



Calgary Spring Challenge Alberta Combined Events Provincials

Friday May 8th – Sunday May 10th, 2026
The 45th Annual Spring Combined Event meet
The 22nd Annual Spring Team Challenge

[Website: Calgary Spring Challenge & CE Provincial Championships - University of Calgary Athletics Club *2026 update coming soon](#)

General Information:

Host: University of Calgary Athletics Club
Sanctioned By: Athletics Alberta
Facility: Foothills Athletic Park
2424 Crowchild Trail NW
Calgary, Alberta
Maximum Spike length: 7mm max. cones

Entries:

Entry Deadline: Monday May 4th, 2026 at noon MST
Late Entry Deadline: Wednesday May 6th, 2026 at noon MST
Late entries will be an additional \$15/event on Trackie

| | | |
|-------------|-----------------------|--------------------------------|
| Entry Fees: | Open (2006 & earlier) | \$25.00 per event |
| | U20 (2007-08) | \$25.00 per event |
| | U18 (2009-10) | \$25.00 per event |
| | U16 (2011-12) | \$25.00 per event |
| | U14 (2013-14) | \$15.00 per event |
| | U12 (2015-16) | \$15.00 per event |
| | U10 (2017 & later) | \$15.00 per event |
| | U10/U12/U14 | \$70.00 if entering all events |
| | Relays | \$20.00 per team |
| | Combined Events | \$70.00 |

Entry Procedure: Trackie Website – [Calgary Spring Challenge](#)
Seed times will be confirmed with AC rankings

Coach's Registration: Any coach who would like **\$5 lunch/per day** needs to register here [Calgary Spring Challenge - Coach Registration](#). Lunch includes a Fit Kitchen meal, cookie and drink (similar to recent years).

Check-in Procedure:

NOTE: Any athlete/relay team that does not check in as below can be disqualified.

All track events: Check-in at race start line 10 minutes prior to start time.

All field events: Check-in at field event 30 minutes prior to start time.

Combined events: Check-in 20 minutes prior to the first event of the day, move with the group.

Awards:

- Medals are for the top 3 in each individual event. Please note results can be expected within 45 minutes of your event's finish.
 - Additional provincial medals can be picked up for Combined Events Provincials (see Combined Events Provincials section below).
 - A team challenge award will be given for each scoring member of the best team in each of these three categories:
 - Open
 - U18/U16
 - U14/U12/U10
-
- Mariano Ezeta Award – Top Male (100m, 200m or 400m)
 - Danielle Kendall Award – Top Female (200m, 400m or 800m)
 - Les Gramantik – Top Open Male Combined Events Athlete
 - Les Gramantik - Top Open Female Combined Events Athlete

Accommodations:

Due to many tournaments in Calgary this weekend, accommodations are selling out fast. We recommend you book as early as possible. Some suggestions are:

- Best Western Plus Village Park Inn: 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7
- Ramada Limited Calgary Northwest: 2363 Banff Trail NW, Calgary, AB T2M 4L2
- Comfort Inn and Suites: 2369 Banff Trail NW, Calgary, Alberta T2M 4L2

Track Events:

| | Open Men | Open Women | Non - Scoring events | U18 Boys | U18 Girls | U16 Boys | U16 Girls | U14 | U12 | U10 |
|-------------------------------|----------|------------|----------------------|----------|-----------|----------|-----------|-----|-----|-----|
| Friday | | | | | | | | | | |
| 800m | X | X | | X | X | X | X | | | |
| 1500m (no water Steeplechase) | | | | | | X | X | | | |
| 2000m Steeplechase | | X | | X | X | | | | | |
| 3000m Steeplechase | X | | | | | | | | | |
| Saturday | | | | | | | | | | |
| 60m | | | | | | | | | X | X |
| 100m* | X | X | | X | X | X | X | X | | |
| 300m | | | | | | X | X | | | X |
| 400m | X | X | | X | X | | | | | |
| 600m | | | | | | | | | X | |
| 1200m | | | | | | X | X | X | | |
| 1500m | X | X | | X | X | | | | | |
| Hurdles* | | 100m | | | 100m | 100m | 80m | 80m | | |

NOTE: 4x400m may be requested and added based on enough interest

| | Open Men | Open Women | Non - Scoring events | U18 Boys | U18 Girls | U16 Boys | U16 Girls | U14 | U12 | U10 |
|---------------|----------|------------|------------------------------|----------|-----------|----------|-----------|------|-----|-----|
| Sunday | | | | | | | | | | |
| 150m | | | | | | | | | X | X |
| 200m* | X | X | | X | X | X | X | X | | |
| 600m | | | | | | | | | | X |
| 800m | | | | | | | | X | | |
| 1000m | | | | | | | | | X | |
| 2000m | | | | | | X | X | | | |
| 3000m | X | X | | X | X | | | | | |
| Hurdles* | 110m | | U20 M 110m & Masters Specs** | 110m | | | | | | |
| Hurdles | 400m | 400m | | 400m | 400m | 200m | 200m | 200m | | |
| 4x100m | Mixed | Mixed | | Mixed | Mixed | Mixed | Mixed | | | |

Field events:

| FIELD | Open Men | Open Women | U20 Men Non-scoring | U18 Boys | U18 Girls | U16 Boys | U16 Girls | U14 | U12 | U10 |
|--------------------|---|------------|---------------------|----------|-----------|----------|-----------|-----|-----|-----|
| Friday | | | | | | | | | | |
| High Jump | | | | | | X | X | | | |
| Long Jump | | X | | X | | | | | | |
| Hammer Throw | X | | X** | X | | X | | | | |
| Discus | | X | | | X | | X | | | |
| Saturday | | | | | | | | | | |
| Pole Vault | X | X | | | | | | | | |
| High Jump | X | X | | X | X | | | | | |
| Long Jump | X | | | | X | | | X | X | X |
| Shot Put | X | | X** | X | | X | | | | |
| Javelin | | X | | | X | | X | X | | |
| Turbo Javelin | | | | | | | | | X | X |
| Hammer | | X | | | X | | X | | | |
| Para Throws | Upon Request: Please email Matthew.lgalea@gmail.com | | | | | | | | | |
| Sunday | | | | | | | | | | |
| High Jump | | | | | | | | X | | |
| Long Jump | | | | | | X | X | | | |
| Standing Long Jump | | | | | | | | | X | X |
| Triple Jump | X | X | | X | X | X | X | | | |
| Shot Put | | X | | | X | | X | X | X | X |
| Discus | X | | X** | X | | X | | | | |
| Javelin | X | | X** | X | | X | | | | |

***U16 and older:** 100m/200m/Sprint hurdles will have heats and finals (even if there are less than 9 competitors).

****Masters and U20** athletes will compete in the open category in all events. Events with different technical specifications (hurdles and throws) will be accommodated. These events (hurdles, shotput, discus, hammer, javelin) are non-scoring and no medals will be awarded.

| SPECS | Open Men | Open Women | U20 Men Non Scoring | U18 Boys | U18 Girls | U16 Boys | U16 Girls | U14 | U12 | U10 |
|----------------|------------------------------|------------------------|-------------------------|-------------------------|------------------------|------------------------|-----------------------|-----------------------|---------------|---------------|
| Sprint Hurdles | 110m/ 1.067 m 9.14m | 100m/ 0.84m 8.5m | 110m/ 0.99m 9.14m | 110m/ 0.91m 9.14m | 100m/ 0.76m 8.5m | 100m/ 0.84m 8.5m | 80m/ 0.76m 8.0m | 80m/ 0.76m 7.5m | | |
| Long Hurdles | 400m/ 0.914 m | 400m/ 0.76m | | 400m/ 0.84m | 400m/ 0.76m | 200m/ 0.76m | 200m/ 0.76m | 200m/ 0.76m | | |
| Steeple-chase | 0.91m | 0.76m | | 0.84m | 0.76m | 0.76m no water | 0.76m no water | | | |
| Shot Put | 7.26kg | 4kg | 6kg | 5kg | 3kg | 4kg | 3kg | 3kg | 2kg | 2kg |
| Discus | 2kg | 1kg | 1.75kg | 1.5kg | 1kg | 1kg | 1kg | | | |
| Javelin | 800g | 600g | | 700g | 500g | 600g | 500g | 400g | Turbo 400g | Turbo 300g |
| Hammer | 7.26kg | 4kg | 6kg | 5kg | 3kg | 4kg | 3kg | | | |

Combined Events:

Decathlon

| | 1 st day | 100 m | Long Jump | Shot Put | High Jump | 400 m | 2 nd day | Hurdles | Discus | Pole Vault | Javelin | 1500m |
|-------------|---------------------|-------|-----------|----------|-----------|-------|---------------------|---------------|--------|------------|---------|-------|
| Open Men | | X | X | 16lb | X | X | | 110m 1.07m | 2kg | X | 800g | X |
| U20 Men | | X | X | 6kg | X | X | | 110m 0.99m | 1.75kg | X | 800g | X |
| Masters Men | | X | X | TBD | X | X | | TBD | TBD | X | TBD | X |
| U18 Men | | X | X | 5kg | X | X | | 110m 0.91 | 1.5 kg | X | 700g | X |

Heptathlon

| | 1 st day | Hurdles | High Jump | Shot Put | 200m | 2 nd day | Long Jump | Javelin | 800m |
|---------------|---------------------|---------------|-----------|----------|------|---------------------|-----------|---------|------|
| Open Women | | 100m 0.84m | X | 4kg | X | | X | 600g | x |
| U20 Women | | 100m 0.84m | X | 4kg | X | | X | 600g | X |
| U18 Women | | 100m 0.76m | X | 3kg | X | | X | 500g | X |
| Masters Women | | TBD | X | TBD | X | | X | TBD | X |

U16 Pentathlon

| | | | | | |
|-------|--------------------|-----------|-------------------|-----------|-------|
| Boys | 100m Hurdles/0.84m | Long Jump | Shot Put (4kg) | High Jump | 1000m |
| Girls | 80m Hurdles/0.76m | High Jump | Shot Put (3kg) | Long Jump | 800m |

Weight Pentathlon

| | | | | | |
|---------------|--------|----------|--------|---------|-------------------------------------|
| Masters Men | Hammer | Shot put | Discus | Javelin | Weight Throw *BRING YOUR OWN |
| Masters Women | Hammer | Shot put | Discus | Javelin | Weight Throw *BRING YOUR OWN |

****Weight throws of the appropriate weight must be brought by the competitor to the meet.**

Kids Challenge

U14*

| | | | | |
|----------|-------------------------|-----------|----------|-------|
| Saturday | 100m or 80m Hurdles | Long Jump | Javelin | 1200m |
| Sunday | 200m or 200m Hurdles | High Jump | Shot Put | 800m |

U12/U10*

| | | | | |
|----------|--------------------|-----------|------|-----------------------|
| Saturday | Long Jump | Turbo Jav | 60m | U12-600m U10-300m |
| Sunday | Standing Long Jump | Shot Put | 150m | U12-1000m U10-600m |

NOTE: U14/U12/U10 are not included in the Combined Events Alberta Provincials. Each event entry costs \$15. The three athletes with the highest score in each age group (U14/U12/U10) totaled from both days combined will be awarded with a medal for the Kids Challenge.

Points will be awarded based on place: 10(1st)-8(2nd)-6-5-4-3-2-1

Combined Events Alberta Provincials:

This is the Alberta Combined Events Age Group Provincials for the following age groups: Open, U20, U18, U16, Masters. Both Calgary Spring Challenge and Athletics Alberta Provincial medals will be awarded to the top three athletes in each of these Combined Events competitions.

See above for event technical specifications for each of these competitions.

Food:

There will be a food truck and an ice cream truck on-site for athletes and spectators to purchase food.

Officials will be offered a complimentary lunch. Volunteers will be provided a lunch ticket for a complimentary lunch upon check in for their shift.

New this year: Coaches need to register at the link [Calgary Spring Challenge - Coach Registration](#). In order to keep entry fees low and due to rising food costs, coach's lunches will be \$5/day. Please register and pay for your lunch ahead of time. A volunteer will be using the registered coaches list to distribute the complimentary lunch at the lunch area.

In an effort to be more environmentally-friendly we encourage you to bring a re-useable water bottle as there will be two water filling stations on site.

Medical:

There will be an athletic therapist on-site for the duration of the meet, Melissa Petryna. For any concerns, please visit her at the medical tent.

Club Tents:

We ask that you ensure all club tents are safely secured into the ground for the duration of the meet, including overnight. Due to Calgary's unpredictably windy weather conditions this is a safety concern and each club is responsible for the security of their own tents.

Air Quality:

If air quality becomes a concern, as per Athletics Alberta guidelines, we will run events if the air quality measured using the recommended WeatherCAN app (which takes into account precise location) is stating an AQHI of less than 7.

Calgary Spring Challenge

Rules

1. Clubs designate a roster of athletes to score for their team.
 - a. Roster size: minimum of 5 athletes and a maximum of 10 athletes.
 - b. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
 - c. Athletes must be registered with their Provincial Association and the club they are representing.
 - d. Teams can have any mix of male and female athletes.
 - e. Relays will not count towards team score.
2. Athletes can score in as many events as they wish. Non-scoring competitors will not be removed from the results for scoring purposes.
3. Athletes can only score in one age category
4. Scoring will be based on final placing in the event: 10-8-6-5-4-3-2-1.
5. Champions will be determined in the following 3 categories:
 - 1) Open
 - 2) U18/U16
 - 3) U14/U12/U10
6. Scoring team members of the winning teams will receive the TEAM CHALLENGE AWARD.

Past Winners of Spring Team Challenge

| Year | Open | U18/U16 | U14/U12/U10 |
|------|--------------------------|-------------------|---------------------|
| 2025 | UCAC | CALTAF | CALTAF |
| 2024 | UCAC | CALTAF | CALTAF |
| 2023 | UCAC | CALTAF | CALTAF |
| 2022 | UCAC | CALTAF | CALTAF |
| 2021 | UCAC | Red Deer Titans | Not awarded |
| 2020 | Canceled due to pandemic | | |
| 2019 | UCAC | CALTAF | CALTAF |
| 2018 | UCAC | CALTAF | CALTAF |
| 2017 | UCAC | Edmonton Harriers | CALTAF |
| 2016 | UCAC | CALTAF | CALTAF |
| 2015 | UCAC | Airdrie Aces | CALTAF |
| 2014 | UCAC | CALTAF | Edmonton Columbians |
| 2013 | UCAC | CALTAF | Edmonton Columbians |
| 2012 | UCAC | CALTAF | Edmonton Columbians |
| 2011 | UCAC | CALTAF | Edmonton Harriers |
| 2010 | UCAC | CALTAF | Calgary Spartans |
| 2009 | UCAC | CALTAF | Calgary Spartans |
| 2008 | UCAC | CALTAF | Calgary Spartans |
| 2007 | Calgary International | CALTAF | Leduc |
| 2006 | Calgary International | Not awarded | Not awarded |
| 2005 | UCAC | Not awarded | Not awarded |
| 2004 | UCAC | Not awarded | Not awarded |