



Alberta Championships

U16, U18, U20, Senior, Masters and Para
Friday July 24 – Sunday July 26, 2026

Start times: Friday 6:00pm Saturday 10:00am Sunday 9:00am

[Website: 2026 Alberta Provincial Championships » Calgary Track Council](#)

General Information:

Host: Calgary Track Council
Sanctioned By: Athletics Alberta
Facility: Foothills Athletic Park
2424 Crowchild Trail NW
Calgary, Alberta
Maximum Spike length: 7mm max. cones

Entries:

Trackie Registration: [Alberta Championships](#)

Entry Deadline: Monday July 20th, 2026 at noon MDT
Late Entries: will be accepted until 12:00 p.m. Wednesday July 22 for double fee.
Scratch Deadline (for refund of Entry fee): noon MDT on Wednesday, July 22
Scratches after the scratch deadline will not be refunded.

As per Athletics Alberta Policy:

U14 athletes and younger are not allowed to compete in this meet.
U16 to U20 are only allowed to move up a maximum of one age category.

All entries must be through the Trackie registration. Seed times will be confirmed with AC rankings. Legal Ranked performances since April 1, 2025

Entry Fees:	Open (2006 & earlier)	\$30.00 per event
	U20 (2007-08)	\$30.00 per event
	U18 (2009-10)	\$30.00 per event
	U16 (2011-12)	\$30.00 per event
	Masters (35yrs + on day of meet)	\$30.00 per event
	Para Athletes	\$30.00 per event
Alberta Championship fee:	\$5.00 per athlete	
Relays	\$40.00 per team	

Coach's Registration: Any coach who would like lunch provided.

\$5 lunch/per day

please register at the following link: [Alberta T&F Championships - Coach Lunch Registration](#)

Lunch includes a Fit Kitchen meal, cookie and drink

Meet schedule and other updates will be available on the Calgary Track Council Website and Trackie registration page.

Track Events:

	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women	U16 Men	U16 Women	Masters Men	Masters Women
Friday										
800m	X	X	X	X	X	X	X	X	X	X
Race Walk	5000m	5000m	5000m	5000m	3000m	3000m	1500m	1500m	5000m	5000m
Saturday										
100m	X	X	X	X	X	X	X	X	X	X
300m							X	X	X	X
400m	X	X	X	X	X	X			X	X
1200m							X	X		
1500m	X	X	X	X	X	X			X	X
Hurdles	110m	100m	110m	100m	110m	100m	100m	80m	X	X
4x100m	X	X	X	X	X	X	X	X	X	X
4x100m	Mixed	Mixed			Mixed	Mixed				
Sunday										
200m	X	X	X	X	X	X	X	X	X	X
2000m/3000m/5000m	5000m	5000m	5000m	5000m	3000m	3000m	2000m	2000m	3000m	3000m
Steeplechase	3000m	3000m	3000m	3000m	2000m	2000m	1500m	1500m	X	X
Hurdles	400m	400m	400m	400m	400m	400m	200m	200m	X	X
4x400m	X	X	X	X	X	X	X	X	X	X
4x400m	Mixed	Mixed			Mixed	Mixed				

Field events:

FIELD	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women	U16 Men	U16 Women	Masters Men	Masters Women
Friday										
High Jump	X	X								
Long Jump						X		X		
Hammer	X		X		X		X		X	
Saturday										
Pole Vault	X	X	X	X	X	X	X	X	X	X
High Jump				X		X		X		X
Long Jump	X	X	X	X	X		X		X	X
Shot Put		X		X		X		X		X
Discus	X		X		X		X		X	
Javelin		X		X		X		X		X
Hammer		X		X		X		X		X
Sunday										
High Jump			X		X		X		X	
Triple Jump	X	X	X	X	X	X	X	X	X	X
Shot Put	X		X		X		X		X	
Discus		X		X		X		X		X
Javelin	X		X		X				X	

SPECS	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women	U16 Men	U16 Women	Masters Men	Masters Women	Para
Sprint Hurdles	110m/ 1.067m 9.14m	100m/ 0.84m 8.5m	110m/ 0.99m 9.14m	100m/ 0.84m 8.5m	110m/ 0.91m 9.14m	100m/ 0.76m 8.5m	100m/ 0.84m 8.5m	80m/ 0.76m 8.0m	ACS	ACS	
Long Hurdles	400m/ 0.914m	400m/ 0.76m	400m/ 0.914m	400m/ 0.76m	400m/ 0.84m	400m/ 0.76m	200m/ 0.76m	200m/ 0.76m	ACS	ACS	
Steeple-chase	0.91m	0.76m	0.91m	0.76m	0.84m	0.76m	0.76m no water	0.76m no water	ACS	ACS	
Shot Put	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	ACS	ACS	
Discus	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	ACS	ACS	
Javelin	800g	600g	800g	600g	700g	500g	600g	500g	ACS	ACS	
Hammer	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	ACS	ACS	

ACS - Age Categories Specifications for Masters. For details please go to the World Masters Athletics website (<https://world-masters-athletics.org/>).

Masters Age Categories

Use age as of date of meet. Medals for 4 age categories, but run as one combined masters section

35-49
50-64
65-79
80+

Para Athletics

100m, 400m, 1500m - Ambulatory and Wheelchair

Shot Put, Discus, Javelin - Ambulatory and Seated (Seated Throws will be conducted on Saturday)

Long Jump – Ambulatory

Package Pickup: Competition bibs will be issued for all registered athletes. Bibs can be picked up on site starting at 4:00pm on Friday. Package pickup will be available on Saturday 9am-6pm and Sunday 8am-4pm.

Check-in Procedure:

NOTE: Any athlete/relay team that does not check in as below can be disqualified.

Track Events

All Track athletes must check in at the Clerks Table located at the southwest corner of the track.

Clerk's Table	Start line
30 minutes	10 minutes

Field Events

All athletes are asked to report directly to the event site by the following times:

Events High Jump Check in at event location: 40 minutes before start of event
Pole Vault 60 minutes before start of event
Other Field Events 30 minutes before start of event

Heats and Finals

There will be Heats and Finals for all running/hurdle events 200m and shorter. Even if there are less than 9 athletes entered

Events with more than 24 entries and/or less than 6 Alberta Athletes qualifying for Final: there will be a 2-section final.

WA TECHNICAL RULE 4.4 – HONEST EFFORT RULE This event will enforce the “honest effort rule” under World Athletics Technical Rule 4.4 An athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays in cases where: WA TR 4.4.2 WA TR 4.4.3

EXCEPTION – B FINALS An athlete qualified in a Qualification Round of an event for further participation in that event but failed to participate further. An athlete failed to compete honestly with bona fide effort. (Note: the situation foreseen in Technical Rule 4.4.3 of the Technical Rules will not apply to individual events within Combined Events). Athletes who qualify for a B final in laned events may officially scratch from the B Final without violation of the above WA Technical Rule (4.4). Athletes must scratch at the timing shed with the meet registrar within 30 minutes of posting of heat results.

IMPLEMENTS

All implements will be provided by the meet organizers. Athletes may use their personal implements for competition. Personal implements must meet all WA Standards and must be submitted for weighing in no later than 2 hours prior to the scheduled start time of the day. Implement weigh-ins will be located at the southeast corner of the stadium in the Fieldhouse. Once the implement has been weighed in it will be kept by the organizers until the conclusion of the event. Personal implements can be picked up at the weigh-in location.

Competition Venue

Competition area

The competition area is bounded by the black chain link fence and the west side stands. Only athletes warming up/competing and their coaches are allowed in the competition area.

Tents and Banners

Competition areas including fence and railings around Competition Area are reserved for Athletics Alberta, Calgary Track Council and Sponsors.

All club tents and banners may be erected outside the competition area. All tents must be nailed or weighted down due to Calgary's wind gusts

Banners may not be within 40m of the finish line for media line of sight

In an effort to be more environmentally friendly we encourage you to bring a re-useable water bottle as there will be two water filling stations on site.

ATHLETE WARM UP

Athletes will be permitted to warm up on the backstretch and areas outside the track. Please stay away from the finish line area. Field event athletes will be provided with a warm-up opportunity at the event venue. Pole Vault – minimum 60 minutes High Jump – minimum 40 minutes Long Jump/Triple Jump – minimum 20 minutes Throwing Events – minimum 20 minutes

Results: We will be posting Live Results on the Calgary Track Council website. No paper posting will be done. Website link for results will be posted on site and social media.

Awards:

Alberta Championship Medals are for the top 3 Athletes registered with Athletics Alberta, in each event. Non-Championship medals will be presented to Non Alberta athletes who place in the top 3. Please note results can be expected within 45 minutes of your event's finish. Athletes should check in at the Awards table for their award ceremony. Medal ceremony location TBA.

Medical:

There will be an athletic therapist on-site for the duration of the meet, Melissa Petryna. For any concerns, please visit her at the medical tent.

SOUVENIR MERCHANDISE: Souvenir merchandise will be available for purchase on site during the championship. Details to TBD.

Accommodations: Due to many tournaments in Calgary this weekend, accommodation is selling out fast. We recommend you book as early as possible. Some suggestions are:

Aloft by Marriott Calgary University - 2359 Banff Trail NW, Calgary T2M 4L2 (403-289-1973)
Rooms will be held in the block until June 20, 2026.

Please mention Alberta Provincial Championships. - \$179.99 plus tax for a double room

Best Western Plus Village Park Inn: 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7

Comfort Inn and Suites: 2369 Banff Trail NW, Calgary, Alberta T2M 4L2

Food:

There will be a food truck and an ice cream truck on-site for athletes and spectators to purchase food.

Officials/Volunteers will be offered a complimentary lunch.

Officials/Volunteers will be provided a lunch ticket for a complimentary lunch upon check in for their shift.

Coaches can purchase a lunch by registering on line for each day.