



# Edmonton Columbians Spring Challenge

(Amalgamating: Edmonton Columbians: Spring Fling, Jumps Jamboree, Track Classic)

**May 6-7, 2023**

## 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: [info@edmontoncolumbians.ca](mailto:info@edmontoncolumbians.ca)
- Concession: Food Truck will be on site
  - Officials, Volunteers and Coaches will receive a complimentary lunch
- Washrooms: Located behind the bleachers
- First Aid: Located at the Registration Tent

## Entries

- All entries must be through the Trackie registration page  
[www.trackiereg.com/2023-ecspringchallenge](http://www.trackiereg.com/2023-ecspringchallenge)
- Eligibility
  - 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 Tuesday, May 2, 2023**
- Late Entries may be accepted (additional \$10/event fee if approved)
- Scratch Deadline: 11:59 p.m. on Thursday, May 4, 2023. No refunds after this date.
- Meet schedule and results 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 May 4, 2023

## Entry Fees

U16 and older athletes: 1<sup>st</sup> Event - \$25 2<sup>nd</sup> Event - \$20 3rd or more Events - \$15 per event  
 U14 and younger athletes: \$10 per event

## Age Categories

U10 – Born in 2014 or later

U16 – Born in 2008 or 2009

Sr - Born in 2003 or earlier

U12 – Born in 2012 or 2013

U18 – Born in 2006 or 2007

Masters – age 35+

U14 – Born in 2010 or 2011

U20 – Born in 2004 or 2005

## Events Offered

EVENT	MASTERS	SENIOR	U20	U18	U16	U14	U12	U10
60m							X	X
80m						X		
100m	X	X	X	X	X			
150m						X	X	X
200m	X	X	X	X	X			
300m					X			X
400m	X	X	X	X				
600m							X	X
800m	X	X	X	X	X	X		
1000m							X	
1200m					X	X		
1500m	X	X	X	X				
3000m	X	X	X	X				
5000m	X	X	X	X				
Short Hurdles		X	X	X	X	X		
800m RACEWALK	X	X	X	X	X			
1500m RACEWALK	X	X	X	X	X			
LONG JUMP	X	X	X	X	X	X	X*	X*
HIGH JUMP	X	X	X	X	X	X	X	X
TRIPLE JUMP	X	X	X	X	X			
POLE VAULT	X	X	X	X	X			
SHOT PUT	X	X	X	X	X	X	X	X
JAVELIN	X	X	X	X	X	X	X**	X**
DISCUS	X	X	X	X	X	X		
HAMMER	X	X	X	X	X			

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

\* Modified rules for U10 and U12 Long Jump – competitors will have a 1 metre take-off area

\*\*Turbo Javelin or Softball Throw may be used for U10 and U12

## Athletics Alberta Outdoor Technical Specifications

<https://athleticsalberta.com/wp-content/uploads/2021/05/AA-Outdoor-specs-2018.pdf>

## General Rules

### 1. Competition Numbers:

- a. Numbers must be worn on back for events run entirely in lanes (100m-400m).
- b. Numbers must be worn on the front for all track events not finishing in lanes
- c. Numbers must be worn on the front for all field events
- d. Hip numbers must be clearly visible on the athletes' right side hip. Ensure that singlets/uniforms are tucked in so that hip numbers are visible for photo timing purposes.

2. Spikes are to be no longer than 7mm in length. Only Pins, Needles or Pyramid type spikes will be allowed. No Christmas trees spikes will be permitted

3. All seed times must be accurate; all non-verified seed times will be given a NT (no time).

4. All track event athletes are required to check in at the Marshalling Table at least 20 minutes prior to the scheduled event start time. When checking in, please have your number on and your spikes available to verify spike length. Report to the Start Line Marshal, 10 minutes before scheduled start time at their event's start line.

5. Field event athletes will marshal at the event competition area, and are requested to be at the competition area 20 minutes before the scheduled start time of the event.

6. Starting blocks will be used for all athletes U16 and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10/U12/U14 events.

7. Throwing implements will be provided. No personal implements will be permitted unless by approval of officials at the event (weigh in scale will be located at the Registration Tent). Pole Vaulters must provide personal poles.

8. Athletes may miss or "scratch" an event and continue the competition.

9. Athletes competing in heats who do not intend to compete in the final must report to the Registration Tent before the Final heats. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final. Otherwise, IAAF Rule 142.4 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).

10. Restricted access to infield for coaches, athletes (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.

12. Breaking Record: If you break a provincial record, paperwork must be submitted at the meet so the appropriate individuals and paperwork can be processed in a timely manner. Athletes expecting to break a record and requiring a special form should bring the form to the meet (various factors, like Internet access outages, have been known to prevent the Results team from printing a needed form).

## Tentative Schedule

### Saturday

**Start Time 9:00 AM**

#### Track

3000m

1500m RW

800m RW

Short Hurdles Prelims

60m

80m

100m Prelims

#### **LUNCH**

Short Hurdles Finals

300m (U10)

600m (U12)

800m

100m Finals

#### Field

Javelin/Ball Throw

Long Jump

Shot Put

Triple Jump

### Sunday

**Start Time 9:00 AM**

#### Track

5000m

150m

200m

#### **LUNCH**

600m (U10)

1000m

1200m

1500m

300m (U16)

400m

#### Field

Discus

High Jump

Hammer

Pole Vault