



2025 Sherwood Park Track Classic

2025 U16, U18, U20, Senior, & Master Provincial Championships

July 4-6, 2025 ▪ Strathcona Athletic Park, Sherwood Park

Hosted By:

The Sherwood Park Track Classic Organizing Committee

Which is comprised of members from the community of Sherwood Park and Capital City Track Club.

Sanctioned by: Athletics Alberta

Location & Facility

Location:	Strathcona Athletic Park 1100 Clover Bar Road, Sherwood Park, AB <i>(Site of the 2007 Western Canada Summer Games and the 2026 Alberta Summer Games; Adjacent to Bev Facey Community High School)</i>
Facility Specs:	8 lane Versaturf track (recommended maximum spike length is 7mm for track); Versaturf runways for all jumps and javelin; Cement circles for shot put, discus, & hammer
Photo Timing System:	Finish Lynx

Meet Enquiries

If you have any questions or inquiries to the Sherwood Park Track Classic, please contact Ciera Wolf (780) 278-1674, ciera.wolf@gmail.com or Rob Fisher at (780) 975-2847, robfisher004@gmail.com

Local Hotels

- There are many local options for hotels, please see our website for more information.
www.capitalcitytrackclub.ca

Registration Package

Registration packages will be available at the Technical Information Centre beginning at 3:00pm on Friday, July 4th, 2025.

Entry Deadline

- Entries must be received by **Sunday, June 29th at 12:00pm (noon)**.
- Entries submitted after Sunday June 29th will be charged double.
- Scratches after **Tuesday, July 1st at 12:00pm (noon)** will still be charged.
- Entries outside of the Trackie Reg system for Canadian competitors will not be accepted.

Entry Fees

Athlete Registration	Fee:	\$5.00
Individual Events	Entry Fee:	\$30.00
U14	Entry Fee:	\$20.00 per event
U10 & U12	Entry Fee:	\$15.00 per event
Relays	Entry Fee:	\$40.00 Per Team

- ▶ Trackie Reg is the only method of entry: <https://www.trackie.com/event/2025SPTC>
- ▶ **All seeds must be verifiable in the Athletics Canada or World Athletics rankings for championship events and the HOC reserves the right to adjust seeds, including issuing no seed, for athletes without verifiable performances.**
- ▶ Payment of entry fees must be made before competition numbers will be released.
- ▶ **Final Meet Schedule will be available on the Capital City Track Club website by Wednesday July 2nd, 2025.**

Eligibility

- ▶ All athletes entering the Alberta Provincial Championships must be registered members of Athletics Alberta.
- ▶ Out of province athletes must be registered with their respective Provincial Athletics Association.
- ▶ Day of the Meet membership is not available, please contact Athletics Alberta for more information on membership options.

Age categories offered:

U10 – born 2016 or later, *U12* – born 2014-2015, *U14* – born 2012-2013, *U16* – born 2010-2011, *U18* – born 2008-2009, *U20* – born 2006-2007, *Senior* – born 1991-2005, *Masters* – Born 1990 or earlier (age calculated day of the meet)

U10, U12, & U14 Multi event format:

Boys and Girls U10 Saturday: 60m, Long Jump, 150m
Boys and Girls U10 Sunday: 100m, Shot Put, 600m
Boys and Girls U12 Saturday: 60m, Long Jump, Shot Put, 150m
Boys and Girls U12 Sunday: 100m, High Jump, Discus Throw, 600m
Boys and Girls U14 Saturday: 80m, High Jump, Discus Throw, 80m Hurdles (27")
Boys and Girls U14 Sunday: 100m, Long Jump, Shot Put, 600m

Modified Rules for U10 & U12 Long Jump

U10 & 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.

Modified Rules for U12 & U14 High Jump

Three successive failures will eliminate the jumper from further competition.
U12: Starting height of 0.70m, increments of 10cm until a height of 1.00m, increments of 5cm thereafter until 3 remain.
U14: Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter until 3 remain.

Modified Rules for U10, U12, U14 Throws

Each competitor will only receive 3 attempts for all throwing events.

Paralympic, Paralympic Wheelchair, Paralympic Seated

Events available upon request. Common requests are already included in the registration site options. Please contact meet director for additional event availability.

Awards

- ▶ All medals will be awarded at medal ceremonies as soon as results are available.
- ▶ U16, U18, U20, Senior, & Master Provincial: Gold, Silver, and Bronze Championship medals will be awarded to the top 3 Alberta finishers.
- ▶ All out of province athletes who place in the top 3 will receive a meet medal according to their place of finish.
- ▶ For U10, U12 & U14 age categories, all athletes will receive certificates with name, results, and final placing listed, top 3 total point scorers for each day will receive meet medals.
- ▶ Any athlete who breaks a Sherwood Park Track Classic Meet Record will receive a free Record Breaker T Shirt. Limit of one T shirt per athlete per year while supplies last.

Marshalling Procedure – Please Make Note of Check in Times!

- ▶ For track events athletes must check in at the marshalling table **45 minutes** before scheduled start time.
- ▶ At this time heats and sections may be reduced or combined based upon checked in athletes.
- ▶ Track athletes will then report back to marshalling table to receive hip number **30 minutes** before scheduled start time.
- ▶ Track athletes will meet the start line marshal **10 minutes** before scheduled start time at their events start line.
- ▶ For field events athletes will check in at the event site at least **20 minutes** before scheduled event start time.

Relay Requirements

- ▶ Names of relay members must appear on the start list in the correct running order.
- ▶ You have until 1 hour before the scheduled start of the relay to correct or change the names on the start list.
- ▶ Please submit changes to photo finish / results directly using the forms provided in your team package.
- ▶ If the names appear correctly on the start list, no need to submit a relay form, only check in at the marshalling table is required.

Equipment

- ▶ Starting blocks will be provided and must be utilized for all events of 400m or less (with the exception that starting blocks will not be used by the U10s, U12s & U14s and are optional for Masters only events).
- ▶ Throwing implements will be provided. Pole-vaulters must provide personal poles and vault will have a minimum starting height of 2.15m
- ▶ Personal implements must be certified by the equipment manager (provided by the organizing committee) before they will be permitted for use during the competition. This may be done at the equipment shed up until **1 hour** before the scheduled start time of their event.

Note for Masters Entries

- ▶ As per Athletics Alberta Masters Policy, there will be 4 age categories for all Masters events. They are: 35-49, 50-64, 65-79, and 80+
- ▶ Exceptions are for hurdles and throwing events where the WMA specifications alter these age groups. Where possible we will maintain the 15-year Athletic Alberta age categories, otherwise please reference the WMA specifications to find your age grouping by hurdle or throwing implement spec.
- ▶ <https://world-masters-athletics.org/wp-content/uploads/2024/09/WMA-Competition-and-Technical-Rules-2025.pdf>

General Meet Purpose

The Sherwood Park Track Classic is a meet where we will make every effort to support all athletes have the opportunity to perform their best. With non championship events every effort will be made for all athletes to have equal and fair opportunities in all rounds of their events, particularly when there are schedule conflicts.

2025 Sherwood Park Track Classic – Events Offered

Event	Masters Women	Masters Men	Senior Women	Senior Men	U20 Women	U20 Men	U18 Girls	U18 Boys	U16 Girls	U16 Boys	U14 Girls	U14 Boys	U12 Girls	U12 Boys	U10 Girls	U10 Boys
60m													✓	✓	✓	✓
80m											✓	✓				
100m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150m													✓	✓	✓	✓
200m *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
300m									✓	✓						
400m	✓	✓	✓	✓	✓	✓	✓	✓								
600m											✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
1200m									✓	✓						
1500m	✓	✓	✓	✓	✓	✓	✓	✓								
2000m									✓	✓						
3000m	✓	✓					✓	✓								
5000m			✓	✓	✓	✓										
Sprint Hurdles *	✓ ACS	✓ ACS	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 100m	✓ 110m	✓ 80m	✓ 100m	✓ 80m	✓ 80m				
Intermediate Hurdles	✓ ACS	✓ ACS	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 400m	✓ 200m	✓ 200m						
Steeplechase	✓ ACS	✓ ACS	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 2000m	✓ 2000m	✓ 1500m	✓ 1500m						
Race Walk	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 3000m	✓ 1500m	✓ 1500m						
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Pole Vault	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Shot Put	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg	✓ 3kg	✓ 3kg	✓ 2kg	✓ 2kg	✓ 2kg	✓ 2kg
Javelin	✓ ACS	✓ ACS	✓ 600g	✓ 800g	✓ 600g	✓ 800g	✓ 500g	✓ 700g	✓ 500g	✓ 600g						
Discus	✓ ACS	✓ ACS	✓ 1kg	✓ 2kg	✓ 1kg	✓ 1.75kg	✓ 1kg	✓ 1.5kg	✓ 1kg	✓ 1kg	✓ 750g	✓ 750g	✓ 750g	✓ 750g		
Hammer	✓ ACS	✓ ACS	✓ 4kg	✓ 7.26kg	✓ 4kg	✓ 6kg	✓ 3kg	✓ 5kg	✓ 3kg	✓ 4kg						
Combined Events																
4x100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
4x400m Mixed			✓	✓	✓	✓	✓	✓	✓	✓						
4x800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
											Sat Events	Sun Events	Sat Events	Sun Events	Sat Events	Sun Events

* Note: A/B finals will be run where possible and if there are less than 8 entries athletes should be prepared to still run a heat and a final for these events if time permits. Does not apply to U10, U12, U14 or Master Events.

Rules in Effect

- ▶ A minimum of 6 Alberta athletes will advance to finals. If less than 6 advance through normal advancement, then the following will happen:
 - For track events, a B final will be added to ensure at least 6 Albertans total advance to final.
 - For field events, additional Alberta athletes will be added to the final above the 8 who advance, in the order they placed in the qualifying round, until 6 Alberta athletes are in the final.

For clarity, the following World Athletics rules are in effect for this meet.

- ▶ **Failure to participate:** At all competitions under paragraphs 1.1, 1.2, 1.3 and 1.6 of the International Competition definition, an athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays, in cases where:
 - An athlete qualified in any Qualification Round of an event for further participation in that event but then failed to participate further. If advertised in published final schedule, B finals also fall under this rule. B finals added on the day will not be subject to failure to advance disqualification.
 - An athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this, and the corresponding reference must be made in the official results.
- ▶ All competition shoes must be approved by World Athletics
 - You are encouraged to reference the World Athletics Shoe Compliance List for your competition shoe / spike compliance.

Tentative Track Schedule

- ▶ **Please note:** all events run 'youngest to oldest' – 'female then male' unless otherwise specified.
- ▶ Para events will be contested at the same time as the other sections unless otherwise stated.
- ▶ All session start & end times are approximate and may shift once final entry numbers are known.

Friday July 4th Afternoon Session	Saturday, July 5th Morning Session	Sunday, July 6th Morning Session
5:30pm 300m U16	9:00am 60m U10, U12	9:00am 100m U14, U12, U10
400m U18, U20, Sr, Master	80m U14	2000m U16
1200m U16	Sprint Hurdle Heats	3000m U18, Master
1500m U18, U20, Sr, Master	1500m Steeplechase U16	5000m U20, Senior
1500m RW U16	2000m Steeplechase U18	800m Timed Finals
3000m RW U18, U20, Sr, Mas	3000m Steeplechase U20, Sr	200m Heats
4x400m Mixed Relay Finals	80m Hurdles U14	
8:30pm End of Competition	Sprint Hurdle Finals	
	Afternoon session	Afternoon session
	1:30pm 100m Heats	1:00pm 200m H U16
	150m U10, U12	400m H U18, U20, Sr
	100m Finals	600m U10, U12, U14
	4x800m Relay Finals	200m Finals
	4x100m Relay Finals	4x400m Relay Finals
	6:30pm End of Competition	5:00pm End of Competition

Tentative Field Event Days

- ▶ Para events will be contested at the same time as the other sections except for seated throws.
- ▶ All Para Seated throws will be Saturday or Sunday afternoon; final day will be determined by total entry numbers of that event site.
- ▶ All session start & end times are approximate and may shift once final entry numbers are known.

Friday, July 4 th Afternoon Session		Saturday, July 5 th Morning Session		Sunday, July 6 th Morning Session			
	Long Jump U18, U20, Sr		U10 Long Jump		U10 Shot Put		
	High Jump U16, Master		U12 Long Jump		U12 High Jump		
	Discus Women		U12 Shot Put		U12 Discus Throw		
	Shot Put U16, Masters		U14 High Jump		U14 Long Jump		
			U14 Discus Throw		U14 Shot Put		
			Pole Vault Women		Pole Vault Men		
			Triple Jump		Long Jump U16, Masters		
	Note: Hammer/Discus		Hammer Throw		Discus Men		
	Practice cage will be open		Shot Put Men U18, U20, Sr		Shot Put Women U18, U20, Sr		
			Javelin Women		Javelin Men		
			High Jump Men U18, U20, Sr		High Jump Women U18, U20, Sr		
			Afternoon session			Afternoon session	
			Pole Vault Women		Pole Vault Men		
			Hammer Throw		Shot Put Women U18, U20, Sr		
			Shot Put Men U18, U20, Sr		Discus Men		
			Javelin Women		Javelin Men		
			Triple Jump		Long Jump U16, Masters		
			High Jump Men U18, U20, Sr		High Jump Women U18, U20, Sr		

The age categories for field events will be filled in once numbers of participants and officials are known and may be combined with other age groups. If numbers become too large for single days of competition for each field event, then some events may be expanded to other days.