



# Edmonton Columbians Spring Challenge

**May 3-4, 2025**

## 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)
- 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  
[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 Monday, April 28, 2025**
- Late Entries may be accepted (additional \$10/event fee if approved)
- Scratch Deadline: 11:59 p.m. on Tuesday, April 29, 2025. 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 April 30, 2025

## Entry Fees

Individual Events: \$30 per event

U14 Multi-Event: \$45 per day (Tetrathlon)

U10-U12 Multi-Event: \$35 per day (Triathlon)

## Age Categories

U10 – Born in 2016 or later

U18 – Born in 2008 or 2009

Sr - Born in 2005 or earlier

U12 – Born in 2014 or 2015

U20 – Born in 2006 or 2007

Masters – age 35+

U14 – Born in 2012 or 2013

U16 – Born in 2010 or 2011

## U10, U12, & U14 Multi-Event format

U10: Saturday - 60m, Long Jump, 300m

Sunday - 150m, Shot Put, 600m

U12 Saturday - 80m, Long Jump, 300m

Sunday - 150m, Shot Put, 600m

U14 Saturday - 100m, Long Jump, Discus, 300m

Sunday - 200m, High Jump, Shot Put, 800m

## Modified Rules for U10, U12, U14

**Long Jump:** U10 and U12 athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. U14 will use a regular take off board. For the competition, all jumpers will have 3 attempts.

**High Jump:** U14 - Starting height of 0.90m, increments of 10cm until a height of 1.10m, increments of 5cm thereafter until 3 remain.

**Throws:** Each competitor will receive 3 attempts for all throwing events.

**Exhibition Hammer Throw for U14** - will only receive 3 throws

**Scoring:** U10-U14 Multi-Events are calculated with the Alberta Youth Scoring Table,  
<https://www.ellistiming.ca/AlbertaYouthScoringTables/index.html>

## Awards

Once results have been posted:

U16 and up - Top 3 in each event will receive a medal.

U10, U12 and U14 - Top 3 total point scorers each day will receive a medal. Top 8 in each event will receive a placement ribbon



## Athletics Alberta Outdoor Throws Specifications

| Females   |        |        |         | Age Group      | Males   |        |        |         |
|---|--------|--------|---------|----------------|---|--------|--------|---------|
| Shot Put  | Discus | Hammer | Javelin |                | Shot Put  | Discus | Hammer | Javelin |
| 2kg   |        |        | 200g    | <b>U10</b>     | 2kg   |        |        | 200g    |
| 2kg   | 750g   |        | 300g    | <b>U12</b>     | 2kg   | 750g   |        | 300g    |
| 3kg   | 750g   |        | 400g    | <b>U14</b>     | 3kg   | 750g   |        | 400g    |
| 3kg   | 1kg    | 3kg    | 500g    | <b>U16</b>     | 4kg   | 1kg    | 4kg    | 600g    |
| 3kg   | 1kg    | 3kg    | 500g    | <b>U18</b>     | 5kg   | 1.5kg  | 5kg    | 700g    |
| 4kg   | 1kg    | 4kg    | 600g    | <b>U20</b>     | 6kg   | 1.75kg | 6kg    | 800g    |
| 4kg   | 1kg    | 4kg    | 600g    | <b>Senior</b>  | 7.26kg  | 2kg    | 7.26kg | 800g    |
| WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> ) |        |        |         | <b>Masters</b> | WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> ) |        |        |         |

## Athletics Alberta Outdoor Hurdle and Steeple Specifications

| Distance  | Hurdles | Height   | H1  | Btw  | Age Group      | Distance  | Hurdles | Height    | H1     | Btw   |
|---|---------|----------|-----|------|----------------|---|---------|-----------|--------|-------|
| 60m   | 5       | .60m/24" | 12m | 7m   | <b>U10</b>     | 60m   | 5       | .60m/24"  | 12m    | 7m    |
| 60m   | 5       | .68m/27" | 12m | 7.5m | <b>U12</b>     | 60m   | 5       | .68m/27"  | 12m    | 7.5m  |
| 80m   | 8       | .76m/30" | 12m | 8m   | <b>U14</b>     | 80m   | 8       | .76m/30"  | 12m    | 8m    |
| 80m   | 8       | .76m/30" | 12m | 8m   | <b>U16</b>     | 100m  | 10      | .84m/33"  | 13m    | 8.5m  |
| 100m  | 10      | .76m/30" | 13m | 8.5m | <b>U18</b>     | 110m  | 10      | .91m/36"  | 13.72m | 9.14m |
| 100m  | 10      | .84m/33" | 13m | 8.5m | <b>U20</b>     | 110m  | 10      | .99m/39"  | 13.72m | 9.14m |
| 100m  | 10      | .84m/33" | 13m | 8.5m | <b>Senior</b>  | 110m  | 10      | 1.07m/42" | 13.72m | 9.14m |
| 200m  | 5       | .76m/30" | 20m | 35m  | <b>U14</b>     | 200m  | 5       | .76m/30"  | 20m    | 35m   |
| 200m  | 5       | .76m/30" | 20m | 35m  | <b>U16</b>     | 200m  | 5       | .76m/30"  | 20m    | 35m   |
| 400m  | 10      | .76m/30" | 45m | 35m  | <b>U18</b>     | 400m  | 10      | .84m/33"  | 45m    | 35m   |
| 400m  | 10      | .76m/30" | 45m | 35m  | <b>U20</b>     | 400m  | 10      | .91m/36"  | 45m    | 35m   |
| 400m  | 10      | .76m/30" | 45m | 35m  | <b>Senior</b>  | 400m  | 10      | .91m/36"  | 45m    | 35m   |
| 1500m   |         | .76m/30" |     |      | <b>U16</b>     | 1500m   |         |           |        |       |
| 2000m   |         | .76m/30" |     |      | <b>U18</b>     | 2000m   |         |           |        |       |
| 3000m   |         | .76m/30" |     |      | <b>U20</b>     | 3000m   |         |           |        |       |
| 3000m   |         | .76m/30" |     |      | <b>Senior</b>  | 3000m   |         |           |        |       |
| WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> ) |         |          |     |      | <b>Masters</b> | WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> ) |         |           |        |       |

## 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. U10-U14 wear numbers on the front for **all** events, including laned track events
- e. 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, and receive their hip number. When checking in, please have your bib number on. Report to the Start Line Marshal, 10 minutes before scheduled start time at the 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

\*All session start times are approximate and may change once final entry numbers are known

## SATURDAY

Start Time 9:00 AM

### TRACK

60m/80m/100m (ME)

100m Prelims

1500m

1500m RW

### LUNCH

400m

300m (ME)

100m Finals

### FIELD

Javelin

Discus

Long Jump

Pole Vault

## SUNDAY

Start Time 9:00 AM

### TRACK

Short Hurdles Prelims

150m (ME)

200m (ME)

200m Prelims

### LUNCH

400mH

Short Hurdles Finals

200m Finals

600m (ME)

800m (ME)

800m

### FIELD

Shot Put

Hammer

High Jump

Triple Jump