



Saint John Track & Field Run-Jump-Throw-Wheel Challenge



Irving Oil Field House

29 McAllister Dr, Saint John, NB E2J 2S7

January 30, 2026

2:00 pm – 4:00 pm

The Saint John Reds Track & Field Club is pleased to welcome students, schools, families, and volunteers to our Free School Track Meet, called the Run-Jump-Throw Challenge. This event is about learning about the events of track & field, participation, encouragement, and the joy of sport. We hope today creates positive memories, builds confidence, and inspires a lifelong love of athletics.

Meet Information:

- The event is open to:
 - Elementary grades 3-4-5
 - Middle School grades 6-7-8
- Athletes can compete in a maximum of 3 events
- Events offered include – 60m, 300m, 800m, Relays, Shot Put and Long Jump
- Athletes will be organized based on grade however some grade categories may be combined based on numbers.

Registration:

- The Event is Free to local students
- Registration will be done online to register your participation <https://trackie.com/event/RJTWSJINDOOR2026>
- Registration deadline is 5:00pm on Wednesday, January 28th, 2026

Questions can be emailed to:

- Bill MacMackin SaintJohnTrack@gmail.com
- Oyinko Akinola oyinkoakinola@gmail.com

TENTATIVE Event SCHEDULE

Event	Run	Jump	Throw
2:00 pm	Check in, warm up and organization of athletes		
2:15 pm	60m – Grades 3-4-5 60m – Grades 6-7-8	Long Jump – Grades 3-4-5	Shot put – Grades 6-7-8
2:45 pm	300m – Grades 3-4-5 800m – Grades 6-7-8	Long Jump – Grades 6-7-8	Shot put – Grades 3-4-5
3:15 pm	Relays 4x100m – Grades 3-4-5 4x200m – Grades 6-7-8		