

2026 Alberta Junior High Schools Championships

Hosted by



Foothills Track – 2431 Crowchild Trail N.W.

June 13, 2026

10:00 a.m. – 4:00 p.m.

Entry Fee: \$10 per event

Entry Deadline: June 9, 2026 @ 9:00 p.m.

Trackie Registration: <https://www.trackie.com/event/2026-alberta-junior-high-school-championships/1036398/>

*Please note, we are unable to offer refunds for missed meets or if an athlete is unable to attend after registering. Meet logistics, equipment, and staffing are organized in advance based on registration numbers. We appreciate your understanding and support in helping us deliver a smooth and successful event for all participants.

*Heat Sheets, Tentative Schedule, Final Schedule & Results and all information will be posted on Trackie <https://www.trackie.com/event/2026-alberta-junior-high-school-championships/1036398/>

Events offered:

Grade 6: 100m, 300m, 600m, Shot Put, Long Jump

Grade 7: 100m, 300m, 600m, Discus, Shot Put, Long Jump

Grade 8: 100m, 300m, 600m, 1200m, Shot Put, Discus, High Jump, Long Jump

Grade 9: 100m, 300m, 600m, 1200m, Shot Put, Discus, High Jump, Long Jump

Athletics Alberta Outdoor Throws Specifications

Females				Age Group	Males			
Shot Put	Discus	Hammer	Javelin		Shot Put	Discus	Hammer	Javelin
2kg			Turbo / Ball	U10	2kg			Turbo / Ball
2kg	750g		Turbo / Ball	U12	2kg	750g		Turbo / Ball
3kg	750g	2kg	400g	U14	3kg	750g	3kg	400g
3kg	1kg	3kg	500g	U16	4kg	1kg	4kg	600g
3kg	1kg	3kg	500g	U18	5kg	1.5kg	5kg	700g
4kg	1kg	4kg	600g	U20	6kg	1.75kg	6kg	800g
4kg	1kg	4kg	600g	Senior	7.26kg	2kg	7.26kg	800g
WMA (https://world-masters-athletics.org/)				Masters	WMA (https://world-masters-athletics.org/)			

Awards:

Ribbons for Top 6 in Each Event

Questions: Sam Read sam.trackandfieldcoach@gmail.com or Kim Cousins kecousins1@gmail.com