



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 2 events
- Events offered include – 60m, 300m, 800m, Shot Put and Long Jump
- Athletes will be organized based on grade however some grade categories may be combined based on numbers.

Le Saint John Reds Track & Field Club est heureux d'accueillir les élèves, les écoles, les familles et les bénévoles à notre compétition scolaire gratuite d'athlétisme, appelée Run-Jump-Throw Challenge. Cet événement a été créé dans le but de faire découvrir les différentes disciplines de l'athlétisme, promouvoir la participation, l'encouragement et la joie du sport. Nous espérons que cette journée créera des souvenirs positifs, renforce la confiance et inspire un amour durable pour l'athlétisme.

L'information du compétitions:

- Cet événement est ouvert à:
 - Niveaux élémentaires 3e, 4e et 5e années
 - Niveaux d'école intermédiaire 6e, 7e et 8e années
- Les athlètes peuvent participer à un maximum de 2 épreuves
- Les événements offerts sont les suivants – 60m, 300m, 800m, lancer du poids et saute en longueur
- Les athlètes seront regroupés par niveau scolaire, mais certains groupes d'âge pourront être combinés dépendant du nombre de participants.

Registration:

- The Event is Free to local students
- Registration will be done online to register your participation
<https://trackie.com/event/RJTW SJINDOOR2026>
- Registration deadline is 5:00pm on Wednesday, January 20th, 2026 (Revised)

Inscription:

- L'événement est gratuit pour les étudiants locaux
- L'inscription se fera en ligne pour enresister votre participation
<https://trackie.com/event/RJTW SJINDOOR2026>
- La date limite d'inscription est le mercredi 20 janvier 2026 à 17h(Revised)

Questions can be emailed to:

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

Les questions peuvent être envoyées par courriel à:

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

1. Athletes will only be allowed to compete in 2 events of their choosing from the following options.

Elementary - 60m Sprint, 300m distance, shot put or long jump

Middle School - 60m Sprint, 800m distance, shot put or long jump

2. We will not be doing relays as the timeframe is too short with this many athletes.

3. The competition must end at 4:30 pm, as another event will be starting at the fieldhouse at that time.

TENTATIVE Event SCHEDULE

Run	Shot Put	Long Jump
1:30 pm - 2:00 pm - Check in, warm up and organization of athletes		
2:00 pm - 60m – Grades 3 2:15 pm - 60m – Grades 4 2:30 pm - 60m – Grades 5 2:45 pm - 60m – Grades 6 3:00 pm - 60m – Grades 7 3:15 pm - 60m – Grades 8 3:30 - 300m – Grades 3 3:40 - 300m – Grades 4 3:50 - 300m – Grades 5 4:00 pm - 800m – Grades 6 4:10 pm - 800m – Grades 6 4:20 pm - 800m – Grades 6	2:00 pm – Shot put – Grades 8 2:20 pm - Shot put – Grades 7 2:40 pm - Shot put – Grades 6 3:00 pm - Shot put – Grades 5 3:30 pm - Shot put – Grades 4 4:00 pm - Shot put – Grades 3	2:00 pm - Long Jump – Grades 5 2:30 pm - Long Jump – Grades 4 3:00 pm - Long Jump – Grades 3 3:30 pm - Long Jump – Grades 6 3:50 pm - Long Jump – Grades 7 4:10 pm – Long Jump – Grades 8