



# Edmonton Columbians Spring Challenge

**May 1-3, 2026**

## General Information

- Hosted by the Edmonton Columbians Track and Field Club
- Sanctioned by Athletics Alberta
- Location: Rollie Miles Athletic Park  
10480 73 Avenue, Edmonton, AB
- Meet Inquiries: [info@edmontoncolumbians.ca](mailto:info@edmontoncolumbians.ca)
- Officials, Volunteers and Coaches will receive a complimentary lunch
- Washrooms: Located behind the bleachers
- First Aid: Located at the Registration Tent

## Entries

- All entries must be through the Trackie registration page  
[ecspringchallenge](https://www.trackie.com/ecspringchallenge)
- Eligibility
  - Alberta Coaches and Athletes entering must be registered members of Athletics Alberta
  - Out of province Coaches and Athletes must be registered with their respective Provincial Athletics Association
- **Entry Deadline: 11:59 p.m. on Monday, April 27, 2026**
- Late Entries may be accepted (additional \$10/event fee if approved)
- Scratch Deadline: 11:59 p.m. on Tuesday, April 28, 2026. No refunds after this date.
- Meet schedule and results will be available on the Trackie registration page and on  
[www.ellistiming.ca](https://www.ellistiming.ca)
  - Finalized schedule will be posted the late evening of April 30, 2026

## Entry Fees

U16, U18, U20, Senior, Masters Individual Events: \$30 per event

U14 Individual Events: \$15 per event

U10, U12, U14 Tetrathlon: \$45 (Saturday)

U16 Pentathlon: \$70 (Saturday)

Relays: \$20/team

## Age Categories

U10 – Born in 2017 or later

U16 – Born in 2011 or 2012

Sr - Born in 2006 or earlier

U12 – Born in 2015 or 2016

U18 – Born in 2009 or 2010

Masters – age 35+

U14 – Born in 2013 or 2014

U20 – Born in 2007 or 2008

## Multi-Event format

U10 Tetrathlon: Saturday - 60m, Shot Put, Long Jump, 300m

U12 Tetrathlon: Saturday - 80m, Shot Put, Long Jump, 600m

U14 Tetrathlon: Saturday - 100m, Shot Put, Long Jump, 800m

U16 Pentathlon: Saturday - Female 80mH, LJ, SP, HJ, 800m

- Male 100mH, LJ, SP, HJ, 1000m

## Modified Rules for U10, U12, U14

**Long Jump:** U10 and U12 athletes will have a 1m take-off area and the officials will judge the take-off spot accordingly and measure. U14 will use a regular take off board. For the competition, all jumpers will have 3 attempts.

**High Jump:** U14 - Starting height of 0.90m, increments of 10cm until a height of 1.10m, increments of 5cm thereafter until 3 remain.

**Throws:** Each competitor will receive 3 attempts for all throwing events.

**Scoring:** U10-U14 Multi-Events are calculated with the Alberta Youth Scoring Table,

<https://www.ellistiming.ca/AlbertaYouthScoringTables/index.html>

## Awards

Once results have been posted:

Individual Events - Top 3 in each event will receive a medal.

Tetrathlon and Pentathlon - Top 3 total point scorers will receive a medal. Top 8 in each event will receive a placement ribbon



## Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Hammer	Javelin		Shot Put	Discus	Hammer	Javelin
2kg			200g	<b>U10</b>	2kg			200g
2kg	750g		300g	<b>U12</b>	2kg	750g		300g
3kg	750g		400g	<b>U14</b>	3kg	750g		400g
3kg	1kg	3kg	500g	<b>U16</b>	4kg	1kg	4kg	600g
3kg	1kg	3kg	500g	<b>U18</b>	5kg	1.5kg	5kg	700g
4kg	1kg	4kg	600g	<b>U20</b>	6kg	1.75kg	6kg	800g
4kg	1kg	4kg	600g	<b>Senior</b>	7.26kg	2kg	7.26kg	800g
WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> )				<b>Masters</b>	WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> )			

## Athletics Alberta Outdoor Hurdle and Steeple Specifications

Distance	Hurdles	Height	H1	Btw	Age Group	Distance	Hurdles	Height	H1	Btw
60m	5	.60m/24"	12m	7m	<b>U10</b>	60m	5	.60m/24"	12m	7m
60m	5	.68m/27"	12m	7.5m	<b>U12</b>	60m	5	.68m/27"	12m	7.5m
80m	8	.76m/30"	12m	8m	<b>U14</b>	80m	8	.76m/30"	12m	8m
80m	8	.76m/30"	12m	8m	<b>U16</b>	100m	10	.84m/33"	13m	8.5m
100m	10	.76m/30"	13m	8.5m	<b>U18</b>	110m	10	.91m/36"	13.72m	9.14m
100m	10	.84m/33"	13m	8.5m	<b>U20</b>	110m	10	.99m/39"	13.72m	9.14m
100m	10	.84m/33"	13m	8.5m	<b>Senior</b>	110m	10	1.07m/42"	13.72m	9.14m
200m	5	.76m/30"	20m	35m	<b>U14</b>	200m	5	.76m/30"	20m	35m
200m	5	.76m/30"	20m	35m	<b>U16</b>	200m	5	.76m/30"	20m	35m
400m	10	.76m/30"	45m	35m	<b>U18</b>	400m	10	.84m/33"	45m	35m
400m	10	.76m/30"	45m	35m	<b>U20</b>	400m	10	.91m/36"	45m	35m
400m	10	.76m/30"	45m	35m	<b>Senior</b>	400m	10	.91m/36"	45m	35m
1500m		.76m/30"			<b>U16</b>	1500m				
2000m		.76m/30"			<b>U18</b>	2000m				
3000m		.76m/30"			<b>U20</b>	3000m				
3000m		.76m/30"			<b>Senior</b>	3000m				
WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> )					<b>Masters</b>	WMA ( <a href="https://world-masters-athletics.org/">https://world-masters-athletics.org/</a> )				

## General Rules

### 1. Competition Numbers:

- a. Numbers must be worn on back for events run entirely in lanes (100m-400m)
- b. Numbers must be worn on the front for all track events not finishing in lanes
- c. Numbers must be worn on the front for all field events
- d. U10-U14 wear numbers on the front for **all** events, including laned track events
- e. Hip numbers must be clearly visible on the athletes' right side hip. Ensure that singlets/uniforms are tucked in so that hip numbers are visible for photo timing purposes.

2. Spikes are to be no longer than 7mm in length. Only Pins, Needles or Pyramid type spikes will be allowed. No Christmas trees spikes will be permitted

3. All seed times must be accurate; all non-verified seed times will be given a NT (no time).

4. All track event athletes are required to check in at the Marshalling Table at least 20 minutes prior to the scheduled event start time, and receive their hip number. When checking in, please have your bib number on. Report to the Start Line Marshal, 10 minutes before scheduled start time at the event's start line.

5. Field event athletes will marshal at the event competition area, and are requested to be at the competition area 20 minutes before the scheduled start time of the event.

6. Starting blocks will be used for all athletes U16 and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10/U12/U14 events.

7. Throwing implements will be provided. No personal implements will be permitted unless by approval of officials at the event (weigh in scale will be located at the Registration Tent). Pole Vaulters must provide personal poles.

8. Athletes may miss or "scratch" an event and continue the competition.

9. Athletes competing in heats who do not intend to compete in the final must report to the Registration Tent before the Final heats. Such athletes will be marked as exhibition, thus allowing someone else to advance to the final. Otherwise, IAAF Rule 142.4 will be applied (i.e.: the athlete may be disqualified from participating in the rest of the meet).

10. Restricted access to infield for coaches, athletes (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.

12. Breaking Record: If you break a provincial record, paperwork must be submitted at the meet so the appropriate individuals and paperwork can be processed in a timely manner. Athletes expecting to break a record and requiring a special form should bring the form to the meet (various factors, like Internet access outages, have been known to prevent the Results team from printing a needed form).

# TENTATIVE SCHEDULE

\*All session start times are approximate and may change once final entry numbers are known

**FRIDAY, May 1** Start Time 5:00 PM; End of Competition 8:00 PM

Pole Vault U14+

**SATURDAY, May 2** Start Time 9:00 AM; End of Competition 5:00 PM

## Morning Session

### TRACK

Pentathlon Hurdles U16

Tetrathlon 60m U10

Tetrathlon 80m U12

Tetrathlon 100m U14

100m Preliminaries U16+

1500 RW U16+

### Afternoon Session

100m Finals U16+

Tetrathlon 300 U10

Tetrathlon 600m U12

Tetrathlon 800m U14

800m U16+

Pentathlon 800m U16F

Pentathlon 1000m U16M

4X100m Relays (all age groups)

## Morning Session

### FIELD

Tetrathlon Shot Put U10

Tetrathlon Shot Put U12

Tetrathlon Shot Put U14

Pentathlon High Jump U16

High Jump U16+ Male

Tetrathlon Long Jump U14

Tetrathlon Long Jump U10

Tetrathlon Long Jump U12

Discus U16+

### Afternoon Session

Pentathlon Shot Put U16

Javelin U16+

Pentathlon Long Jump U16

High Jump U16+ Female

**SUNDAY, May 3** Start Time 9:00 AM; End of Competition 5:00 PM

## Morning Session

### TRACK

Short Hurdles Preliminaries U14+

3000m U18, Mast

5000m U20, Sen

200 Preliminaries U14+

### Afternoon Session

300m U16; 400m U18+

Short Hurdles Finals U14+

1000m U14

1200m U16

1500m U18+

200m Finals U14+

## Morning Session

### FIELD

Discus U14

Shot Put U16+ Male

Long Jump U16+

Hammer U14+ Female

High Jump U14 Male

### Afternoon Session

Hammer U14+ Male

High Jump U14 Female

Shot Put U16+ Female

Triple Jump U16+

\*Blue indicates U14 only