

2026 Alberta Junior High Schools Championships

Hosted by



Foothills Track – 2431 Crowchild Trail N.W.

June 13, 2026

10:00 a.m. – 4:00 p.m.

Entry Fee: \$10 per event

Entry Deadline: June 9, 2025 @ 9:00 p.m.

Trackie

Registration: <https://www.trackie.com/event/2026-alberta-junior-high-school-championships/1036398/>

*Please note, we are unable to offer refunds for missed meets or if an athlete is unable to attend after registering. (make a set date??) Meet logistics, equipment, and staffing are organized in advance based on registration numbers. We appreciate your understanding and support in helping us deliver a smooth and successful event for all participants.

*Heat Sheets, Tentative Schedule, Final Schedule & Results and all information will be posted on Trackie
<https://www.trackie.com/event/2026-alberta-junior-high-school-championships/1036398/>

4 Events Maximum

Events offered:

Grade 6: 100m, 300m, 600m, Shot Put, Long Jump

Grade 7: 100m, 300m, 600m, Shot Put, Long Jump

Grade 8: 100m, 300m, 600m, 1200m, Shot Put, Discus, Long Jump, High Jump

Grade 9: 100m, 300m, 600m, 1200m, Shot Put, Discus, Long Jump, High Jump

Technical Specifications:

Please review the technical package included in Trackie.

Starting Height + Progressions

High Jump:

The bar will be raised by 5 cm for the first two moves and from then on will be moved by 3 cm for each subsequent move.

1. Grade 6 Boys 1.00m
2. Grade 6 Girls 0.90m
3. Grade 7 Boys 1.12m
4. Grade 7 Girls 1.00m
5. Grade 8 Boys 1.25m
6. Grade 8 Girls 1.07m
7. Grade 9 Boys 1.32m
8. Grade 9 Girls 1.12m

Implements:

Discus

- **0.75 kg** – All Girls & Grade 7 Boys
- **1 kg** – Grade 8 & 9 Boys
- *No Discus for Grade 6*

Shot Put

- **3 kg** – All Girls & Grade 6–7 Boys
- **4 kg** – Grade 8 & 9 Boys

Questions: Sam Read sam.trackandfieldcoach@gmail.com or Kim Cousins
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