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**Calgary Spring Challenge**

**Alberta Combined Events Provincials**

**Friday May 9th – Sunday May 11th, 2025**

**The 44th Annual Spring Combined Event meet**

**The 21st 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 5th, 2025 at noon MST

Late Entry Deadline: Wednesday May 7th, 2025 at 14:00 (2PM) MST

Late entries will be an additional $12/event on Trackie

Entry Fees: Open (2004 & earlier) $25.00 per event

U20 (2005-06) $25.00 per event

U18 (2007-08) $25.00 per event

U16 (2009-10) $25.00 per event

U14 (2011-12) $12.00 per event

U12 (2013-14) $12.00 per event

U10 (2015 & 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 (trackie.com)](https://www.trackie.com/event/calgary-spring-challenge/1007948/)

Seed times will be confirmed with AC rankings

Coach’s Registration: Any coach who would like **$5 lunch/per day** needs to register using the link on the website (coming soon). 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** |
| **Friday** |  |  |  |  |  |  |  |  |  |  |
| 800m | X | X |  | X | X | X | X |  |  |  |
| 1500m (no water Steeplechase) |  |  |  |  |  | X | X |  |  |  |
| 2000m Steeplechase | X | X |  | X | X |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |  |
| 60m |  |  |  |  |  |  |  |  | X | X |
| 80m |  |  |  |  |  |  |  | X |  |  |
| 100m\* | 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** |
| **Sunday** |  |  |  |  |  |  |  |  |  |  |
| 150m |  |  |  |  |  |  |  | X | X | X |
| 200m\* | 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 | X | X |  | X | X | X | X |  |  |  |

**Field events:**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FIELD** | **Open**  **Men** | **Open**  **Women** | **U20 Men**  **Non-**  **scoring** | **U18**  **Boys** | **U18**  **Girls** | **U16**  **Boys** | **U16**  **Girls** | **U14** | **U12** | **U10** |
| **Friday** |  |  |  |  |  |  |  |  |  |  |
| High Jump |  |  |  |  |  | X | X |  |  |  |
| Long Jump | X | X |  |  |  |  |  |  |  |  |
| Hammer Throw | X |  | X\*\* | X |  | X |  |  |  |  |
| Discus Throw |  | X |  |  | X |  | X |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |  |  |  |
| Pole Vault | X | X |  |  |  |  |  |  |  |  |
| High Jump | X | 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 | | | | | | | | | |
| **Sunday** |  |  |  |  |  |  |  |  |  |  |
| 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/  1.067m  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/  0.914m | 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

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1st  day | 100m | Long Jump | Shot Put | High Jump | 400m | 2nd  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**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1st  day | Hurdles | High Jump | Shot Put | 200m | 2nd  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 | 80m or  80m Hurdles | Long Jump | Turbo Jav | 1200m |
| Sunday | 150m 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(1st)-8(2nd)-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 on the website. 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.
   1. Roster size: minimum of 5 athletes and a maximum of 10 athletes.
   2. Teams with more than 10 athletes competing: The top 10 scorers at the end of the meet will be designated as the representative team.
   3. Athletes must be registered with their Provincial Association and the club they are representing.
   4. Teams can have any mix of male and female athletes.
   5. 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

1. 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  2023  2022  2021 | UCAC  UCAC  UCAC  UCAC | CALTAF  CALTAF  CALTAF  Red Deer Titans | CALTAF  CALTAF  CALTAF  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 |