



## Calgary Spring Challenge

### Alberta Combined Events Provincials

**Friday May 9<sup>th</sup> – Sunday May 11<sup>th</sup>, 2025**  
**The 44<sup>th</sup> Annual Spring Combined Event meet**  
**The 21<sup>st</sup> Annual Spring Team Challenge**

**Website:** <https://uofcathletics.ca/calgary-spring-challenge-ce-provincial-championships/>

#### **General Information:**

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

#### **Entries:**

Entry Deadline: Monday May 5<sup>th</sup>, 2025 at noon MST  
Late Entry Deadline: Wednesday May 7<sup>th</sup>, 2025 at 14:00 (2PM) MST  
Late entries will be an additional \$12/event on Trackie

Entry Fees:	Open (2005 & earlier)	\$25.00 per event
	U20 (2006-07)	\$25.00 per event
	U18 (2008-09)	\$25.00 per event
	U16 (2010-11)	\$25.00 per event
	U14 (2012-13)	\$12.00 per event
	U12 (2014-15)	\$12.00 per event
	U10 (2016 & later)	\$12.00 per event
	U10/U12/U14	\$64.00 if entering all events
	Relays	\$20.00 per team
	Combined Events	\$60.00

Entry Procedure: Trackie Website –[Calgary Spring Challenge](#)  
Seed times will be confirmed with AC rankings

Coach's Registration: Any coach who would like **\$5 lunch/per day** needs to register here [Calgary Spring Challenge - Coach Registration](#). Lunch includes a Fit Kitchen meal, cookie and drink (similar to recent years).

## **Check-in Procedure:**

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

All track events: Check-in at race start line 10 minutes prior to start time.

All field events: Check-in at field event 30 minutes prior to start time.

Combined events: Check-in 20 minutes prior to the first event of the day, move with the group.

## **Awards:**

- Medals are for the top 3 in each individual event. Please note results can be expected within 45 minutes of your event's finish.
- Additional provincial medals can be picked up for Combined Events Provincials (see Combined Events Provincials section below).
- A team challenge award will be given for each scoring member of the best team in each of these three categories:
  - 1) Open
  - 2) U18/U16
  - 3) U14/U12/U10

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

- Best Western Plus Village Park Inn: 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7
- Ramada Limited Calgary Northwest: 2363 Banff Trail NW, Calgary, AB T2M 4L2
- Comfort Inn and Suites: 2369 Banff Trail NW, Calgary, Alberta T2M 4L2

## **Track Events:**

	Open Men	Open Women	Non - Scoring events	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Friday</b>										
800m	X	X		X	X	X	X			
1500m (no water Steeplechase)						X	X			
2000m Steeplechase	X	X		X	X					
<b>Saturday</b>										
60m									X	X
100m*	X	X		X	X	X	X	X		
300m						X	X			X
400m	X	X		X	X					
600m									X	
1200m						X	X	X		
1500m	X	X		X	X					
Hurdles*		100m			100m	100m	80m	80m		

**NOTE:** 4x400m may be requested and added based on enough interest

	Open Men	Open Women	Non - Scoring events	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Sunday</b>										
150m									X	X
200m*	X	X		X	X	X	X	X		
600m										X
800m								X		
1000m									X	
2000m						X	X			
3000m	X	X		X	X					
Hurdles*	110m		U20 M 110m & Masters Specs**	110m						
Hurdles	400m	400m		400m	400m	200m	200m	200m		
4x100m	Mixed	Mixed		Mixed	Mixed	Mixed	Mixed			

### **Field events:**

FIELD	Open Men	Open Women	U20 Men Non-scoring	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
<b>Friday</b>										
High Jump						X	X			
Long Jump		X		X						
Hammer Throw	X		X**	X		X				
Discus		X			X		X			
<b>Saturday</b>										
Pole Vault	X	X								
High Jump	X	X		X	X					
Long Jump	X				X			X	X	X
Shot Put	X		X**	X		X				
Javelin		X			X		X	X		
Turbo Javelin									X	X
Hammer		X			X		X			
Para Throws	Upon Request: Please email Matthew.lgalea@gmail.com									
<b>Sunday</b>										
High Jump								X		
Long Jump						X	X			
Standing Long Jump									X	X
Triple Jump	X	X		X	X	X	X			
Shot Put		X			X		X	X	X	X
Discus	X		X**	X		X				
Javelin	X		X**	X		X				

**\*U16 and older:** 100m/200m/Sprint hurdles will have heats and finals (even if there are less than 9 competitors)

**\*\*Masters and U20** athletes will compete in the open category in all events. Events with different technical specifications (hurdles and throws) will be accommodated. These events (hurdles, shotput, discus, hammer, javelin) are non-scoring and no medals will be awarded.

SPECS	Open Men	Open Women	U20 Men Non Scoring	U18 Boys	U18 Girls	U16 Boys	U16 Girls	U14	U12	U10
Sprint Hurdles	110m/ 1.067 m 9.14m	100m/ 0.84m 8.5m	110m/ 0.99m 9.14m	110m/ 0.91m 9.14m	100m/ 0.76m 8.5m	100m/ 0.84m 8.5m	80m/ 0.76m 8.0m	80m/ 0.76m 7.5m		
Long Hurdles	400m/ 0.914 m	400m/ 0.76m		400m/ 0.84m	400m/ 0.76m	200m/ 0.76m	200m/ 0.76m	200m/ 0.76m		
Steeple-chase	0.91m	0.76m		0.84m	0.76m	0.76m no water	0.76m no water			
Shot Put	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg
Discus	2kg	1kg	1.75kg	1.5kg	1kg	1kg	1kg			
Javelin	800g	600g		700g	500g	600g	500g	400g	Turbo 400g	Turbo 300g
Hammer	7.26kg	4kg	6kg	5kg	3kg	4kg	3kg			

## Combined Events:

### Decathlon

	1 <sup>st</sup> day	100 m	Long Jump	Shot Put	High Jump	400 m	2 <sup>nd</sup> day	Hurdles	Discus	Pole Vault	Javelin	1500m
Open Men		X	X	16lb	X	X		110m 1.07m	2kg	X	800g	X
U20 Men		X	X	6kg	X	X		110m 0.99m	1.75kg	X	800g	X
Masters Men		X	X	TBD	X	X		TBD	TBD	X	TBD	X
U18 Men		X	X	5kg	X	X		110m 0.91	1.5 kg	X	700g	X

### Heptathlon

	1 <sup>st</sup> day	Hurdles	High Jump	Shot Put	200m	2 <sup>nd</sup> day	Long Jump	Javelin	800m
Open Women		100m 0.84m	X	4kg	X		X	600g	x
U20 Women		100m 0.84m	X	4kg	X		X	600g	X
U18 Women		100m 0.76m	X	3kg	X		X	500g	X
Masters Women		TBD	X	TBD	X		X	TBD	X

### U16 Pentathlon

Boys	100m Hurdles/0.84m	Long Jump	Shot Put (4kg)	High Jump	1000m
Girls	80m Hurdles/0.76m	High Jump	Shot Put (3kg)	Long Jump	800m

### Weight Pentathlon

Masters Men	Hammer	Shot put	Discus	Javelin	Weight Throw
Masters Women	Hammer	Shot put	Discus	Javelin	Weight Throw

## Kids Challenge

### U14\*

Saturday	100m or 80m Hurdles	Long Jump	Javelin	1200m
Sunday	200m or 200m Hurdles	High Jump	Shot Put	800m

### U12/U10\*

Saturday	Long Jump	Turbo Jav	60m	U12-600m U10-300m
Sunday	Standing Long Jump	Shot Put	150m	U12-1000m U10-600m

NOTE: U14/U12/U10 are not included in the Combined Events Alberta Provincials. Each event entry costs \$12. The three athletes with the highest score in each age group (U14/U12/U10) totaled from both days combined will be awarded with a medal for the Kids Challenge.

Points will be awarded based on place: 10(1<sup>st</sup>)-8(2<sup>nd</sup>)-6-5-4-3-2-1

## Combined Events Alberta Provincials:

This is the Alberta Combined Events Age Group Provincials for the following age groups: Open, U20, U18, U16, Masters. Both Calgary Spring Challenge and Athletics Alberta Provincial medals will be awarded to the top three athletes in each of these Combined Events competitions.

See above for event technical specifications for each of these competitions.

## Food:

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

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

**New this year:** Coaches need to register at the link [Calgary Spring Challenge - Coach Registration](#). In order to keep entry fees low and due to rising food costs, coach's lunches will be

\$5/day. Please register and pay for your lunch ahead of time. A volunteer will be using the registered coaches list to distribute the complimentary lunch at the lunch area.

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.

### **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.

# Calgary Spring Challenge

## Rules

1. Clubs designate a roster of athletes to score for their team.
  - a. Roster size: minimum of 5 athletes and a maximum of 10 athletes.
  - b. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
  - c. Athletes must be registered with their Provincial Association and the club they are representing.
  - d. Teams can have any mix of male and female athletes.
  - e. Relays will not count towards team score.
2. Athletes can score in as many events as they wish. Non-scoring competitors will not be removed from the results for scoring purposes.
3. Athletes can only score in one age category
4. Scoring will be based on final placing in the event: 10-8-6-5-4-3-2-1.
5. Champions will be determined in the following 3 categories:
  - 1) Open      2) U18/U16      3) U14/U12/U10
6. Scoring team members of the winning teams will receive the TEAM CHALLENGE AWARD.

## Past Winners of Spring Team Challenge

Year	Open	U18/U16	U14/U12/U10
2024	UCAC	CALTAF	CALTAF
2023	UCAC	CALTAF	CALTAF
2022	UCAC	CALTAF	CALTAF
2021	UCAC	Red Deer Titans	Not awarded
2020	Canceled due to pandemic		
2019	UCAC	CALTAF	CALTAF
2018	UCAC	CALTAF	CALTAF
2017	UCAC	Edmonton Harriers	CALTAF
2016	UCAC	CALTAF	CALTAF
2015	UCAC	Airdrie Aces	CALTAF
2014	UCAC	CALTAF	Edmonton Columbians
2013	UCAC	CALTAF	Edmonton Columbians
2012	UCAC	CALTAF	Edmonton Columbians
2011	UCAC	CALTAF	Edmonton Harriers
2010	UCAC	CALTAF	Calgary Spartans
2009	UCAC	CALTAF	Calgary Spartans
2008	UCAC	CALTAF	Calgary Spartans
2007	Calgary International	CALTAF	Leduc
2006	Calgary International	Not awarded	Not awarded
2005	UCAC	Not awarded	Not awarded
2004	UCAC	Not awarded	Not awarded