



St Albert Challenge

May 22-24, 2026

Technical Package



~ Sanctioned By Athletics Alberta ~

Location and Facilities

Location: Fowler Athletic Park: 61 Sir Winston Churchill Avenue, St. Albert, Alberta

Parking: West of Fowler Athletic Field, Sir Alexander Mackenzie School, Fowler School (see map below)

Facility Specs: 8 lane 400m track, Plexitrac latex all-weather track and runways

Throwing Circles: concrete circles, aluminum cantilevered throwing cage with nylon netting

Photo Timing System: FinishLynx, Hy-Tek results, and wind gauges

Meet Enquiries

Meet Director: Denise Watson

Meet Entry Chairperson and Competition Secretary: Vernon Schmid: vernon@ellistiming.ca

Questions or inquiries about the meet: Denise Watson: challenge@mustangstrackclub.com

Registration

Registration will be available on trackie at : May 4, 2026 at 12:00 pm

Registration deadline is: May 15, 2025 at 11:59pm

Registration packages will be available for pick-up at the Registration Desk located at the entry to the park 1 hour before the start of the meet.

Payment online through Trackie needs to be confirmed before the package will be released.

Eligibility

All athletes must be registered members of Athletics Alberta as of the entry deadline, no exceptions.

Out-of-province athletes must be registered with their respective Provincial Athletics Association.

Age Categories

U10 - 9 and under (2017 & later)	U12 - 11 and under (2015, 2016)	U14 - 13 and under (2013, 2014)
U16 - 15 and under (2011, 2012)	U18 - 17 and under (2009, 2010)	U20 - 2007 and 2008
Open - 2006 and later (masters 35+ included)		

Entry Fees

*payable online via trackie during the registration process

Individual events (U16 +)	\$30 per event
U10 Triathlon	\$30 per day
U12 Tetrathlon	\$45 per day
U14 Individual Events	\$15 for per event
Relays	\$20 per relay team
LATE ENTRIES	Fees will be doubled after the entry deadline

Entry Deadline and Process

ENTRIES DEADLINE: May 15, 2026 at 11:59pm

SCRATCH/ LATE DEADLINE: May 17 at 11:59pm -late entries will only be permitted if there is room in heats - they will be charged DOUBLE the entry fee

NO ENTRIES ACCEPTED AFTER: May 17 at 11:59pm

****Scratches will not be Refunded****

Meet Schedule will be available on – Trackie, Athletics Alberta, Ellis Timing

Final Schedule Available: May 21, 2026

Events Offered

	Friday	Saturday	Sunday
U10		Shot Put 60m - timed final Standing Long Jump 4x100m Relay	Turbo Javelin Long Jump 300m - timed final 4x100m Relay
U12		Shot Put 60m - timed final Long Jump 300m - timed final 4x100m Relay	150m - timed final Turbo Javelin Standing Long Jump 600m - timed final 4x100m Relay
U14	Hammer Throw	80mH** - timed final 100m- timed final 1000m Shot Put Javelin 4x100m Relay	200mH** - timed final 200m- timed final 800m Long Jump High Jump Discus 4x100m Relay

U16	Hammer Throw Pole Vault	Racewalk 1500m Steeplechase 80mH (W) 100mH (M) - heats & finals 100m - heats & finals 300m - timed finals 1200m Triple Jump Shot Put Javelin 4x100m Relay	Racewalk 2000m 200m - heats & finals 200mH - timed finals 800m Long Jump High Jump Discus Mixed 4x400m Relay
U18	Hammer Throw Pole Vault	2000m Steeplechase 100mH (W) 110mH (M) - heats & finals 100m - heats & finals 400m - timed finals 1500m Triple Jump Shot Put Javelin 4x100m Relay	Racewalk 3000m 200m - heats & finals 400mH - timed finals 800m Long Jump High Jump Discus Mixed 4x400m Relay
U20		3000m Steeplechase 100mH (W) 110mH (M)- heats & finals 100m - heats & finals 400m - timed finals 1500m Triple Jump Javelin Hammer Shot Put 4x100m Relay	Racewalk 5000m 200m - heats & finals 400mH - timed finals 800m Long Jump High Jump Discus Mixed 4x400m Relay
Open		3000m Steeplechase 100mH (W) 110mH (M) 100m - heats & finals 400m - timed finals 1500m Triple Jump Javelin Hammer Shot Put 4x100m Relay	Racewalk 5000m 200m - heats & finals 400H - timed finals 800m Long Jump High Jump Discus 4x400m Relay
Masters		3000m Steeplechase 100m - heats & finals 400m - timed finals 1500m Triple Jump Javelin Hammer Shot Put 4x100m Relay	Racewalk 3000m 5000m 200m - heats & finals 400H - timed finals 800m Long Jump High Jump Discus 4x400m Relay
Para, Para Ambulatory, Para Wheelchair, Para Intellectual, Para Vision		100m timed finals	200m timed finals

MULTIPLE EVENTS For U10 and U12 - Awards, Modifications, Specifications

Scores will be kept for Multiple Events:

1st place in each event gets 10 points, 2nd 9 points, 3rd 8 points, etc. down to 10th and below who get 1 point.

Points from the day's events will be totaled and medals given to top 3 athletes overall.

Athletes may miss or "scratch" an event and continue the competition; however they will not be considered for overall points.

Modified Rules for U10 and U12:

Long Jump: U10 and U12 will have 1m take-off area and the official will judge the take-off spot accordingly and measure. For the competition, all jumpers will have 3 attempts.

Standing Long Jump: Jump is done with feet together, no steps allowed.

Field Events: Each athlete will receive 3 attempts (Long Jump, Shot Put, Turbo Jav, Standing Long Jump)

High Jump Specifications and Starting Heights

U14 High Jump: Three successive failures will eliminate the jumper from further competition. Starting height of 0.90m, increments of 10cm until a height of 1.20m, increments of 5cm thereafter.

U16 High Jump: Three successive failures will eliminate the jumper from further competition. Girls: Starting Height 1.00m, increments of 10cm until a height of 1.30m, increments of 5cm thereafter. Boys: Starting Height: 1.10m, increments of 10cm until a height of 1.40m, increments of 5cm thereafter

U18 High Jump: Three successive failures will eliminate the jumper from further competition. Women: Starting Height 1.20m, increments of 10cm until a height of 1.40m, increments of 5cm thereafter. Men: Starting Height: 1.30m, increments of 10cm until a height of 1.50m, increments of 5cm thereafter

Awards

Medals will be awarded to the top three finishers U14-Open.
Ribbons for the top 10 in the U10 and U12 categories for all events.
Medals will be awarded for U10-U12 overall for each day.
Certificates will be given to every U10-U12 for each day.

Timing

Results will be posted during the meet on the wall behind the stands, and will be available online at:

www.ellistiming.ca

**if you are having difficulties loading live results please clear your cookies, etc.

Athlete Services and Information

Washrooms: Porta potties are available on-site at the main entrance (South End of the Track).

First Aid will be available on site in the middle garage.

Therapy Services: May be available

General Rules

1. **MARSHALLING** takes place on the Speed Track. Athletes who do not present themselves in the Marshalling area as required will not be eligible to compete in the race. Athletes will remain within the marshalling area until the start of the race.
 - a. **All track event** athletes are required to check in at the Marshalling Table at least **20 minutes prior to the scheduled event** start time. When checking in, please have your number on and your spikes available to verify spike length.
 - b. **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
2. The **competition numbers** must be worn on the back for events run entirely in lanes (60m to 400m). Athletes in horizontal jump events must wear numbers on front; for other field events, athletes may wear numbers either on front or on back. Please ensure that singlets/ uniforms are tucked in so that hip numbers are visible. This ensures photo timing can be done effectively and properly.
 - a. Numbers must be worn on the front for all track events not finishing in lanes (including the final runners on mixed relay teams).
 - b. For U10, U12 and U14 athletes, competition numbers must be worn on the front for all events.
 - c. Hip numbers must be clearly visible on the athletes' right-side hip.
3. **Starting blocks** are mandatory for all athletes U16 and up. Starting blocks are optional for Masters. Starting blocks will not be used for U10, U12, nor U14 events. ** Athletes with a medical condition may apply not to use starting blocks 1 week prior to competition. Please email the Meet Director & AA Technical Manager.
4. **Throwing implements** will be provided. No personal implements will be permitted unless by approval of officials at the event.
5. **Pole Vault** equipment not suitable for jumpers over 4m, as mats and standards are novice in size.
6. **Spikes** are to be no longer than 7mm in length. Only Pins, Needles or pyramid type spikes will be allowed. No Christmas tree spikes will be permitted.
7. **Scratches** during the competition are to be submitted at the registration area, near the 100m start line.
8. **Athletes competing in heats who do not intend to compete in the final** must inform the Results Desk before the 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).
9. **Restricted access to the field for coaches, athletes** (with their numbers), officials, and volunteers only. Spectators are not to be present on the infield anywhere.
10. U10 and U12 athletes who miss an event will be allowed to continue in the competition. However, they will not be considered for overall points.
11. U14 exhibition hammer and javelin throw will only have 3 attempts.
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).
13. **Age groups may be combined** in the schedule if there are less than 3 people in an age category and technical specifications can be adjusted within the event between participants (i.e., hurdles races may be combined, but steeplechase will not be. Field events may be combined, but athletes will use appropriate implements, etc.)

Technical Specifications

Below is from <https://www.athleticsalberta.com/officials/>.
 Masters specifications are at <http://www.world-masters-athletics.org/rules/appendix.pdf>

Athletics Alberta Outdoor Championship Events and Technical Specifications

Females								Events	Males							
U10	U12	U14	U16	U18	U20	SNR	MAS		U10	U12	U14	U16	U18	U20	SNR	MAS
x								60m	x							
	x							80m		x						
		x	x	x	x	x	x	100m			x	x	x	x	x	x
x	x							150m	x	x						
		x	x	x	x	x	x	200m			x	x	x	x	x	x
x	x		x					300m	x	x		x				
				x	x	x	x	400m					x	x	x	x
x	x							600m	x	x						
		x	x	x	x	x	x	800m			x	x	x	x	x	x
	x	x						1000m		x	x					
			x					1200m				x				
				x	x	x	x	1500m					x	x	x	x
			x					2000m				x				
				x			x	3000m					x			x
					x	x		5000m						x	x	
x	x	x	x	x	x	x	x	Hurdles	x	x	x	x	x	x	x	x
			1500m	2000m	3000m	3000m	ACS	Steeple				1500m	2000m	3000m	3000m	ACS
			1500m	3000m	5000m	5000m	ACS	Race Walk				1500m	3000m	5000m	5000m	ACS
	x	x	x	x	x	x	x	High Jump		x	x	x	x	x	x	x
			x	x	x	x	x	Pole Vault				x	x	x	x	x
x	x	x	x	x	x	x	x	Long Jump	x	x	x	x	x	x	x	x
			x	x	x	x	x	Triple Jump				x	x	x	x	x
x	x	x	x	x	x	x	x	Shot Put	x	x	x	x	x	x	x	x
		x	x	x	x	x	x	Hammer			x	x	x	x	x	x
x	x	x	x	x	x	x	ACS	Javelin	x	x	x	x	x	x	x	ACS
	x	x	x	x	x	x	ACS	Discus		x	x	x	x	x	x	ACS
x	x	x	x	x	x	x	x	4x100m	x	x	x	x	x	x	x	x
			x	x	x	x	x	4x400m				x	x	x	x	x
x	x	x						Medley	x	x	x					
			Pent	Hep	Hep	Hep	ACS	Combined				Pent	Dec	Dec	Dec	ACS

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

*There is no water barrier for U16, race starts at 1500m start and barriers begin after 300m.

Athletics Alberta Outdoor Throws Specifications

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

* Turbo Jav or Ball Throw to be used for U10 and U12

* Turbo Jav or Ball Throw should **not** be used for U14

WMA Hurdle, Steeplechase, and Implement Specifications

1. HURDLES

NOTE: Specifications effective 1 January 2026

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.840	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60-69	60	0.686	5	12	7	20
	70+	60	0.686	5	11	6	25
SHORT	35-39	100	0.840	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60-69	80	0.686	8	12	7	19
	70+	80	0.686	8	11	6	27
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.840	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	11	6	25
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.840	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	11	6	27

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

Additional Information

Concession (Sat & Sun): pop, gatorade, water, chips, granola bars, hamburgers, hot dogs, etc will be available. Cash is the preferred method of payment.

Washroom facilities available: Porta Potties at the South End of the track.

Parking: There is no parking available for attendees/athletes at the main Fowler Athletic Park parking lot. Please park at the schools near the track or in the community around the track.

