 

**Second Annual**

**Edmonton Columbians Spring Fling**

**Saturday, April 30th, 2022**

**General Information**

Hosted by the Edmonton Columbians Track and Field Club

Sanctioned by Athletics Alberta

Location: Rollie Miles Athletic Park

10480 73 Avenue, Edmonton, AB

Meet Inquiries: [edmcolumbians@gmail.com](mailto:edmcolumbians@gmail.com)

Concession: Food Truck will be on site

* Officials, Volunteers and Coaches will receive a free lunch via the Food Truck

**Entries**

* All entries must be through the Trackie registration page <http://www.trackiereg.com/ecspringfling>
* Eligibility
  + All Alberta Coaches and Athletes entering must be registered members of Athletics Alberta
  + Out of province Coaches and Athletes must be registered with their respective Provincial Athletics Association
* **Entry Deadline: 11:59 p.m. on Sunday, April 24**
* Late Entry Deadline: noon on Wednesday, April 27 (late fees apply)
* Scratch Deadline: 8:00 p.m. on Wednesday, April 27. No refunds after this date.
* Meet schedule will be available on the Trackie registration page and on [www.ellistiming.ca](http://www.ellistiming.ca)
  + Finalized schedule will be posted the late evening of April 28.

**Entry Fees**

U10 (2013 & later) $10 per event

U12 (2011/2012) $10 per event

U14 (2009/2010) $10 per event

U16 (2007/2008) $20 per event

U18 (2005/2006) $20 per event

U20 (2003/2004) $20 per event

Senior/Open (2004 & earlier) $20 per event

Masters (1986 & earlier) $20 per event

Throws Pentathlon (Masters only) $50

**Events Offered**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | MASTERS | SENIOR | U20 | U18 | U16 | U14 | U12 | U10 |
| SHOT PUT | X | X | X | X | X | X | X | X |
| DISCUS | X | X | X | X | X | X |  |  |
| JAVELIN | X | X | X | X | X |  |  |  |
| HAMMER | X | X | X | X | X |  |  |  |
| TURBO JAVELIN |  |  |  |  |  | X | X | X |
| SOFTBALL THROW |  |  |  |  |  |  | X | X |
| WEIGHT PENTATHLON | X |  |  |  |  |  |  |  |

**\***Modified rules for U10, U12 and U14 events – each competitor will only receive 3 attempts for each throwing event

**Athletics Alberta Outdoor Throws Specifications**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Females | | | | Age Group | Males | | | |
| Shot Put | Discus | Javelin | Hammer | Shot Put | Discus | Javelin | Hammer |
| 2kg |  | 300g |  | U10\* | 2kg |  | 300g |  |
| 2kg | 750g | 400g |  | U12\* | 2kg | 750g | 400g |  |
| 3kg | 750g | 400g |  | U14\* | 3kg | 750g | 400g |  |
| 3kg | 1kg | 500g | 3kg | U16 | 4kg | 1kg | 600g | 4kg |
| 3kg | 1kg | 500g | 3kg | U18 | 5kg | 1.5kg | 700g | 5kg |
| 4kg | 1kg | 600g | 4kg | U20 | 6kg | 1.75kg | 800g | 6kg |
| 4kg | 1kg | 600g | 4kg | Open | 7.26kg | 2kg | 800g | 7.26kg |
| World Masters Athletics website | | | | Masters | World Masters Athletics website | | | |

\* Turbo Javelin and/or Ball Throw will be used for U10, U12 and U14 instead of Javelin

**Marshalling Procedures**

* Athletes must check in at the event site at least 20 minutes before the scheduled start time
* Each flight will be allowed a 15-minute warm-up period before they compete
* Athletes must wear their competition number on the front

**Implements**

* Throwing implements will be provided
* Athletes are encouraged to bring their own implements to use, which must meet IAAF standards. They must be weighed-in and measured one hour before the scheduled start time of their event. The weigh-in station will be located in the shed, near the Long Jump area.

**First Aid**

* Located near the 100m start line

**Tentative Order of Events**

**9:00 AM**

Hammer Throw

Shot Put

Ball Throw

Turbo Javelin

Discus

Javelin

Weight Throw