



## Saturday, May 28, 2022

Note: This is the FINAL Schedule.

Athletes should be at Fowler Park at least one hour before the indicated "Warm-Up Start" time.

All Open Events will be offered at specifications dependant on the athlete age.

Warm-Up Start	Event Start Time	Field Events	Entries
<b>Long Jump (Pit #1 200m Start)</b>			
8:00	9:00	U16 Women's Long Jump	13
10:15	10:30	U18/ Open Men Long Jump	9
11:30	12:00	U12 Women Long Jump Flight 1	9
13:00	13:00	<b>Break</b>	
13:30	13:45	U12 Mens Long Jump	8
14:15	14:30	U16 Men's Long Jump	4
<b>End of Long Jump</b>			

<b>High Jump #1</b>			
8:00	8:30	U14 Girls Flight 1	12
10:15	10:30	U16 Men	6
11:40	12:00	U14 Boys Flight 1	10
13:00	13:00	<b>Break</b>	
13:45	14:00	U18/ Open Men	4
14:30	15:00	U18/ Open Women	6
<b>End of High Jump</b>			

<b>Throwing Cage</b>			
8:30	8:50	U14 Boys Discus Flight 1	10
9:50	10:10	U14 Boys Discus Flight 2	9
11:10	11:30	U14 Girls Discus Flight 1	12
12:50	12:50	<b>Break</b>	
13:15	13:30	U14 Girls Discus Flight 2	11
14:50	12:50	<b>Break</b>	
16:00	16:30	U16/ U18/ Open Womens Hammer	5
17:30	18:00	U16/U18/Open Men Hammer	7
<b>End of Discus</b>			

<b>Shot Put #2 (Wooden Circle)</b>			
8:15	8:45	U12 Girls Shot Put Flight 2	9
<b>End of Shot Put</b>			

Warm-Up Start	Event Start Time	Field Events	Entries
<b>Long/Triple Jump (Pit #2 100m start)</b>			
8:45	9:15	U18 / Open Womens Triple Jump	4
10:15	10:30	U10 Womens Standing Long Jump	13
11:30	12:00	U12 Women Long Jump Flight 2	9
13:00	13:00	<b>BREAK</b>	
13:30	13:45	U16 Women's Triple Jump	3
14:30	14:50	U18 / Open Mens Triple Jump	2
<b>End of Long Jump</b>			

<b>High Jump #2</b>			
8:00	8:30	U14 Girls Flight 2	11
10:15	10:35	U16 Women	6
11:40	12:00	U14 Boys Flight 2	9
<b>End of High Jump</b>			

<b>Turbo Jav (School Field)</b>			
10:20	12:30	U10 Boys Turbo Jav	8
13:30	13:45	U10 Girls Turbo Jav	13
<b>End of Javelin</b>			

<b>Shot Put (Cement Circle)</b>			
8:00	8:45	U12 Girls Shot Put Flight 1	9
10:15	10:00	U16 Men Shot Put	3
10:40	11:00	U12 Boys Shot Put Flight 1	8
12:15	12:15	<b>Break</b>	
12:45	13:00	U18/Open Women Shot Put	8
14:00	14:30	U16 Women Shot Put	7
15:30	15:45	U18/ Open Men Shot Put	9
<b>End of Shot Put</b>			

Warm-Up Start	Event Start Time	Field Events	Entries
<b>Long/Triple Jump (Pit #3 By Hammer Cage)</b>			
10:15	10:30	U10 Womens Standing Long Jump	13
<b>BREAK</b>			
<b>End of Long Jump</b>			

## St. Albert Challenge Track Events Schedule Sunday

Sunday May 29, 2022

Note: This is the FINAL Schedule

Athletes should be at Fowler Park at least one hour before the indicated "Marshall in Before" time.

All Open Events will be offered at specifications dependant on athlete age.

Time	Track Events	Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Marshall in Before	Check-in Time	Athlete Must Report to Start Before	Call Room Time	Advancement or Note
9:00	Girls 80m Hurdles U14	4	8	1	5:30	5:30	8:40		8:50		Final, 27" lowest setting
9:05	Boys 80m Hurdles U14	2	8	1	5:30	5:30	8:45	20:00	8:55		Final, 27" lowest setting
9:11	Women 80m Hurdles U16	5	8	1	5:30	5:30	8:51	20:00	9:01		Final, 30"
9:16	Women 100m Hurdles U18/ Open	1	8	1	5:30	5:30	8:56	20:00	9:06	10:00	Final, 30" / 33"
9:22	Men 100m Hurdles U16	3	8	1	5:30	5:30	9:02	20:00	9:12	10:00	Final, 33"
9:27	Men 110m Hurdles U18	3	8	1	5:30	5:30	9:07	20:00	9:17	10:00	Final, 36" /42"
9:33	<b>Break</b>					30:00					
10:03	Women 2000m U16	6	15	1	9:45	9:45	9:43		9:53		Final
10:12	Men 2000m U16	4	15	1	9:45	9:45	9:52	20:00	10:02		Final
10:22	Women 300m U10	12	8	2	4:00	8:00	10:02	20:00	10:12		Timed Final
10:30	Men 300m U10	8	8	1	4:00	4:00	10:10	20:00	10:20		Timed Final
10:34	Women 600m U12	16	15	2	5:30	11:00	10:14	20:00	10:24		Final
10:45	Men 600m U12	9	15	1	5:30	5:30	10:25	20:00	10:35		Final
10:51	Women 3000m U18/Open	2	15	1	14:00	14:00	10:31	20:00	10:41		Final
11:05	Men 3000m U18/Open	0	15	0	14:00	0:00	10:45	20:00	10:55		Final
11:05	Women 200m U16	10	8	2	3:30	7:00	10:45	20:00	10:55		Top 3 + 2
11:12	Men 200m U16	4	8	1	3:30	3:30	10:52	20:00	11:02		Top 3 + 2
11:15	Women 200m U18	12	8	2	3:30	7:00	10:55	20:00	11:05		Top 3 + 2
11:22	Men 200m U18	9	8	2	3:30	7:00	11:02	20:00	11:12		Top 3 + 2
11:29	Women 200m Open	11	8	2	3:30	7:00	11:09		11:19		Heats will be Run
11:36	Men 200m Open	5	8	1	3:30	3:30	11:16	20:00	11:26		Top 3 + 2
11:40	Women 300m U14	20	8	3	4:30	13:30	11:20	20:00	11:30		Final
11:53	Men 300m U14	23	8	3	4:30	13:30	11:33		11:43		Final
12:07	<b>Break</b>					30:00					
12:37	Women 800m U16	6	16	1	5:00	5:00	12:17	20:00	12:27		Final
12:42	Men 800m U16	7	16	1	5:00	5:00	12:22	20:00	12:32		Final
12:47	Women 800m U18	4	16	1	5:00	5:00	12:27	20:00	12:37		Final
12:52	Men 800m U18	2	16	1	5:00	5:00	12:32		12:42		Final
12:57	Women 800m Open	2	16	1	5:00	5:00	12:37	20:00	12:47		Final
13:02	Men 800m Open	3	16	1	5:00	5:00	12:42	20:00	12:52		Final
13:07	Women 200m U16	8	8	1	3:30	3:30	12:47	20:00	12:57		Final
13:10	Men 200m U16	8	8	1	3:30	3:30	12:50	20:00	13:00		Final
13:14	Women 200m U18	8	8	1	3:30	3:30	12:54	20:00	13:04		Final
13:17	Men 200m U18	8	8	1	3:30	3:30	12:57	20:00	13:07		Final
13:21	Men 200m Open	8	8	1	3:30	3:30	13:01	20:00	13:11		Final
13:24	Women Medley Relay U10	1	8	1	10:00	10:00	13:04	20:00	13:14		Final
13:34	Women/ Mix Medley Relay U12	2	8	1	10:00	10:00	13:14	20:00	13:24		Final
13:44	Women/ Men Medley Relay U14	2	8	1	10:00	10:00	13:24	20:00	13:34		Final
13:54	Women Medley Relay U16/ U18 / Open	2	8	1	10:00	10:00	13:34	20:00	13:44		Final
	<b>End of Day's Competition</b>										

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All Open Events will be offered at specifications dependant on the athlete age.

Warm-Up Start	Event Start Time	Field Events	Entries
<b>Long Jump (Pit #1 200m Start)</b>			
7:40	8:00	U14 Boys Long Jump Flight 1	12
9:00	9:20	U12 Boys Long Jump Flight 1	8
10:20	10:30	U14 Girls Long Jump Flight 1	12
11:50	12:00	U10 Boys Long Jump	8
13:00	13:00	<b>Break</b>	
13:30	13:45	U12 Girls Long Jump Flight 1	8
14:45	15:00	Open Women Long Jump	9
<b>End of Long Jump</b>			

<b>Javelin</b>			
9:10	9:30	U16/ U18/ Open Women Javelin	9
10:30	10:45	U16/U18 Men Javelin	3
11:45	12:00	Open Men Javelin	11
<b>End of Javelin</b>			

<b>Shot Put #1 - Cement Circle</b>			
8:50	9:00	U10 Girls Shot Put	11
10:00	10:30	U14 Boys Shot Put Flight 1	12
11:40	11:50	<b>Break</b>	
13:25	13:45	U14 Girls Shot Put Flight 1	12
<b>End of Shot Put</b>			

<b>Throwing Cage</b>			
8:15	9:00	U16 Men Discus	5
10:00	10:20	U18/ Open Men Discus	8
11:30	12:30	U16 Women Discus	3
13:00	13:20	U18/ Open Women Discus	7
<b>End of Discus</b>			

Warm-Up Start	Event Start Time	Field Events
<b>Long/Triple Jump (Pit #2 100m start)</b>		
7:40	8:00	U14 Boys Long Jump Flight 2
8:45	9:00	U18 Women Long Jump
10:20	10:30	U14 Girls Long Jump Flight 2
11:50	12:00	U10 Girls Long Jump
13:00	13:00	<b>Break</b>
13:30	13:45	U12 Girls Long Jump Flight 2
14:45	15:00	U16 Men Triple Jump
<b>End of Long Jump</b>		

<b>Turbo Javelin (School Field (next to</b>		
9:15	9:30	U12 Girls Turbo Javelin
11:30	11:30	<b>Break</b>
11:40	13:00	U12 Boys Turbo Javelin
<b>End of Long Jump</b>		

<b>Shot Put #2 (Wooden Circle )</b>		
8:50	9:00	U10 Boys Shot Put
10:00	10:30	U14 Boys Shot Put Flight 2
11:40	11:50	<b>Break</b>
13:25	13:45	U14 Girls Shot Put Flight 2
<b>End of Shot Put</b>		