



Second Annual

Edmonton Columbians Spring Fling

Saturday, April 30th, 2022

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: edmcolumbians@gmail.com

Concession: Food Truck will be on site

- Officials, Volunteers and Coaches will receive a free lunch via the Food Truck

Entries

- All entries must be through the Trackie registration page
<http://www.trackiereg.com/ecspringfling>
- Eligibility
 - All 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 Sunday, April 24**
- Late Entry Deadline: noon on Wednesday, April 27 (late fees apply)
- Scratch Deadline: 8:00 p.m. on Wednesday, April 27. No refunds after this date.
- Meet schedule will be available on the Trackie registration page and on
www.ellistiming.ca
 - Finalized schedule will be posted the late evening of April 28.

Entry Fees

U10 (2013 & later)	\$10 per event
U12 (2011/2012)	\$10 per event
U14 (2009/2010)	\$10 per event
U16 (2007/2008)	\$20 per event
U18 (2005/2006)	\$20 per event
U20 (2003/2004)	\$20 per event
Senior/Open (2004 & earlier)	\$20 per event
Masters (1986 & earlier)	\$20 per event
Throws Pentathlon (Masters only)	\$50

Events Offered

EVENT	MASTERS	SENIOR	U20	U18	U16	U14	U12	U10
SHOT PUT	X	X	X	X	X	X	X	X
DISCUS	X	X	X	X	X	X		
JAVELIN	X	X	X	X	X			
HAMMER	X	X	X	X	X			
TURBO JAVELIN						X	X	X
SOFTBALL THROW							X	X
WEIGHT PENTATHLON	X							

*Modified rules for U10, U12 and U14 events – each competitor will only receive 3 attempts for each throwing event

Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Javelin	Hammer		Shot Put	Discus	Javelin	Hammer
2kg		300g		U10*	2kg		300g	
2kg	750g	400g		U12*	2kg	750g	400g	
3kg	750g	400g		U14*	3kg	750g	400g	
3kg	1kg	500g	3kg	U16	4kg	1kg	600g	4kg
3kg	1kg	500g	3kg	U18	5kg	1.5kg	700g	5kg
4kg	1kg	600g	4kg	U20	6kg	1.75kg	800g	6kg
4kg	1kg	600g	4kg	Open	7.26kg	2kg	800g	7.26kg
World Masters Athletics website				Masters	World Masters Athletics website			

* Turbo Javelin and/or Ball Throw will be used for U10, U12 and U14 instead of Javelin

Marshalling Procedures

- Athletes must check in at the event site at least 20 minutes before the scheduled start time
- Each flight will be allowed a 15-minute warm-up period before they compete
- Athletes must wear their competition number on the front

Implements

- Throwing implements will be provided
- Athletes are encouraged to bring their own implements to use, which must meet IAAF standards. They must be weighed-in and measured one hour before the scheduled start time of their event. The weigh-in station will be located in the shed, near the Long Jump area.

First Aid

- Located near the 100m start line

Tentative Order of Events

9:00 AM

Hammer Throw

Shot Put

Ball Throw

Turbo Javelin

Discus

Javelin

Weight Throw