



U16, U18, U20, Seniors and Masters Provincial Championships Friday – Sunday July 8 - 10

Host: Calgary Track Council
Sanctioned by: Athletics Alberta
WEBSITE: www.calgarytrackcouncil.com

Facilities:

Foothills Athletic Park
2424 Crowchild Trail NW
Calgary, Alberta
Maximum Spike length: 6mm Pyramid ONLY

Entry Fees:

Individual Events Entry Fee: \$25.00
Relays & Combined Events Entry Fee: \$25.00

Entry Procedure:

Trackie - www.trackie.com/online-registration/find-event/
Entry Deadline: Thursday June 30, 2022 - Midnight
Late entry and scratch deadline: Tuesday July 5 - Midnight
Late Entries: Late entries will be accepted at the Meet Director's discretion. Accepted Late entries will have an additional \$10.00 fee/event

Meet Inquires:

Email: christine.diane.laverty@gmail.com

Other Information:

Hospitality Volunteers / Officials / Coaches receive complimentary Lunch each day.
Provincial Championship events – 100m/200m/Sprint hurdles will have Heats and Finals (even if there are less than 9 competitors)



EVENTS	U16		U18		U20		Masters		Open	
	Boys	Girls	Boys	Girls	Men	Women	Men	Women	Men	Women
100	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
200	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
300	Sat	Sat	-	-	-	-	-	-	-	-
400	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
800	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
1200	Sat	Sat			-	-	-	-	-	-
1500	-	-	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
2000	Sun	Sun								
3000	-	-	Sun	Sun			Sun	Sun		
5000					Sun	Sun			Sun	Sun
Steeple	Fri	Fri	Fri	Fri	Fri	Fri	Fri	Fri	Fri	Fri
80m H	-	-	-	Sat	-	-	-	Sat	-	-
100m H	Sat	-	Sat	-	-	Sat	-	-	-	Sat
110m H	-	-	-	-	Sat	-	Sat	-	Sat	-
200m H	Fri	Fri								
400m H			Fri	Fri	Fri	Fri	Fri	Fri	Fri	Fri
4 x 100	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
4 x 400	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Long Jump	Sun	Sat	Sun	Sat	Sat	Sat	Sun	Sat	Sat	Sun
Triple Jump	Sat	Sun	Sat	Sun	Sun	Sun	Sat	Sun	Sun	Sat
High Jump	Sun	Sun	Sun	Sun	Sat	Sat	Sun	Sun	Sat	Sat
Pole Vault	Sun	Sat	Sun	Sat	Sun	Sat			Sun	Sat
Shot Put	Fri	Fri	Sat	Sat	Sat	Sat	Fri	Fri	Sat	Sat
Discus	Sat	Sat	Sun	Sun	Sun	Fri	Sun	Sat	Sun	Fri
Javelin	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat
Hammer	Sat	Sun	Sun	Sun	Fri	Sun	Sat	Sun	Fri	Sun



Specs	Open M	Open W	U20 M	U20 W	U18 M	U18 W	U16 M	U16 W
Sprint	110m	100m	110m	100m	110m	100m	100m	80m
Hurdles	1.067m 9.14m	0.84m 8.5m	0.99m 9.14m	0.84m 8.5m	0.91m 9.14m	0.76m 8.50m	0.84m 8.50m	0.76m 8.00m
Long Hurdles	400m 0.914m	400m 0.76m		400m 0.76m	400m 0.84m	400m 0.76m	200m 0.76m	200m 0.76m
Shot Put	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg
Discus	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg
Javelin	800g	600g		600g	700g	500g	600g	500g
Hammer	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg