

Alberta Indoor Track and Field Championships

Track Schedule (as of February 26 2000h)



This 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	Advancement or Note	
		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	Top 2 + 3 going to 1 race (9)
10:54	60m Heats - Under-16 Women		58	9	7	3:00	21:00	10:34	10:39	Top 2 + 13 going to 3 races (27)
11:15	60m Heats - Under-18 Men		38	8	5	3:00	15:00	10:55	11:00	Top 2 + 8 going to 2 races (18)
11:30	60m Heats - Under-18 Women		58	9	7	3:00	21:00	11:10	11:15	Top 2 + 13 going to 3 races (27)
11:51	60m Heats - Under-20 Men		31	8	4	3:00	12:00	11:31	11:36	Top 3 + 6 going to 2 races (18)
12:03	60m Heats - Under-20 Women		26	9	3	3:00	9:00	11:43	11:48	Top 2 + 3 going to 1 race (9)
12:12	60m Heats - Senior Men		25	9	3	3:00	9:00	11:52	11:57	Top 2 + 3 going to 1 race (9)
12:21	60m Heats - Senior Women		11	8	2	3:00	6:00	12:01	12:06	Top 3 + 3 going to 1 race (9)
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	11 athletes in fast section
14:40	1000m Timed Finals - Under-18 Women		16	9	2	5:00	10:00	14:20	14:25	9 athletes in fast section
14:50	1000m Timed Finals - U20/Senior Men		21	12	2	5:00	10:00	14:30	14:35	Senior Male (1) in fast section (12 total)
15:00	1000m Timed Finals - U20 Women		23	12	2	5:00	10:00	14:40	14:45	11 athletes in fast section
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	

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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	Advancement or Note
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	
17:38	800m Timed Finals - Masters Men / Women		3	5	1	4:00	4:00	17:18	17:23	
17:42	End of Day's Competition				113					

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	Event	Entries
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 26 2000h)



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	0.76, 12.00, 8.00 yellow
9:15	60m Hurdles Heats - Under-18 Women	13	8	2	10:00	8:55	9:00	0.76, 13.00, 8.50 yellow
9:25	60m Hurdles Heats - Under-20 Women	10	8	2	10:00	9:05	9:10	0.84, 13.00, 8.50 yellow
9:25	60m Hurdles Heats - Senior Women	1	8	1	5:00	9:05	9:10	0.84, 13.00, 8.50 yellow
9:30	60m Hurdles Heats - Under-16 Men	9	8	1	10:00	9:10	9:15	0.84, 13.00, 8.50 yellow
9:40	60m Hurdles Heats - Under-18 Men	4	8	1	5:00	9:20	9:25	0.91, 13.72, 9.14 blue
9:45	60m Hurdles Heats - Under-20 Men	3	8	1	5:00	9:25	9:30	0.99, 13.72, 9.14 blue
9:50	60m Hurdles Final - Senior Men	2	8	1	5:00	9:30	9:35	1.07, 13.72, 9.14 blue
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	400m Timed Finals - Masters Men / Women	3	6	1	4:00	11:00	11:05	
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	

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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	Event	Entries
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	