



2025 Dinos High School Track & Field Challenge



Host: University of Calgary Track & Field
Sanctioned by Alberta Schools Athletic Association

When: **RED:** Saturday, May 3rd, 2025 9:00 am – 7:00 pm Foothills Track
GOLD: Wednesday, May 7th, 2025 4:00 pm – 9:00 pm Foothills Track

Where: Foothills Athletic Park
2424 Crowchild Trail NW Calgary, Alberta

Entries: **Trackie.reg** – Teams can use trackie.reg to register for the meets
Online Registration: [Trackie](#)
[Red Meet](#) TrackieReg.com/2025-dinoshsred
[Gold Meet](#) TrackieReg.com/2025-dinoshsgold
Payment Online Only by VISA/MASTERCARD

Entry Fee: \$8.00 per Athlete per event Relays: \$8.00 per Team
Maximum Entry Fee per Meet: \$600 (+Processing Fee)

Entry/Scratch Deadline: RED - Due by Monday, April 28th at 11:00 pm
GOLD - Due by Friday, May 2nd at 11:00 pm

*Changes/Scratches can be made directly on the Trackie account up until the scratch deadline
*NO Entries will be taken after the Scratch Deadline

Entry Limits: Schools will be **LIMITED** to enter a **MAX** of **EIGHT (8)** athletes per (Event - Age Category – Gender). Example: 400m Senior 8M 8F | 400m Intermediate 8M 8F | 400m Junior 8M 8F = MAX
***100m and 200m will be limited to 6M and 6F**

Each athlete is limited to 3 Events!

Inquiries: matt.deans@ucalgary.ca

Schedule and Entry Lists will be posted at: <https://calgarytrackcouncil.com/>
Under: Meets and Races – Outdoor.

Officials: University of Calgary will provide the Head Official for each event. Photo timing will be provided for all running events.

Volunteers: Participating schools may be required to provide volunteers to assist with officiating

Age Categories:

Senior: Under 19 before September 1st, 2024
Intermediate: Under 17 before September 1st, 2024
Junior: Under 16 before September 1st, 2024

Athletes will compete in their age category. Categories may be combined at Meet Director's discretion.

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Tentative Schedule

Meet	Red	Gold
Date	Saturday, May 3 rd	Wednesday, May 7 th
Time	9:00am – 7:00pm	4:00pm – 9:00pm
E V E N T S	TRACK	
	Sprint Hurdles (80/100)	200m
	100m	1500m
	400m	
	800m	
	3000m	
	FIELD	
	ALL Girls High Jump ALL Girls Long Jump	ALL Women's Triple Jump ALL Men's Triple Jump
	ALL Men's High Jump ALL Men's Long Jump	Int Women's Shot Put Int Men's Shotput
	ALL Women's Discus Int Men's Discus	Jr & Sr Men's Discus
	ALL Girls Pole Vault ALL Men's Pole Vault	Jr & Sr Women's Javelin
	ALL Men's Javelin Int Women's Javelin	
	Jr & Sr Men's Shot Put Jr & Sr Women's Shot Put	
Times are approximate, and Final Schedule may vary depending on the number of entries		

***No Longer Offering the Pentathlon, 300mH, or Relays**

Specifications

	Distance	Hurdles	Shot Put	Discus	Javelin
Junior Girls	80m	76cm (30")	3kg	1kg	500g
Intermediate Girls	80m	76cm (30")	3kg	1kg	500g
Senior Girls	80m	84cm (33")	4kg	1kg	600g
Junior Boys	100m	84cm (33")	5kg	1.5kg	700g
Intermediate Boys	100m	84cm (33")	5kg	1.5kg	700g
Senior Boys	100m	91cm (36")	6kg	1.75kg	800g

Starting Heights

	High Jump	Pole Vault
Junior Girls	1.25m	1.35m
Intermediate Girls	1.30m	1.50m
Senior Girls	1.35m	1.65m
Junior Boys	1.35m	1.95m
Intermediate Boys	1.40m	2.10m
Senior Boys	1.45m	2.25m
	Increments of 5 cm	Increments of 15 cm

Sponsor: Strides Running Store will be Sponsoring our Dinos Spring Challenge meets.

Strides Spike Lending Program: Strides will provide spikes for athletes to borrow for their race.

Process:

- Student ID cards will be required to borrow a pair of spikes. If an athlete is interested in borrowing spikes for their race, please have them go to the Strides tent and provide their Student ID card in exchange for a pair of spikes.
- The size and number of spikes are limited. To allow as many athletes as possible to borrow spikes, they are expected to be returned promptly after the race and not held onto for the day.
- Student ID cards will be returned when spikes are dropped off.
- The number of spikes that will be available to borrow have almost doubled from last year

Contact Info: If your school is interested in the Strides spikes lending program, please send your head coach's name and contact information to matt.deans@ucalgary.ca.