



DINOS HIGH SCHOOL TRACK & FIELD CHALLENGE 2026

Meet Package

Host: University of Calgary Track & Field | Sanctioned by ASAA

	RED MEET	GOLD MEET
Date	Saturday, May 2nd, 2026	Wednesday, May 6th, 2026
Time	9:00 am – 7:00 pm	4:00 pm – 9:00 pm
Venue	Foothills Athletic Park — 2424 Crowchild Trail NW, Calgary, Alberta	

REGISTRATION & ENTRIES

- Platform:** Trackie.reg (online registration)
Payment: Online only - Visa or Mastercard
Entry Fee: \$10.00 per athlete - per event
Max Fee Per Meet: \$600.00 (+ processing fee)

Registration Links

- RED Meet: <https://www.trackie.com/event/2026-dinoshsred>
- GOLD Meet: <https://www.trackie.com/event/2026-dinoshsgold>

!ENTRY DEADLINES!

RED Meet: Monday, April 27th at 11:00 pm

GOLD Meet: Friday, May 1st at 11:00 pm

**Changes and scratches can be made directly on your Trackie account up until the scratch deadline. No entries will be accepted after the deadline.*

ENTRY LIMITS

- Maximum of 8 athletes - per event - per age category - per gender
 *Example: 400m: Senior 8M & 8F | Intermediate 8M & 8F | Junior 8M & 8F
- 100m and 200m: Limited to 6M and 6F - per event - per age category - per gender
- 3000m: Limited to 4M and 4F – Per School – All will run in the Senior Div (Open)
- Each athlete is limited to 3 events

TENTATIVE EVENT SCHEDULE

MEET	RED	GOLD
EVENT SPACE	TRACK	
EVENTS	Sprint Hurdles (80/100)	200m
	100m	1500m
	400m	
	800m	
	3000m	
EVENT SPACE	FIELD	
EVENTS	All Girls High Jump All Girls Long Jump	All Women's Triple Jump All Men's Triple Jump
	All Men's High Jump All Men's Long Jump	Jr & Sr Men's Discus
	All Women's Discus Int Men's Discus	Jr & Sr Women's Javelin
	All Girls Pole Vault All Men's Pole Vault	
	All Men's Javelin Int Women's Javelin	
	All Men's Shot Put All Women's Shot Put	

The final schedule will be posted at calgarytrackcouncil.com after entries are finalized.

AGE CATEGORIES

CATEGORY	ELIGIBILITY
Senior	Under 19 before September 1st, 2025
Intermediate	Under 17 before September 1st, 2025
Junior	Under 16 before September 1st, 2025

EVENT SPECIFICATIONS

Hurdles / Shot Put / Discus / Javelin

Category	Hurdle Dist.	Hurdle Ht.	Shot Put	Discus	Javelin
Junior Girls	80m	76cm (30")	3 kg	1 kg	500g
Intermediate Girls	80m	76cm (30")	3 kg	1 kg	500g
Senior Girls	80m	84cm (33")	4 kg	1 kg	600g

Junior Boys	100m	84cm (33")	5 kg	1.5 kg	700g
Intermediate Boys	100m	84cm (33")	5 kg	1.5 kg	700g
Senior Boys	100m	91cm (36")	6 kg	1.75 kg	800g

Starting Heights — High Jump & Pole Vault

Category	High Jump Starting Ht.	Pole Vault Starting Ht.
Junior Girls	1.25 m	1.35 m
Intermediate Girls	1.30 m	1.50 m
Senior Girls	1.35 m	1.65 m
Junior Boys	1.35 m	1.95 m
Intermediate Boys	1.40 m	2.10 m
Senior Boys	1.45 m	2.25 m

High Jump increments: 5 cm | Pole Vault increments: 15 cm

SPONSORSHIPS

tri hub — Event T-Shirts

- Buy T-Shirts [HERE](#)
- Black & Red T-shirts with front and back designs available to purchase
- Orders distributed at the event | Items will be bundled by school, and will be picked up by the head coach
- Order deadline: April 12th

Strides Running Store — Spike Lending Program

- Strides will provide spikes for athletes to borrow at no cost
- Student ID card required, exchanged for spikes at the Strides tent
- Spikes must be returned promptly after the race; the student ID returned upon return
- Limited sizes and quantities; first-come, first-served

Head coaches interested in the spike lending program contact matt.deans@ucalgary.ca with their name and contact information.

UOFC VARSITY DINOS — RECRUITING INFORMATION

Athletes interested in continuing Track & Field or Cross Country at the university level are encouraged to review the team standards:

Track & Field

<https://godinos.com/sports/2023/8/10/tfxc-recruits.aspx>

Cross Country

<https://godinos.com/sports/2023/8/16/xcc-recruits.aspx>

Team Standards are intended as a starting point in the recruiting process. Meeting a standard does not guarantee a spot on the team, but it helps initiate a conversation with our coaching staff. If not

already part of the track club community, we strongly encourage athletes to join a track club to be considered. Info on city track clubs can be found on the [CTC website](#)

Connect with the Team

Athletes who have achieved a standard and are planning to attend the University of Calgary are encouraged to reach out to Head Coach Jessica Zelinka.

Jessica.zelinka@ucalgary.ca

When contacting the program, athletes should include the following information:

- Name
- Male or Female
- Proof of standard (result/performance) (PBs)
- Year entering university (e.g., Fall 2027)
- Academic programs of interest
- UCID# (If already applied to the University of Calgary)

Inquiries: matt.deans@ucalgary.ca

Schedule & Entry Lists: calgarytrackcouncil.com → Meets and Races – Outdoor