

**FIELD
EVENT
START
TIMES**

DINOS HIGH SCHOOL

TRACK & FIELD CHALLENGE 2026

Host: University of Calgary Track & Field | RED MEET — Saturday, May 2nd, 2026

HIGH JUMP

1 session = 2 hr window | 2 sessions = 90 min each | Max 8 attempts per competitor |
3 consecutive miss rule applies

Session Breakdown

Age Group	Entries	Sessions	Start Time	Est. End
Intermediate Girls	14	1 Session	9:30 AM	~11:30 AM
Senior Girls	17	1 Session	11:30 AM	~1:30 PM
Junior Girls	32	2 Sessions	1:30 PM	~4:30 PM
Intermediate Boys	35	2 Sessions	9:30 AM	~12:30 PM
Senior Boys	21	1 Session	12:30 PM	~2:30 PM
Junior Boys	35	2 Sessions	2:30 PM	~5:30 PM

High Jump Schedule

Start Time	Pit A	Pit B
9:30 AM	Int Girls – Session 1 (opens 1.30m)	Int Boys – Session 1 (opens 1.40m)
11:00 AM		Int Boys – Session 2 (opens 1.40m)
11:30 AM	Sr Girls – Session 1 (opens 1.35m)	
12:30 PM	-	Sr Boys – Session 1 (opens 1.45m)
1:30 PM	Jr Girls – Session 1 (opens 1.25m)	-
2:30 PM	-	Jr Boys – Session 1 (opens 1.35m)
3:00 PM	Jr Girls – Session 2 (opens 1.25m)	
4:00 PM	-	Jr Boys – Session 2 (opens 1.35m)

LONG JUMP

Flight duration: 60 minutes per flight | 2 pits running simultaneously - side by side

Flight Breakdown

Age Group	Number of Entries	Number of Flights
Junior Girls	54	3 Flights
Junior Boys	62	3 Flights
Intermediate Girls	54	3 Flights
Intermediate Boys	61	3 Flights
Senior Girls	24	1 Flight
Senior Boys	43	2 Flights

Long Jump Schedule

Start Time	Pit #1 — Girls	Pit #2 — Boys
9:00 AM	Jr Girls – Flight 1	Jr Boys – Flight 1
10:00 AM	Jr Girls – Flight 2	Jr Boys – Flight 2
11:00 AM	Jr Girls – Flight 3	Jr Boys – Flight 3
12:00 PM	Int Girls – Flight 1	Int Boys – Flight 1
1:00 PM	Int Girls – Flight 2	Int Boys – Flight 2
2:00 PM	Int Girls – Flight 3	Int Boys – Flight 3
3:00 PM	Sr Girls – Flight 1	Sr Boys – Flight 1
4:00 PM	—	Sr Boys – Flight 2

DISCUS THROW

Flight duration: 60 minutes per flight | 1 throwing cage

Flight Breakdown

Age Group	Number of Entries	Number of Flights
Junior Girls	42	2 Flights
Intermediate Girls	53	2 Flights
Intermediate Boys	46	2 Flights
Senior Girls	36	2 Flights

Discus Schedule

Start Time	Discus Cage
9:00 AM	Jr Girls – Flight 1
10:00 AM	Jr Girls – Flight 2
11:00 AM	Int Girls – Flight 1
12:00 PM	Int Girls – Flight 2
1:00 PM	Int Boys – Flight 1
2:00 PM	Int Boys – Flight 2
3:00 PM	Sr Girls – Flight 1
4:00 PM	Sr Girls – Flight 2

JAVELIN THROW

Flight duration: 45 minutes per flight | 1 runway

Flight Breakdown

Age Group	Number of Entries	Number of Flights
Junior Boys	46	2 Flights
Intermediate Boys	60	3 Flights
Intermediate Girls	60	3 Flights
Senior Boys	39	2 Flights

Javelin Schedule

Start Time	Javelin Runway
9:00 AM	Jr Boys – Flight 1
9:45 AM	Jr Boys – Flight 2
10:30 AM	Int Boys – Flight 1
11:15 AM	Int Boys – Flight 2
12:00 PM	Int Boys – Flight 3
12:45 PM	Int Girls – Flight 1
1:30 PM	Int Girls – Flight 2
2:15 PM	Int Girls – Flight 3
3:00 PM	Sr Boys – Flight 1
3:45 PM	Sr Boys – Flight 2

SHOT PUT

Flight duration: 45 minutes per flight | 1 Circle

Flight Breakdown

Age Group	Number of Entries	Number of Flights
Senior Girls	19	1 Flight
Junior Girls	36	2 Flights
Senior Boys	23	1 Flight
Junior Boys	37	2 Flights
Intermediate Girls	36	2 Flights
Intermediate Boys	40	2 Flights

Shot Put Schedule

Start Time	Shot Put Ring
9:30 AM	Sr Girls – Flight 1
10:15 AM	Jr Girls – Flight 1
11:00 AM	Jr Girls – Flight 2
11:45 AM	Sr Boys – Flight 1
12:30 PM	Jr Boys – Flight 1
1:15 PM	Jr Boys – Flight 2
2:00 PM	Int Girls – Flight 1
2:45 PM	Int Girls – Flight 2
3:30 PM	Int Boys – Flight 1
4:15 PM	Int Boys – Flight 2

POLE VAULT

4 hr window per session | All boys jump together - All girls jump together | Max 8 attempts per competitor | 3 consecutive miss rule applies | Increments: 15 cm

Session Breakdown

Age Group	Entries	Sessions	Start Time	Est. End
All Boys (Jr + Int + Sr)	23	1 Combined Session	10:00 AM	~2:00 PM
All Girls (Jr + Int + Sr)	24	1 Combined Session	2:00 PM	~6:00 PM

Pole Vault Schedule

Start Time	Runway
10:00 AM	ALL BOYS – Combined Session (Jr opens 1.95m Int opens 2.10m Sr opens 2.25m)
2:00 PM	ALL GIRLS – Combined Session (Jr opens 1.35m Int opens 1.50m Sr opens 1.65m)
