



# LETHBRIDGE TRACK AND FIELD CLUB

U10, U12 and U14 Provincials

June 28-29, 2025

## GENERAL INFORMATION

- Hosted by the Lethbridge Track and Field Club
- Sanctioned by Athletics Alberta
- Location: University of Lethbridge Community Sports Stadium  
4415 University Dr W, Lethbridge
- Meet Inquiries: Adam McDonald: [mcdonald.adamc@gmail.com](mailto:mcdonald.adamc@gmail.com)  
Amanda Hillier: [hillieramanda@aol.com](mailto:hillieramanda@aol.com)
- Concession: Concession is available on site.
- 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 TrackieReg: U10, U12, U14 Provincials
- 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 Friday, June 20, 2024
- Late Entries may be accepted (additional \$10/event fee if approved)
- Scratch Deadline: 11:59 p.m. on Wednesday, June 25, 2025. No refunds after this date.
- Meet schedule and results will be available on the Trackie registration page.
- Finalized schedule will be posted the late evening of June 26, 2025

## ENTRY FEES

- U10, U12, U14 Multi-Event: \$55 per day (Tetrathlon)
- Individual Events: \$30 per event

## AGE CATEGORIES

- U10 – Born in 2016 or later
- U12 – Born in 2014 or 2015
- U14 – Born in 2012 or 2013
- Open - 2011 or earlier

## U10, U12, & U14 MULTI-EVENT FORMAT

- U10: Saturday - 60m, Standing Long Jump, Shot Put, 300m  
Sunday - 150m, Long Jump, Turbo Javelin, 600m
- U12 Saturday - 80m, Standing Long Jump, Shot Put, 400m  
Sunday - 150m, Long Jump, Turbo Javelin, 800m
- U14 Saturday - 100m, Long Jump, Discus, 800m  
Sunday - 200m, High Jump, Shot Put, 1200m

## 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 1.20m, increments of 5cm thereafter until 3 athletes remain.

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

**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:

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.

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

## ATHLETICS ALBERTA OUTDOOR TECHNICAL SPECIFICATIONS

<https://athleticsalberta.com/wp-content/uploads/2025/04/Outdoor-Technical-Specifications-April-2025-v2.pdf>

## EVENTS OFFERED

Event	Open	U14	U12	U10
60m				X
80m			X	
100m	X	X		
150m			X	X
200m	X	X		
300m				X
400m			X	
600m				X
800m	X	X	X	
1000m		X		
1200m				
1500m	X			
Long Jump	X	X	X	X
Standing Long Jump			X	X
High Jump	X	X		
Triple Jump	X			
Shot Put		X	X	X
Turbo Javelin			X	X
Discus	X	X		

## 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, officials, and volunteers only. No spikes allowed on artificial turf surface. Spectators are not to be present on the infield anywhere.
11. 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 11:00 AM**

#### **TRACK**

80m U12 (ME)

100m U14 (ME)

#### **LUNCH**

100m Prelims Open

60m U10 (ME)

800m U14 (ME)

300m U10 (ME)

400m U12 (ME)

100m Finals Open

800m Open

#### **FIELD**

Shot Put - U10, U12 (ME)

Standing Long Jump - U10, U12 (ME)

Discus - U14 (ME)

Long Jump - U14 (ME)

High Jump - Open

Long Jump - Open

### **Sunday**

**Start Time 10:30 AM**

#### **TRACK**

150m U10 (ME)

150m U12 (ME)

200m U14 (ME)

#### **LUNCH**

200m Prelims Open

150m U10 (ME)

1500m Open

600m U10 (ME)

800m U12 (ME)

1200m U14 (ME)

1500m Open

200m Finals Open

#### **FIELD**

Long Jump - U10, U12 (ME)

Turbo Javelin - U10, U12 (ME)

Shot Put - U14 (ME)

High Jump - U14 (ME)

Triple Jump - Open

Discus - Open