



## Calgary Spring Challenge

Alberta Combined Events Provincials  
Alberta Summer Games Trials- Zone 2, 3 & 4

Saturday May 13th and Sunday May 14th  
9:00am – 6:00pm

The 42<sup>nd</sup> Annual Spring Combined Event meet  
The 19<sup>th</sup> annual Spring Team Challenge

**Website:** <http://uofcathletics.ca/calgary-spring-challenge/>

### **General Information:**

Host: University of Calgary Athletics Club  
Sanctioned By: Athletics Alberta  
Facility: Foothills Athletic Park  
2424 Crowchild Trail NW  
Calgary, Alberta  
Maximum Spike length: 7mm max. cones

### **Entries:**

Entry Deadline: Monday May 8th, 2023 at noon MST

Entry Fees:	Open (2004 & earlier)	\$20.00 per event
	U20 (2003-04)	\$20.00 per event
	U18 (2005-06)	\$20.00 per event
	U16 (2007-08)	\$20.00 per event
	U14 (2009-10)	\$10.00 per event
	U12 (2011-12)	\$10.00 per event
	U10 (2013 & later)	\$10.00 per event
	U10/U12/U14	\$60.00 if entering all events
	Relays	\$16.00 per team
	Combined Events	\$45.00

Entry Procedure: Trackie Website - [Calgary Spring Challenge Online Registration | TrackieReg](#)  
Seed times will be confirmed with AC rankings

Late Entries: At meet director's discretion, email: [matthew.lgalea@gmail.com](mailto:matthew.lgalea@gmail.com)  
Accepted late entries will be an additional \$10.00/event on Trackie

### Check-in Procedure:

NOTE: Any athlete/relay team that does not check in as below can be disqualified.

All track events: Check-in at race start line 10 minutes prior to start time

All field events: Check-in at field event 30 minutes prior to start time

Combined events: Check-in 20 minutes prior to the first event of the day, move with the group

### Awards:

- Medals will be distributed for the top 3 in each individual event.
- Additional provincial medals will be distributed for Combined Events Provincials (see Combined Events Provincials section below).
- A team challenge award will be given for each scoring member of the best team in each of these three categories:

- 1) Open
- 2) U18/U16
- 3) U14/U12/U10

**Accommodations:** Due to a large number of tournaments in Calgary this weekend, accommodations are selling out fast. We recommend you book as early as possible. Some suggestions are:

- Best Western Plus Village Park Inn: 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7
- Ramada Limited Calgary Northwest: 2363 Banff Trail NW, Calgary, AB T2M 4L2
- Comfort Inn and Suites: 2369 Banff Trail NW, Calgary, Alberta T2M 4L2

### Track Events:

	Open Men	Open Women	Non - Scoring events	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Saturday</b>										
60m									X	X
80m								X		
100m*	X	X		X	X	X	X			
300m						X	X			X
400m	X	X		X	X					
600m									X	
1200m						X	X	X		
1500m	X	X		X	X					
1500m (no water) Steeplechase						X	X			
2000m Steeplechase	X	X		X	X					
Hurdles*		100m	Hurdles*		100m	100m	80m	80m		
4x100m Relay	X	X		X	X	X	X			

	Open Men	Open Women	Non - Scoring events	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Sunday</b>										
150m								X	X	X
200m*	X	X		X	X	X	X			
600m										X
800m	X	X		X	X	X	X	X		
1000m									X	
2000m						X	X			
3000m	X	X		X	X					
Hurdles*	110m		U20 M 110m & Masters Specs**	110m						
Hurdles	400m	400m		400m	400m	200m	200m	200m		
4x200m	Mixed	Mixed		Mixed	Mixed	Mixed	Mixed			
Distance medley relay (1200m-400m-800m-1600m)	X	X		X	X	X	X			

### **Field events:**

FIELD	Open Men	Open Women	U20 Men Non-scoring	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Saturday</b>										
Pole Vault	X	X								
High Jump	X	X	X**	X	X		X			
Long Jump	X	X		X				X	X	X
Standing Long Jump										
Triple Jump										
Shot Put	X		X**	X		X				
Discus		X			X		X			
Javelin		X			X		X			
Turbo Javelin								X	X	X
Hammer	X		X**	X		X				
Para Throws	X	X		X	X	X	X			
<b>Sunday</b>										
Pole Vault										
High Jump						X		X		
Long Jump					X	X	X			
Standing Long Jump									X	X
Triple Jump	X	X		X	X	X	X			
Shot Put		X			X		X	X	X	X
Discus	X		X**	X		X				
Javelin	X		X**	X		X				
Hammer		X			X		X			

**\*U16 and older:** 100m/200m/Sprint hurdles will have heats and finals (even if there are less than 9 competitors)

**\*\*Masters and U20** athletes will compete in the open category in all events. Events with different technical specifications (hurdles and throws) will be accommodated. These events (hurdles, shotput, discus, hammer, javelin) are non-scoring and no medals will be awarded.

SPECS	Open Men	Open Women	U20 Men Non Scoring	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
Sprint Hurdles	110m/ 1.067m 9.14m	100m/ 0.84m 8.5m	110m/ 0.99m 9.14m	110m/ 0.91m 9.14m	100m/ 0.76m 8.5m	100m/ 0.84m 8.5m	80m/ 0.76m 8.0m	80m/ 0.76m 7.5m		
Long Hurdles	400m/ 0.914m	400m/ 0.76m		400m/ 0.84m	400m/ 0.76m	200m/ 0.76m	200m/ 0.76m	200m/ 0.76m		
Steeple-chase	0.91m	0.76m		0.84m	0.76m	0.76m no water	0.76m no water			
Shot Put	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg			
Javelin	800g	600g		700g	500g	600g	500g	Turbo 400g	Turbo 400g	Turbo 300g
Hammer	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg			

### Combined Events:

#### Decathlon

	1 <sup>st</sup> day	100m	Long Jump	Shot Put	High Jump	400 m	2 <sup>nd</sup> day	Hurdles	Discus	Pole Vault	Javelin	1500m
Open Men		X	X	16lb	X	X		110m 1.07m	2kg	X	800g	X
U20 Men		X	X	6kg	X	X		110m 0.99m	1.75kg	X	800g	X
Masters Men		X	X	TBD	X	X		TBD	TBD	X	TBD	X
U18 Men		X	X	5kg	X	X		110m 0.91	1.5 kg	X	700g	X

#### Heptathlon

	1 <sup>st</sup> day	Hurdles	High Jump	Shot Put	200m	2 <sup>nd</sup> day	Long Jump	Javelin	800m
Open Women		100m 0.84m	X	4kg	X		X	600g	x
U20 Women		100m 0.84m	X	4kg	X		X	600g	X
U18 Women		100m 0.76m	X	3kg	X		X	500g	X
Masters Women		TBD	X	TBD	X		X	TBD	X

### U16 Pentathlon

Boys	100m Hurdles/0.84m	Long Jump	Shot Put (4kg)	High Jump	1000m
Girls	80m Hurdles/0.76m	High Jump	Shot Put (3kg)	Long Jump	800m

### Weight Pentathlon

Masters Men	Hammer	Shot put	Discus	Javelin	Weight Throw
Masters Women	Hammer	Shot put	Discus	Javelin	Weight Throw

### U14\*

Saturday	80m or 80m Hurdles	Long Jump	Turbo Jav	1200m
Sunday	150m or 200m Hurdles	High Jump	Shot Put	800m

### U12/U10\*

Saturday	Long Jump	Turbo Jav	60m	U12-600m U10-300m
Sunday	Standing Long Jump	Shot Put	150m	U12-1000m U10-600m

NOTE: U14/U12/U10 are not included in the Combined Events Alberta Provincials. Each event entry costs \$10. The three athletes with the highest score in each age group (U14/U12/U10) totalled from both days combined will be awarded with a medal.

Points will be awarded based on place: 10-8-6-5-4-3-2-1

### **Combined Events Alberta Provincials:**

This is the Alberta Combined Events Age Group Provincials for the following age groups: Open, U20, U18, U16, Masters. Both Calgary Spring Challenge and Athletics Alberta Provincial medals will be awarded to the top three athletes in each of these Combined Events competitions.

See above for event technical specifications for each of these competitions.

### **Alberta Summer Games Trials (Zones 2, 3 & 4):**

The 2023 edition of the Calgary Spring Challenge will serve as the Zone 2 (Big Country), Zone 3 (Calgary) and Zone 4 (Parkland) trials for the Alberta Summer Games taking place on July 20-23 in Okotoks.

### **To declare:**

When you register for the Calgary Spring Challenge you will also be asked if you are declaring for the Alberta Summer Games and for which zone you are declaring for.

Additionally please ensure you enter the Calgary Spring Challenge in the age category you want to qualify in. Athletes will be provided with a coloured ribbon at the meet to indicate their zone/age.

There are 44 spots available for the Zone 2 team, 44 spots available for the Zone 3 team and 44 spots available for the Zone 4 team. This consists of 20 U16 and 20 U18 athletes for each zone.

If there are "surplus" athletes from other zones in the event Zone 2 does not fill itself, they may be eligible for Zone 2 selection. Two per event generally per zone.

The Zone 2 Team will be declared by Saturday, May 20th.

The Zone 3 Team will be declared by the end of May (after high school divisionals).

If you have any questions about Alberta Summer Games, please direct them to:

- The head coach of Zone 2: Travis Cummings, [cochraneenduranceproject@gmail.com](mailto:cochraneenduranceproject@gmail.com)
- The head coach of Zone 3: Lyndsey Clapperton, [Lyndseyanne44@gmail.com](mailto:Lyndseyanne44@gmail.com)
- The head coach of Zone 4: Max Legault, [maximus.legault@gmail.com](mailto:maximus.legault@gmail.com)

### **Food:**

There will be a food truck on-site for athletes and spectators. Volunteers/Officials/Coaches will be provided a ticket for a complimentary lunch. Complimentary lunch will not be provided without a lunch ticket. In an effort to be more environmentally-friendly we encourage you to bring a re-useable water bottle as there is a fountain on site.

### **Medical:**

We will have a registered massage therapist on site, Simon-Daniel Jolicoeur. There will also be an athletic therapist on-site for the duration of the meet, Melissa Petryna.

# Calgary Spring Challenge

## Rules

1. Clubs designate a roster of athletes to score for their team.
  - a. Roster size: minimum of 5 athletes and a maximum of 10 athletes.
  - b. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
  - c. Athletes must be registered with their Provincial Association and the club they are representing.
  - d. Teams can have any mix of male and female athletes.
  - e. Relays will not count towards team score.
2. Athletes can score in as many events as they wish. Non-scoring competitors will not be removed from the results for scoring purposes.
3. Athletes can only score in one age category
4. Scoring will be based on final placing in the event: 10-8-6-5-4-3-2-1.
5. Champions will be determined in the following 3 categories:
  - 1) Open
  - 2) U18/U16
  - 3) U14/U12/U10
6. Scoring team members of the winning teams will receive the TEAM CHALLENGE AWARD.

## Past Winners of Spring Team Challenge

Year	Open	U18/U16	U14/U12/U10
2022	UCAC	CALTAF	CALTAF
2021	UCAC	Red Deer Titans	Not awarded
2020	Canceled due to pandemic		
2019	UCAC	CALTAF	CALTAF
2018	UCAC	CALTAF	CALTAF
2017	UCAC	Edmonton Harriers	CALTAF
2016	UCAC	CALTAF	CALTAF
2015	UCAC	Airdrie Aces	CALTAF
2014	UCAC	CALTAF	Edmonton Columbians
2013	UCAC	CALTAF	Edmonton Columbians
2012	UCAC	CALTAF	Edmonton Columbians
2011	UCAC	CALTAF	Edmonton Harriers
2010	UCAC	CALTAF	Calgary Spartans
2009	UCAC	CALTAF	Calgary Spartans
2008	UCAC	CALTAF	Calgary Spartans
2007	Calgary International	CALTAF	Leduc
2006	Calgary International	Not awarded	Not awarded
2005	UCAC	Not awarded	Not awarded
2004	UCAC	Not awarded	Not awarded