



# Edmonton Columbians Track Classic

## U10, U12 and U14 Provincials

### June 20-21, 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  
[Edmonton Columbians Track Classic](#)
- 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 Friday, June 12, 2026**
- Late Entries may be accepted (additional \$10/event fee if approved)
- **Scratch Deadline: 11:59 p.m. on Tuesday, June 16, 2026. No refunds after this date.**
- Meet schedule and results will be available on the Trackie registration page and on  
[www.ellistiming.ca](http://www.ellistiming.ca)
  - Finalized schedule will be posted June 17, 2026

## Entry Fees

U16, Open (U20, Senior, Masters) Individual Events: \$30 per event

U10, U12, U14 Tetrathlon: \$45 per day

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

Sunday - 150m, Ball Throw, Standing Long Jump, 600m

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

Sunday - 150m, Ball Throw, Standing Long Jump, 600m

**U12 Female Tetrathlon:** Saturday - 80m, Ball Throw, Long Jump, 600m

Sunday - 150m, Shot Put, Standing Long Jump, 1000m

**U12 Male Tetrathlon:** Saturday - 80m, Ball Throw, Long Jump, 600m

Sunday - 150m, Shot Put, Standing Long Jump, 1000m

**U14 Female Tetrathlon:** Saturday - 100m, Shot Put, High Jump, 800m

Sunday - 200m, Discus, Long Jump, 1000m

**U14 Male Tetrathlon:** Saturday - 100m, Discus, High Jump, 800m

Sunday - 200m, Shot Put, Long Jump, 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 1m take off board. For the competition, all jumpers will have 3 attempts.

**High Jump:** U14 - Starting height of 0.90m, increments of 5cm until a height of 1.20m; increments of 3cm thereafter until 3 remain.

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

**Scoring:** U10-U14 Combined Events are calculated with the Alberta Youth Scoring Table, <https://www.ellistiming.ca/AlbertaYouthScoringTables/index.html>

## Awards

Once results have been posted:

U10, U12 and U14 - Top 3 total point scorers each day will receive a Provincial Medal. Top 8 in each event will receive a placement ribbon.

U16 and up - Top 3 in each event will receive a medal.

## EVENTS OFFERED

EVENT	OPEN	U16	U14	U12	U10
60m					CE
80m				CE	
100m	✓	✓	CE		
150m				CE	CE
200m	✓	✓	CE		
300m					CE
600m				CE	CE
800m	✓	✓	CE		
1000m			CE	CE	
1500m	✓	✓			
5000m					
Short Hurdles			✓		
LONG JUMP	✓	✓	CE	CE	CE
STANDING LJ				CE	CE
HIGH JUMP	✓	✓	CE		
SHOT PUT	✓	✓	CE	CE	CE
BALL THROW				CE	CE
DISCUS	✓	✓	CE		
HAMMER	✓	✓			
Combined Event			✓	✓	✓
4X100m Relay	✓	✓	✓	✓	✓
Medley Relay			✓	✓	✓

## 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

Female						Male				
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	7m	<b>U12</b>	60m	5	.68m/27"	12m	7m
80m	8	.76m/30"	12m	7.5m	<b>U14</b>	80m	8	.76m/30"	12m	7.5m
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		.76m/30"		
2000m		.76m/30"			<b>U18</b>	2000m		.84m/33"		
3000m		.76m/30"			<b>U20</b>	3000m		.91m/36"		
3000m		.76m/30"			<b>Senior</b>	3000m		.91m/36"		
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, World Athletics TR 4.4.2 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, June 19** Start Time 5:00 PM; End of Competition 8:00 PM

Pole Vault: U16, Open

**SATURDAY, June 20** Start Time 8:30 AM; End of Competition 5:00 PM

## Morning Session

### TRACK 9:30am

60m U10F CE

60m U10M CE

80m U12F CE

80m U12M CE

100m U14F CE

100m U14M CE

100m Heats U16, Open

80mH U14 Exhibition

### Afternoon Session

300m U10F CE

300m U10M CE

600m U12F CE

600m U12M CE

800m U14F CE

800m U14M CE

800m U16, Open

100m Finals U16, Open

4x100m Relays

### FIELD 8:30am

Long Jump U10F CE

Shot Put U10M CE

Ball Throw U12F CE

Long Jump U12M CE

High Jump U14F CE

Discus Throw U14M CE

Shot Put U10F CE

Long Jump U10M CE

Long Jump U12F CE

Ball Throw U12M CE

Shot Put U14F CE

HighJump U14M CE

### Afternoon Session

Discus Throw U14M CE (Extra flight if needed)

Discus Throw U16, Open

Long Jump U16, Open

Shot Put U16, Open

**SUNDAY, June 21** Start Time 8:30 AM; End of Competition 5:00 PM

### Morning Session

#### TRACK 9:30am

150m U10F CE

150m U10M CE

150m U12F CE

150m U12M CE

200m U14F CE

200m U14M CE

200 U16, Open Timed Final

#### Afternoon Session

600m U10F CE

600m U10M CE

800m U12F CE

800m U12M CE

1200m U14F CE

1200m U14M CE

1500m U16, Open

Medley Relays

#### FIELD 8:30am

Ball Throw U10F CE

Ball Throw U10M CE

Shot Put U12F CE

Standing Long Jump U12M CE

Discus U14F CE

Long Jump U14M CE

Standing Long Jump U10F CE

Standing Long Jump U10M CE

Standing Long Jump U12F CE (following U10)

Shot Put U12M CE

Long Jump U14F CE

Shot Put U14M CE (following U12)

#### Afternoon Session

Discus U14F CE (Extra flight if needed)

Hammer Throw U16, Open

High Jump U16, Open