

# Edmonton Columbians Spring Challenge

Saturday, May 4, 2024

## Track Schedule

<b>10:00</b>	3000m	Male U16
<b>10:20</b>	60m	U10 ME
	80m	U12 ME
	100m	U14 ME
<b>10:30</b>	100m Prelims	Female U16/U18/U20/Sen/Mast Male U16/U18/U20/Sen/Mast
<b>11:00</b>	1500m Racewalk	Female U16/Mast, Male Mast (1 race)

### LUNCH BREAK

<b>1:00</b>	400m Hurdles	Female U18
<b>1:10</b>	800m	Female U16/U20/Mast (1 race) Male U16/Mast (1 race)
<b>1:15</b>	100m Finals	
<b>2:00</b>	600m	U10/U12/U14 ME

# Saturday Field Schedule

**Warm-up starts 20 minutes before event time.**

## **Ball Throw (soccer field)**

**9:00** U10/U12 Male  
U10/U12 Female

## **Pole Vault**

**1:00** Male and Female: U18/U20/Sen

## **Javelin Throw**

**9:00** U14 Female  
**10:00** U14 Male  
**11:00** Male: U16/U20/Sen/Mast  
**1:35** Female: U16/U18/U20/Mast

## **Hammer Throw**

**10:00** Female:U16/U18/U20/Masters  
**1:35** Male:U16/U18/U20/Sen/Masters

## **Long Jump (Pit #1)**

**9:30** U10/U12 Female ME  
**11:00** Male: U16/U18/U20  
**1:00** Male: U14 ME  
**2:00** Female:U16/U18/U20/Mast

## **Long Jump (Pit #2)**

**9:30** U10/U12 Male ME  
**1:00** U14 Female ME

# Edmonton Columbians Spring Challenge

Sunday, May 5, 2024

## Track Schedule

<b>10:00</b>	150m ME	U10 (Female, then Male) U12 (Female, then Male) U14 (Female, then Male)
<b>10:30</b>	Short Hurdles Preliminaries	Female U16: 80mH, 30" Male U16: 100mH, 33" Female U18: 100mH, 30" Female U20: 100mH, 33"
<b>10:45</b>	1200m	Female U16 Male U16
<b>11:00</b>	1500m	Female U20
<b>11:15</b>	200m Prelims	Female: U16, U18, U20, Sen Male: U16, U18, U20, Sen, Mast

### LUNCH BREAK

<b>1:00</b>	Short Hurdles Finals	Female U16: 80mH, 30" Male U16: 100mH, 33" Female U18: 100mH, 30" Female U20: 100mH, 33"
<b>1:15</b>	300m ME	U10 (Female, then Male) U12 (Female, then Male) U14 (Female, then Male)
<b>1:30</b>	400m	Female: U18, U20, Sen Male: U20, Sen
<b>1:45</b>	200m Finals	Female: U16, U18, U20, Sen Male: U16, U18, U20, Sen, Mast

# Sunday Field Schedule

**Warm-up starts 20 minutes before event time.**

## High Jump #1 (blue mat)

**9:00** U12 Male ME

**10:30** U14 Male ME

## Lunch

**1:00** Female:U16/Mast

**2:30** Male:U16/U20/Sen/Mast

## High Jump #2 (pink mat)

**9:00** U12 Female ME

**10:30** U14 Female ME

## Discus

**9:30** Female:U16/U18/U20/Sen/Mast

**11:00** Male:U16/U18/U20/Mast

## Standing Long Jump

(near 100m start line)

**9:00** U10 Male and Female ME

## Shot Put (Circle #1)

**9:00** U14 Male ME

**10:20** U10 Male ME

**10:50** U12 Male ME

**1:00**

Male: U16, U18, U20, Mast

**2:30**

U16/U18/U20/Mast

## Shot Put (Circle #2)

**9:00** U14 Female ME

**10:20** U10 Female ME

**10:50** U12 Female ME

## Triple Jump

**9:30** Female: U16/U20/Mast