, 1000m	<b>U14</b> – 200m, High Jump, Shot Put, 800m
<b>Relay</b> - 4x200m	<b>Relay</b> - 4x100, Medley

**ENTRY FEE:** \$30 per day for Multiple Events  
\$25 per Relay Event

**ENTRY DEADLINE: Monday, June 17 @ 11:59 pm**

No late entries accepted for Multiple Events. Relay events may be entered day of the meet.

**SCRATCH DEADLINE: Wednesday, June 19 @ 11:59 pm**

Please note that there will be no refund for scratched entries after this deadline.

Entries are to be submitted using TrackieReg.

Athletes must have an Athletics Alberta Membership (School or Individual) in order to participate.

<https://athleticsalberta.com/aa-membership/>

The Top 8 athletes per gender and age division from the North (Edmonton) and South (Calgary) Zone Qualifiers are eligible to compete for a spot in the Top 10 of the Province on June 29-30 at the Foote Field Open in Edmonton.

Athletes at the Zone Qualifiers **who are not a Top 8 Qualifier** will need to declare their eligibility (availability) to fill one of the Top 8 spots if an athlete who qualified is not able or unwilling to attend the U10, U12, U14 Provincial Championships.

Top 8 zone selections will be based on:

1. Combined event score – Using the Alberta Youth Scoring Tables
2. Athletes must compete in all required events
3. Athletes must compete on both days
4. Athlete must have an Individual Athletics Alberta Membership to qualify for Provincials

# General Rules

1. Track event marshalling takes place at the 100m start line, 20 minutes prior to the event. Field event marshalling takes place at the field event location, 20 minutes prior to the event.

2. Competition numbers must be worn on the front for all events.

3. Hip numbers (all running events) must be clearly visible on the athletes' right side hip. Please ensure that singlets/uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.

4. Spikes are to be no longer than 7mm in length. Only smooth "Christmas tree" or pyramid type spikes will be allowed. No pin, needle, or other elements will be permitted. This will be enforced and athletes will be required to remove any non-conforming spikes.

## 5. Information on Track Events:

Starting blocks will not be used.

All track races are Timed Finals. Relays will consist of 4 athletes.

Medley Relay: U10 - 100, 50, 50, 200      U12 and U14 - 200, 100, 100, 400

## 6. Information on Field Events:

Throwing implements will be provided. No personal implements will be permitted unless by approval of officials at the event. Three attempts will be given to each athlete for all throwing and long jump events. For High Jump, athletes will be eliminated after three faults at a height.

## Throwing Events - Specifications and Modifications

**Ball Throw:** Softball - 3 consecutive throws; longest throw will be measured

**Shot-Put:** U12 - 2kg    U14 - 3kg

**Discus:** U14 - 750g

## Jumps and Modifications

**Long Jump:** U10 and U12 - one meter takeoff area. Distance will be measured from takeoff

U14 - Regular takeoff area

**High Jump:** U14 - starting height of 90cm. Increments of 10cm until a height of 1.10m and then 5cm increments thereafter.

7. Scratches during the competition are to be submitted at the Registration Table near the finish line.

8. Results will be posted during the meet, and will be available on the [www.ellistiming.ca](http://www.ellistiming.ca) website.

9. Restricted access to infield for Coaches, athletes (with their numbers), Officials, and volunteers only.