

Alberta Indoor

Track and Field Championships

Track Schedule (as of February 25 2030h)



The finalized version of the schedule will be available online.

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Saturday, February 28, 2026

Time MST	Track Events		Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before
		Entries						
9:00	2000m Timed Finals - Under-16 Men	Full 13	13	1	10:00	10:00	8:40	8:45
9:10	2000m Timed Finals - Under-16 Women	8	13	1	10:00	10:00	8:50	8:55
9:20	3000m Timed Finals - U18 Men	Full 14	14	1	12:00	12:00	9:00	9:05
9:32	3000m Timed Finals - U20 Men	9	13	1	12:00	12:00	9:12	9:17
9:44	3000m Timed Finals - Senior / Masters Men	9	13	1	12:00	12:00	9:24	9:29
9:56	3000m Timed Finals - U18 Women	11	13	1	15:00	15:00	9:36	9:41
10:11	3000m Timed Finals - U20/Senior/Masters Women	10	13	1	15:00	15:00	9:51	9:56
10:30	60m Timed Finals - Under-14 Boys	Full 20	10	2	2:30	5:00	10:10	10:15
10:35	60m Timed Finals - Under-14 Girls	Full 40	10	4	2:30	10:00	10:15	10:20
10:45	60m Heats - Under-16 Men	25	9	3	3:00	9:00	10:25	10:30
10:54	60m Heats - Under-16 Women	58	9	7	3:00	21:00	10:34	10:39
11:15	60m Heats - Under-18 Men	38	8	5	3:00	15:00	10:55	11:00
11:30	60m Heats - Under-18 Women	Full 27	9	7	3:00	21:00	11:10	11:15
11:51	60m Heats - Under-20 Men	31	8	4	3:00	12:00	11:31	11:36
12:03	60m Heats - Under-20 Women	26	9	3	3:00	9:00	11:43	11:48
12:12	60m Heats - Senior Men	25	9	3	3:00	9:00	11:52	11:57
12:21	60m Heats - Senior Women	11	8	2	3:00	6:00	12:01	12:06
12:27	60m Timed Final - Masters Men	12	8	2	3:00	6:00	12:07	12:12
12:33	60m Timed Final - Masters Women	6	8	1	3:00	3:00	12:13	12:18
12:36	BREAK					39:00		
13:15	60m Final - Paralympic Wheelchair Men	1	8	1	3:00	3:00	12:55	13:00
13:18	60m Final - Paralympic Wheelchair Women	2	8	1	3:00	3:00	12:58	13:03
13:21	60m Final - Paralympic Ambulatory Men	5	8	1	3:15	3:15	13:01	13:06
13:24	60m Final - Paralympic Ambulatory Women	4	8	1	6:15	6:15	13:04	13:09
13:30	60m Final - Under-16 Men	9	9	1	3:00	3:00	13:10	13:15
13:33	60m Final - Under-16 Women	27	9	3	3:00	9:00	13:13	13:18
13:42	60m Final - Under-18 Men	18	9	2	3:00	6:00	13:22	13:27
13:48	60m Final - Under-18 Women	27	9	3	3:00	9:00	13:28	13:33
13:57	60m Final - Under-20 Men	18	9	2	3:00	6:00	13:37	13:42
14:03	60m Final - Under-20 Women	9	9	1	3:00	3:00	13:43	13:48
14:06	60m Final - Senior Men	9	9	1	3:00	3:00	13:46	13:51
14:09	60m Final - Senior Women	9	9	1	3:00	3:00	13:49	13:54
14:12						8:00		
14:20	1000m Timed Finals - Under-14 Boys	7	13	1	5:00	5:00	14:00	14:05
14:25	1000m Timed Finals - Under-14 Girls	Full 13	13	1	5:00	5:00	14:05	14:10
14:30	1000m Timed Finals - Under-18 Men	23	12	2	5:00	10:00	14:10	14:15
14:40	1000m Timed Finals - Under-18 Women	16	9	2	5:00	10:00	14:20	14:25
14:50	1000m Timed Finals - U20/Senior Men	21	12	2	5:00	10:00	14:30	14:35
15:00	1000m Timed Finals - U20 Women	23	12	2	5:00	10:00	14:40	14:45
15:10	1000m Timed Finals - Senior Women	5	13	1	10:00	10:00	14:50	14:55
15:20	300m Timed Finals - Paralympic Wheelchair Women	2	5	1	5:00	5:00	15:00	15:05
15:25	300m Timed Finals - Paralympic Ambulatory Men	6	6	1	5:00	5:00	15:05	15:10
15:30	300m Timed Finals - Under-16 Men	13	5	3	4:00	12:00	15:10	15:15

Alberta Indoor Track and Field Championships

Track Schedule (as of February 25 2030h)



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Athletes should be in the Pavilion at least one hour before their race.
Please do NOT use tape on the Universiade Pavilion surface.

Saturday, February 28, 2026

Time MST	Track Events	Advancement or Note
9:00	2000m Timed Finals - Under-16 Men	
9:10	2000m Timed Finals - Under-16 Women	
9:20	3000m Timed Finals - U18 Men	
9:32	3000m Timed Finals - U20 Men	
9:44	3000m Timed Finals - Senior / Masters Men	
9:56	3000m Timed Finals - U18 Women	
10:11	3000m Timed Finals - U20/Senior/Masters Women	
10:30	60m Timed Finals - Under-14 Boys	
10:35	60m Timed Finals - Under-14 Girls	
10:45	60m Heats - Under-16 Men	Top 2 + 3 going to 1 race (9)
10:54	60m Heats - Under-16 Women	Top 1 + 20 going to 3 races (27)
11:15	60m Heats - Under-18 Men	Top 1 + 13 going to 2 races (18)
11:30	60m Heats - Under-18 Women	Top 2 + 6 going to 2 races (18)
11:51	60m Heats - Under-20 Men	Top 1 + 14 going to 2 races (18)
12:03	60m Heats - Under-20 Women	Top 2 + 3 going to 1 race (9)
12:12	60m Heats - Senior Men	Top 2 + 3 going to 1 race (9)
12:21	60m Heats - Senior Women	Top 3 + 3 going to 1 race (9)
12:27	60m Timed Final - Masters Men	
12:33	60m Timed Final - Masters Women	
12:36	BREAK	
13:15	60m Final - Paralympic Wheelchair Men	*
13:18	60m Final - Paralympic Wheelchair Women	
13:21	60m Final - Paralympic Ambulatory Men	
13:24	60m Final - Paralympic Ambulatory Women	
13:30	60m Final - Under-16 Men	
13:33	60m Final - Under-16 Women	
13:42	60m Final - Under-18 Men	
13:48	60m Final - Under-18 Women	
13:57	60m Final - Under-20 Men	
14:03	60m Final - Under-20 Women	
14:06	60m Final - Senior Men	
14:09	60m Final - Senior Women	
14:12		
14:20	1000m Timed Finals - Under-14 Boys	
14:25	1000m Timed Finals - Under-14 Girls	
14:30	1000m Timed Finals - Under-18 Men	11 athletes in fast section
14:40	1000m Timed Finals - Under-18 Women	9 athletes in fast section
14:50	1000m Timed Finals - U20/Senior Men	Senior Male (1) in fast section (12 total)
15:00	1000m Timed Finals - U20 Women	11 athletes in fast section
15:10	1000m Timed Finals - Senior Women	
15:20	300m Timed Finals - Paralympic Wheelchair Women	
15:25	300m Timed Finals - Paralympic Ambulatory Men	
15:30	300m Timed Finals - Under-16 Men	

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Saturday, February 28, 2026

Time MST	Track Events		Entries	Max Lanes per Heat	Heats	Minutes per Heat	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before
15:42	300m Timed Finals - Under-16 Women	Full	25	5	5	4:00	20:00	15:22	15:27
16:02	300m Timed Finals - Under-18 Men		19	5	4	4:00	16:00	15:42	15:47
16:18	300m Timed Finals - Under-18 Women		26	5	6	4:00	24:00	15:58	16:03
16:42	300m Timed Finals - Under-20 Men	Full	16	4	4	4:00	16:00	16:22	16:27
16:58	300m Timed Finals - Under-20 Women	Full	24	4	6	4:00	24:00	16:38	16:43
17:22	300m Timed Finals - Senior Men		9	5	2	4:00	8:00	17:02	17:07
17:30	300m Timed Finals - Senior Women	Full	8	4	2	4:00	8:00	17:10	17:15
17:20	400m Timed Finals - Masters Men / Women		3	5	1	4:00	4:00	17:00	17:05
17:24	End of Day's Competition				113				

Alberta Indoor Track and Field Championships

Track Schedule (as of February 25 2030h)



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Saturday, February 28, 2026

Time MST	Track Events	Advancement or Note
15:42	300m Timed Finals - Under-16 Women	
16:02	300m Timed Finals - Under-18 Men	
16:18	300m Timed Finals - Under-18 Women	
16:42	300m Timed Finals - Under-20 Men	
16:58	300m Timed Finals - Under-20 Women	
17:22	300m Timed Finals - Senior Men	
17:30	300m Timed Finals - Senior Women	
17:20	400m Timed Finals - Masters Men / Women	
17:24	End of Day's Competition	

Saturday, February 28, 2026

Field Schedule

Centre Pit

Long Jump / Triple Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U14 Girls Long Jump Flight 1	13
10:10 AM	9:40 AM	U16 Girls Long Jump Flight 2 (and Final)	12
11:20 AM	10:50 AM	U20/Senior Women Long Jump	10
12:20 PM		Break	
1:30 PM	1:00 PM	U18 Girls Long Jump Flight 1	12
2:45 PM	2:15 PM	Men (All) Triple Jump	10
3:55 PM		End of Day	

Wall Pit

Long Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U14 Girls Long Jump Flight 2	13
10:10 AM	9:40 AM	U16 Girls Long Jump Flight 1	13
11:40 AM	11:10 AM	Masters and Para Women Long Jump	8
12:20 PM		Break	
1:30 PM	1:00 PM	U18 Girls Long Jump Flight 2 (and Final)	12
2:35 PM		End of Day	

High Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U14 Boys High Jump	12
11:00 AM	10:30 AM	U16 / Masters Men High Jump	10
12:15 PM		Break	
1:30 PM	1:00 PM	U18 Men High Jump	9
3:00 PM	2:30 PM	U20 Men High Jump	9
4:30 PM		End of Day	

Pole Vault

Start Time	Report Time	Event	Entries
10:00 AM	9:00 AM	U16/U18/Masters Women Pole Vault	7
11:30 PM		Break	
2:00 PM	1:00 PM	U20/Senior Women Pole Vault	6
4:00 PM		End of Day	

Centre Circle**Weight Throw / Shot Put**

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U16/Masters Women Weight Throw	8
10:30 AM	10:00 AM	U20/Senior Women Weight Throw	10
12:15 PM	11:45 AM	U18 Women Weight Throw	10
1:15 PM		Break	
2:30 PM	2:00 PM	U18/U20/Senior Men Shot Put	12
4:00 PM	3:30 PM	U14 Boys Shot Put	6
4:30 PM		End of Day	

West Circle**Shot Put**

Start Time	Report Time		
10:00 AM	9:30 AM	Masters Men Shot Put	7
11:30 AM	11:00 AM	U16 Men Shot Put	12
12:45 PM		Break	
2:30 PM	2:00 PM	Men Seated Shot Put	1
3:00 PM		End of Day	

Alberta Indoor

Track and Field Championships

Track Schedule (as of February 25 2030h)



Sunday, March 1, 2026

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
9:00	60m Hurdles Timed Final - Masters Men and Women	4	8	1	5:00	8:40	8:45	
9:05	60m Hurdles Heats - Under-16 Women	Full 16	8	2	10:00	8:45	8:50	
9:15	60m Hurdles Heats - Under-18 Women	13	8	2	10:00	8:55	9:00	
9:25	60m Hurdles Heats - Under-20 Women	10	8	2	10:00	9:05	9:10	
9:25	60m Hurdles Heats - Senior Women	1	8	1	5:00	9:05	9:10	
9:30	60m Hurdles Heats - Under-16 Men	9	8	1	10:00	9:10	9:15	
9:40	60m Hurdles Heats - Under-18 Men	4	8	1	5:00	9:20	9:25	
9:45	60m Hurdles Heats - Under-20 Men	3	8	1	5:00	9:25	9:30	
9:50	60m Hurdles Final - Senior Men	2	8	1	5:00	9:30	9:35	
9:55					5:00			
10:00	600m Timed Finals - Under-14 Men	Full 6	6	1	4:00	9:40	9:45	waterfall
10:04	600m Timed Finals - Under-14 Women	Full 9	9	1	4:00	9:44	9:49	waterfall
10:08	600m Timed Finals - Under-16 Men	Full 16	8	2	8:00	9:48	9:53	lane 1 shared
10:16	600m Timed Finals - Under-16 Women	20	7	3	12:00	9:56	10:01	
10:28	600m Timed Finals - Under-18 Men	Full 21	7	3	12:00	10:08	10:13	
10:40	600m Timed Finals - Under-18 Women	19	7	3	12:00	10:20	10:25	
10:52	600m Timed Finals - Under-20 Men	15	8	2	8:00	10:32	10:37	lane 1 shared in slow section
11:00	600m Timed Finals - Under-20 Women	Full 24	6	4	16:00	10:40	10:45	lanes 2-7
11:16	600m Timed Finals - Senior Men	2	6	1	4:00	10:56	11:01	
11:20	800m Timed Finals - Masters Men / Women	3	6	1	4:00	11:00	11:05	waterfall
11:24					11:00			
11:35	60m Hurdles Final - Under-16 Women	Full 8	8	1	5:00	11:15	11:20	0.76, 12.00, 8.00 yellow
11:40	60m Hurdles Final - Under-18 Women	Full 8	8	1	5:00	11:20	11:25	0.76, 13.00, 8.50 yellow
11:45	60m Hurdles Final - Under-20 Women	Full 8	8	1	3:00	11:25	11:30	0.84, 13.00, 8.50 yellow
11:48	60m Hurdles Final - Senior Women	1	8	1	3:00	11:28	11:33	0.84, 13.00, 8.50 yellow
11:51	60m Hurdles Final - Under-16 Men	Full 8	8	1	5:00	11:31	11:36	0.84, 13.00, 8.50 yellow
11:56	60m Hurdles Final - Under-18 Men	4	8	1	4:00	11:36	11:41	0.91, 13.72, 9.14 blue
12:00	60m Hurdles Final - Under-20 Men	3	8	1	4:00	11:40	11:45	0.99, 13.72, 9.14 blue
12:04	60m Hurdles Final - Senior Men	4	8	1	4:00	11:44	11:49	1.07, 13.72, 9.14 blue
12:08					2:00			
12:10	3000m Racewalk Timed Finals - Men and Women	5	11	1	25:00	11:50	11:55	waterfall
12:35	BREAK				40:00			
13:15	1200m Timed Finals - Under-16 Men	Full 12	12	1	7:00	12:55	13:00	
13:22	1200m Timed Finals - Under-16 Women	Full 15	15	1	7:00	13:02	13:07	
13:29	1500m Timed Finals - Under-18 Men	23	12	2	14:00	13:09	13:14	
13:43	1500m Timed Finals - Under-18 Women	19	10	2	14:00	13:23	13:28	
13:57	1500m Timed Finals - Under-20 / Senior Men	23	13	2	14:00	13:37	13:42	Senior Men (3) + fastest U20 Men (7)
14:11	1500m Timed Finals - Under-20 Women	Full 14	14	1	7:00	13:51	13:56	
14:18	1500m Timed Finals - Senior Women	5	10	1	7:00	13:58	14:03	
14:25	1500m Timed Finals - Masters Men and Women	7	10	1	7:00	14:05	14:10	
14:32					8:00			
14:40	200m Timed Finals - Masters Men	Full 8	4	2	10:00	14:20	14:25	
14:40	200m Timed Finals - Masters Women	1	6	1	10:00	14:20	14:25	combined with 1 section of Men

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Time MST	Track Events		Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Athlete Must Be in Call Room Before	Advancement or Note
14:50	200m Timed Finals - U14 Boys	Full	24	6	4	10:00	14:30	14:35	
15:00	200m Timed Finals - U14 Girls		39	7	6	15:00	14:40	14:45	
15:15	200m Timed Finals - U16 Men		17	6	3	9:00	14:55	15:00	
15:24	200m Timed Finals - U16 Women		47	7	7	21:00	15:04	15:09	
15:45	200m Timed Finals - U18 Men		32	6	6	18:00	15:25	15:30	
16:03	200m Timed Finals - U18 Women		39	7	6	18:00	15:43	15:48	
16:21	200m Timed Finals - U20 Men		22	6	4	12:00	16:01	16:06	
16:33	200m Timed Finals - U20 Women		26	6	5	15:00	16:13	16:18	
16:48	200m Timed Finals - Senior Men		3	6	1	3:00	16:28	16:33	
16:51	200m Timed Finals - Senior Women		5	6	1	3:00	16:31	16:36	
16:54	End of Day's Competition				99				

Sunday, March 1, 2026

Field Schedule

Centre Pit

Long Jump / Triple Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U18 Men Long Jump	13
11:00 AM	10:30 AM	U20 Men Long Jump	8
12:00 PM		Break	
1:15 PM	12:45 PM	Senior Men Long Jump	5
2:15 PM	1:45 PM	U18/U20 Women Triple Jump	12
3:45 PM	3:15 PM	U16/Master Women Triple Jump	9
4:30 PM		End of Day	

Wall Pit

Long Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	Master Men Long Jump	7
10:00 AM		Break	
12:00 PM	11:30 AM	U14 Boys Long Jump	14
1:30 PM	1:00 PM	U16 Men Long Jump	10
2:30 PM		End of Day	

High Jump

Start Time	Report Time	Event	Entries
9:00 AM	8:30 AM	U14 Girls High Jump Flight 1	12
10:30 AM	10:00 AM	U14 Girls High Jump Flight 2 and Master Women	13
12:00 PM	11:30 AM	U20/Senior Women	5
12:45 PM		Break	
2:00 PM	1:30 PM	U18 Women High Jump	10
3:30 PM	3:00 PM	U16 Women High Jump	15
4:45 PM		End of Day	

Pole Vault

Start Time	Report Time	Event	Entries
11:00 AM	10:00 AM	U16/U18 Men Pole Vault	7
12:30 PM		Break	
2:00 PM	1:00 PM	U20/Senior Men Pole Vault	10
3:30 PM		End of Day	

Centre Circle**Weight Throw / Shot Put**

Start Time	Report Time	Event	Entries
8:30 AM	8:00 AM	U16/U18/Masters Men Weight Throw	11
10:15 AM	9:45 AM	U18 Women Shot Put	15
11:45 AM		Break	
1:30 PM	1:00 PM	U16 Women Shot Put	13
4:00 PM	3:30 PM	U20/Senior Men Weight Throw	7
4:45 PM		End of Day	

West Circle**Shot Put**

Start Time	Report Time		
10:00 AM	9:30 AM	Masters Women Shot Put	7
11:30 AM	11:00 AM	U20/Para Women Shot Put	7
1:00 PM	12:30 PM	U14 Girls Shot Put	19
2:00 PM		End of Day	