



**St Albert Challenge**  
**May 23-25, 2025**  
**Technical Package**  
~ Sanctioned By Athletics Alberta ~



### Location and Facilities

**Location:** Fowler Athletic Park: 61 Sir Winston Churchill Avenue, St. Albert, Alberta

**Parking:** West of Fowler Athletic Field, Sir Alexander Mackenzie School and Fowler School

**Facility Specs:** 8 lane 400m track, Plexitrac latex all-weather track and runways

**Throwing Circles:** concrete circles, aluminum cantilevered throwing cage with nylon netting

**Photo Timing System:** FinishLynx, Hy-Tek results, and wind gauges

### Meet Enquiries

**Meet Director:** Denise Watson

**Meet Entry Chairperson and Competition Secretary:** Vernon Schmid: [vernon@ellistiming.ca](mailto:vernon@ellistiming.ca)

**Questions or inquiries about the meet:** stalbertchallenge@gmail.com

### Registration

Registration will be available on trackie at : May 10, 2025 at 6:00pm

**Registration deadline** is: May 20, 2025 at 12:00pm

Registration packages will be available for pick-up at the Registration Desk located at the entry to the park 1 hour before the start of the meet.

Payment online through Trackie needs to be confirmed before the package will be released.

**COACHES REGISTRATION:** Coaches registration will be available on Trackie. Coaches who register will receive a coaches wristband for a free lunch on both days of competition.

### Eligibility

All athletes must be registered members of Athletics Alberta as of the entry deadline, no exceptions.

Out-of-province athletes must be registered with their respective Provincial Athletics Association.

### Age Categories

U10 - 9 and under (2016 & later)

U12 - 11 and under (2014, 2015)

U14 - 13 and under (2012, 2013)

U16 - 15 and under (2010, 2011)

U18 - 17 and under (2008, 2009)

Open - 2007 and later  
(masters 35+ included)

## Entry Fees

\*payable online via trackie during the registration process

Individual events	\$30 for the first event \$25 for each additional
U10 Triathlon	\$30 per day
U12 Tetrathlon	\$40 per day
U14 Individual Events	\$15 for the first event \$12 for each additional \$15 for Exhibition Events
Relays	\$20 per relay team
<b>LATE ENTRIES</b>	<b>Fees will be doubled after the entry deadline</b>

## Entry Deadline and Process

**ENTRIES DEADLINE: May 20, 2025 at 12:00pm**

**SCRATCH/ LATE DEADLINE:** May 22 at 12:00pm -late entries will only be permitted if there is room in heats - they will be charged DOUBLE the entry fee

NO ENTRIES ACCEPTED AFTER: May 22 at 12:00pm

**\*\*Scratches will not be Refunded\*\***

Meet Schedule will be available on – Trackie, Athletics Alberta, Ellis Timing

Final Schedule Available: May 22, 2025

## Events Offered

**\*\* indicates exhibition Events\*\***

	Friday	Saturday	Sunday
<b>U10</b>		Ball Throw 60m timed final Standing Long Jump 4x100m Relay	Turbo Javelin Long Jump 300m timed final Medley Relay (100-50-50-200)
<b>U12</b>		Shot Put 60m timed final Long Jump 300m timed final 4x100m Relay	150m timed final Turbo Javelin Standing long jump 600m Medley Relay (200-100-100-400)
<b>U14</b>	Pole Vault** Hammer**	80mH** timed final 300m - timed final 1000m Shot Put High Jump 4x100m Relay	200mH** timed final, 150m timed final, 800m Long Jump, Discus Medley Relay (200-100-100-400)
<b>U16</b>	Hammer Throw Pole Vault	Racewalk 1500m Steeplechase 80MH (W) 100mH (M) Heats & finals 100m Heats & Finals	Racewalk 2000m 200m heats & finals 200H - timed finals, 800m

		300m timed finals, 1200m High Jump Triple Jump Shot Put 4x100m Relay	Long Jump Javelin Discus Medley Relay (400-200-200-800)
<b>U18</b>	Hammer Throw Pole Vault	2000m Steeplechase, 80MH (W) 100mH (M) Heats & Finals 100m Heats & Finals 400m timed finals, High Jump Triple Jump Shot Put 4x100m Relay	Racewalk, 3000m 200m heats & finals 400H - timed finals 800m, Long Jump Javelin Discus 4x400m Relay
<b>Open</b>	Pole Vault	3000m Steeplechase 80MH (W) 100mH (M) 100m Heats & Finals 400m timed finals 1500m High Jump Triple Jump Discus 4x100m Relay	Racewalk, 5000m 200m heats & finals 400H - timed finals, 800m Long Jump, Javelin, Open Hammer, Shot Put 4x400m Relay
<b>Para, Para Ambulatory</b>		100m timed finals	200m timed finals

### MULTIPLE EVENTS For U10 and U12 - Awards, Modifications, Specifications

Scores will be kept for Multiple Events:

1st place in each event gets 10 points, 2nd 9 points, 3rd 8 points, etc. down to 10th and below who get 1 point.

Points from the day's events will be totaled and medals given to top 3 athletes overall.

Athletes may miss or "scratch" an event and continue the competition; however they will not be considered for overall points

#### **Modified Rules for U10 and U12 Long Jump:**

U10 and U12 will have 1m take-off area and the official will judge the take-off spot accordingly and measure. For the competition, all jumpers will have 3 attempts.

Standing Long Jump: Jump is done with feet together, no steps allowed.

Field Events: each athlete will receive 3 attempts (Long, Shot, Turbo Jav, Standing Long Jump)

### High Jump Specifications and Starting Heights

U14 High Jump: Three successive failures will eliminate the jumper from further competition. Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

U16 High Jump: Three successive failures will eliminate the jumper from further competition. Girls: Starting Height 1.00m, increments of 10cm until a height of 1.30m, increments of 5cm thereafter.

Boys: Starting Height: 1.10m, increments of 10cm until a height of 1.40m, increments of 5cm thereafter

U18 and up High Jump: Three successive failures will eliminate the jumper from further competition. Women: Starting Height 1.20m, increments of 10cm until a height of 1.40m, increments of 5cm thereafter.

Men: Starting Height: 1.30m, increments of 10cm until a height of 1.50m, increments of 5cm

thereafter

## Awards

Medals will be awarded to the top three finishers U14-Open.  
Ribbons for the top 10 in the U10, and U12 categories for all events  
Medals will be awarded for U10-U12 overall for each day.  
Certificates will be given to U10-U12 for each day.

## Timing

Results will be posted during the meet on the wall behind the stands, and will be available online at:

[www.ellistiming.ca](http://www.ellistiming.ca)

\*\*if you are having difficulties loading live results please clear your cookies etc.

## Athlete Services and Information

**Washrooms:** Porta potties are available on-site at the main entrance to the facilities

**First Aid** will be available on site in the middle garage

**Therapy Services:**

· Will be available on site

## General Rules

1. **MARSHALLING** takes place on the Speed Track. Athletes who do not present themselves in the Marshalling area as required will not be eligible to compete in the race. Athletes will remain within the marshalling area until the start of the race.
  - a. **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.
  - b. **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
2. The **competition numbers** must be worn on the back for events run entirely in lanes (60m to 400m). Athletes in horizontal jump events must wear numbers on front; for other field events, athletes may wear numbers either on front or on back. Please ensure that singlets/ uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.
  - a. Numbers must be worn on the front for all track events not finishing in lanes (including the final runners on medley relay teams).
  - b. For U10, U12 and U14 athletes, competition numbers must be worn on the front for all events.
  - c. Hip numbers must be clearly visible on the athletes' right-side hip.
3. All **seed times** must be accurate; all non-verified seed times will be given a NT (no time). Repeat violations will translate into penalties against the coach and club. Athletics Alberta "Rules of Illegitimate Seed Times" will be followed. (Please see [www.athleticsalberta.com/hosting-and-sanctioning](http://www.athleticsalberta.com/hosting-and-sanctioning), especially the details provided on [www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf](http://www.athleticsalberta.com/app/uploads/2015/11/AA-seed-performance-policy-Updated-Feb-2015.pdf).) If coaches submit an erroneous seed performance or one that cannot be verified, the athlete will

instead have an “NT” (or equivalent for field event).

4. **Starting blocks** are mandatory for all athletes U16 and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10, U12, nor U14 events. \*\* Athletes with a medical condition may apply not to use starting blocks 1 week prior to competition. Please email the Meet Director & AA Technical Manager
5. **Throwing implements** will be provided. No personal implements will be permitted unless by approval of officials at the event.
6. **Pole Vault** equipment not suitable for jumpers over 4m, as mats and standards are novice in size.
7. **Spikes** are to be no longer than 7mm in length. Only Pins, Needles or pyramid type spikes will be allowed. No Christmas tree spikes will be permitted.
8. **Scratches** during the competition are to be submitted at the registration area, near the 100m start line.
9. **Athletes competing in heats who do not intend to compete in the final** must inform the Results Desk before the 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 the field for coaches, athletes** (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.
11. U10, U12, and U14 athletes who miss an event will be allowed to continue in the competition .However, they will not be considered for overall points.
12. U14 exhibition hammer throw will only have 3 attempts.
13. **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).
14. **Age groups may be combined** in the schedule if there are less than 3 people in an age category and technical specifications can be adjusted within the event between participants (i.e., hurdles races may be combined, but steeplechase will not be. Field events may be combined, but athletes will use appropriate implements etc))

## Technical Specifications

Below is from <https://www.athleticsalberta.com/officials/>.

Maste

rs specifications are at <http://www.world-masters-athletics.org/rules/appendix.pdf>

### Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg		300g		U10**	2kg		300g	
2kg	750g	400g		U12**	2kg	750g	400g	
3kg	750g	400g		U14**	3kg	750g	400g	
3kg	1kg	500g	3kg	U16	4kg	1kg	600g	4kg
3kg	1kg	500g	3kg	U18	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	U20	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Senior	7.26kg	2kg	800g	7.26kg
World Masters Athletics website ( <a href="#">click here</a> )				Master	World Masters Athletics website ( <a href="#">click here</a> )			

\* Turbo Javelin or Ball Throw will be used for U10 instead of Javelin

\*\* Ball throw and Turbo Javs are acceptable for U12 and U14

### Athletics Alberta Outdoor Hurdles/Steeple Specifications

Females					Age Group	Males				
Distance	Number	Height	To the 1st	Between		Distance	Number	Height	To the 1st	Between
60m	5	.45m*	12.00m	7.00m	U12	60m	5	.45m*	12.00m	7.00m
80m	8	.60m**	12.00m	7.50m	U14	80m	8	.60m**	12.00m	7.50m
80m	8	.76m/30"	12.00m	8.00m	U16	100m	10	.84m/33"	13.00m	8.50m
100m	10	.76m/30"	13.00m	8.50m	U18	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	U20	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13.00m	8.50m	Senior	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.60m**	20m	35m	U14	200m	5	.60m**	20m	35m
200m	5	.76m/30"	20m	35m	U16	200m	5	.76m/30"	20m	35m
400m	10	.76m/30"	45m	35m	U18	400m	10	.84m/33"	45m	35m
400m	10	.76m/30"	45m	35m	U20	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	Senior	400m	10	.91m/36"	45m	35m
1500m		.76m/30"			U16	1500m		.76m/30"		
2000m		.76m/30"			U18	2000m		.84m/33"		
3000m		.76m/30"			U20	3000m		.91m/36"		
3000m		.76m/30"			Senior	3000m		.91m/36"		
World Masters Athletics website ( <a href="#">click here</a> )					Master	World Masters Athletics website ( <a href="#">click here</a> )				

\*U12 hurdle heights can range from .45m/18"- .60m/24".

\*\*U14 hurdle heights can range from .60m/24"- .76m/30".

+ There is no water barrier for U16, race starts at 1500m start and barriers begin after 300m.

## Sponsorship

### Meet Sponsor: Kaltire

Join our generous meet sponsor, KalTire, for a BBQ!



## Additional Information

Concession for pop, gatorade, chips, granola bars, freezies and other snacks.

Washroom facilities available: Porta Potties at the South End of the Track.

## Tentative Order of Events - Track

### Friday (first age group begins at 5:30)

Pole Vault (U14-Open)

Hammer Throw (U14 - Open)

Saturday - 8:30am start	Sunday - 8:30am start
<p>Racewalk - TBD</p> <p>Steeplechase</p> <ul style="list-style-type: none"><li>- 1500m - u16</li><li>- 2000m - u18</li><li>- 3000m - open</li></ul> <p>80mH - u14 timed finals</p> <p>80mH - heats - u16 W</p> <p>100mH - heats - u16 M, U16 W, Open W</p> <p>110mH - heats - U18 M, Open M</p> <p>BREAK - 15 min</p> <p>1000m - u14</p> <p>1200m - u16</p> <p>1500m - open</p> <p>80mH - Finals - u16 W</p> <p>100mH - Finals- u16 M, U16 W, Open W</p> <p>110mH - Finals - U18 M, Open M</p> <p>LUNCH - 30 min</p> <p>60m - timed finals - u10</p>	<p>Racewalk - TBD</p> <p>5000m - open</p> <p>3000m - u18</p> <p>2000m - u16</p> <p>BREAK 15 min</p> <p>150m timed finals - u12, u14</p> <p>200m timed finals - para, para ambulatory</p> <p>200m heats - u16, u18, u20</p> <p>LUNCH 30 min</p> <p>200mH - u14, u16</p> <p>400mH - u18, open</p> <p>600m - u10, u12</p> <p>800m - u16, u18, open</p> <p>BREAK 15 min</p> <p>200m Finals - u16, u18, open</p>

80m - timed finals - u12 100m - timed finals - u14 100m - timed finals - para, para-ambulatory 100m - heats - u16, u18, open  <b>BREAK 15 min</b>  300m - timed finals - u14, u16 400m - timed finals - u18, open  100m - finals - u16, u18, open  4x100m Relays	Medley Relays - u10, u12, u14, u16  4x400m Relay - u18, open
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### Tentative Order of Events - Field

<b>Saturday</b> (u10 SLJ - 9:00am / 10:00am) *u16 and up are the regular circle U14 and under may use both				<b>Sunday</b> Stand LJ U12 - 9:00 (g), 10:00 (b) Turbo Jav U12 - 11:40(g) / 12:30(b)		
TJ (pit 1)	LJ (pit 2)	HJ (2pits)	Shot (2)	LJ (2 pits)	Jav	Disc/Hammer
U12 Boys LJ	U12 Boys	U14 Girls	U10 G (Wood)	U14 girls Both pits	U16/18/open Women	
U16 boys		U14 Boys	U16 M (circle)	U16 Men Pit 1	U16/18/Open Men	
U12 Girls LJ	U12 Girls	U16 W (B)	U10 B (wood)	U10 Girls (pit 2)		Open Women's Hammer
U16 Women		U18 Men (R) U16 M (B)	U16 W (Circle)	U10 Boys (pit 2)		Open Men's Hammer
U18/Open M		U18/Open W (red) U16 W (B)	U12 Boys (both)	LUNCH		U16/18/open Women
U18/Open W			U14 Girls (both)	U16 W (both Pits)		U16/18/Open Men
			U14 Boys	U18/Open W (pit 1)		U14 Girls
			U18/Open W (circle)	U18/Open M (pit 2)		U14 Boys
			U18/Open W (circle)			

## Tech Package Cheat Sheet

**Registration deadline** is: May 20, 2025 at 12:00pm

U16, U18, Open, Masters - Individual Events  
 \$30 for the first event  
 \$25 for each additional  
 \$20 per relay team

Friday	Saturday	Sunday
Hammer Pole Vault	Steeplechase 80/100/110 Hurdles 100m 1000/1200/1500m 300/400m 4x100m Relay HJ Triple Jump Shot Put	Racewalk 5000/3000/2000m 150/200m 200/400mH 800m Relays Long Jump Javelin Discus Hammer Open W/M



U10 - Multi Events Triathlon \$30 per day \$20 per relay	U 12 - Multi-Events Tetrathlon \$40 per day \$20 per relay	U 14 - <u>Individual</u> Events (4 events offered/day) \$15 for the first event \$12 for each additional \$15 for Exhibition Events** \$20 per relay
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Saturday		Saturday		Saturday	
Sunday		Sunday		Sunday	
Standing LJ Shot 60m	Turbo Jav Long Jump 600m	Shot Long Jump 60m 300m	150m Turbo Jav Standing LJ 600m	80mH** 300m 1000m Shot HJ	200mH** 150m 800m Long Jump Discus
4x100m	Medley	4x100m	Medley	4x100m	Medley