

**CHINOOK and PRONGHORN TRACK AND FIELD CLUBS INVITE YOU TO THE
Pronghorn Chinook Throws Gala 2026**

ON

Friday, Saturday and Sunday, May 15-17, 2026

AT

THE UNIVERSITY OF LETHBRIDGE

Sanctioned by Athletics Alberta and Athletics Canada

LOCATION AND FACILITY:

University of Lethbridge Community Stadium, 4401 University Dr - Lethbridge. Track: Six lanes, 400-metre track Concrete shot put, discus, and hammer circles. Change rooms available.

ENTRIES:

The entry deadline will be Friday, May. 8 at 16:00. Late entries, if allowed will be charged double.

Entries can only be done via online registration at <https://www.trackie.com/event/pronghorn-chinook-throws-gala-2026/1036148/?admin=1>

Entries will be via the link on Trackie only

ENTRY FEES:

\$65.00 Entry fee - allows for entry into as many events as wished.

AGE CATEGORIES:

U16 – 2011/12; U18 - 2009/10; U20- 2007/08; Open - 2006 and earlier.

EVENTS OFFERED:

*****Shot Put, Hammer, Discus ,**

****Unfortunately Javelin will not be held this year as the runway is in disrepair and won't be repaired in time.**

NOTE:

EVENTS SPECIFICATIONS:

| Events | Gender | U16 | U18 | U20 | Open |
|----------|---------|---------|------------|------------|---------------|
| Shot Put | W / M | 3kg/4kg | 3kg./ 5 kg | 4kg / 6 kg | 4kg / 7.26 kg |
| Hammer | W / / M | 3kg/4kg | 3kg/5kg | 4kg/6kg | 4kg/7.26kg |
| Discus | W/M | 1kg/1kg | 1kg/1.5kg | 1kg/1.75kg | 1kg/2kg |
| | | | | | |

Tentative Schedule:

final schedule will be sent out on Wednesday May 13th

Athletes may enter any or all events other than the Hammer C.

*Hammer C for women and men will be partially invited/ranked events and MAY be limited to 8 entries. If this event is limited to 8 entries for both men and women, then half of those entries will be by invite/ranking and the other half will come from the Hammer B event by place of finish. These will be run as open events only with senior weight implements being used.

If time becomes limited due to entries, throws may be limited to four throws instead of six.

Friday May 17

3:00 pm Shot Put A – Two Circles Men and Women (all age groups)
4:00 pm Discus A (Men all age groups)
5:30 pm Discus A (Women all age groups)
6:30 pm Hammer A (Women all age groups)
7:30 pm Hammer A (Men all age groups)

Saturday May 18

9:00 a.m. Hammer B Men (all age groups)
10:30 a.m. Hammer B Women (all age groups)
12:00 p.m. Shot Put B – two circles Men and Women (all age groups)
1:30 p.m. Discus B Women(all age groups)
3:00 p.m. Discus B Men(all age groups)
5:00 p.m. Hammer C – Women *
6:30 p.m. Hammer C – Men*

Sunday May 19

10:00 a.m. Shot Put C – Two Circles Men and Women (all age groups)
11:30 a.m. Discus C (Men all age groups)
1:00 p.m. Discus C (women all age groups)
2:30 p.m. Hammer D – Women (all age groups)
3:30 p.m. Hammer D – Men (all age groups)

"The annual throwers' and supporters' dinner is on again. For most of the past 10years, we have met at Moxie's in the backroom at 9 pm on the Friday evening to break bread. This gives us a chance to bring the whole throwing community together in an informal setting. That room has seating for 32 and we have been bumping up close to that in the last couple of years. Please email Ralph Troschke at troschke@outlook.com or text 780-777-4484 if you wish to be included. First come first seated. Look forward to seeing you there."