

2026 North-Central Zone Final - 2026-05-20**Foote Field, Edmonton****Session Report**

Session: 1 Track Events

Day 1 - Wednesday 2026-05-20 - Starts at 09:29 AM

Starts at	Event	Round	Entries	Heats
9:30 AM	#151 Women 300 Metre Hurdles 0.76 m Open 0.76 m (30 inches) hurdle height. 50.0 m to first hurdle, then every 35.0 m thereafter (green marks).	Finals	0	0
9:30 AM	#152 Men 300 Metre Hurdles 0.84 m Open 0.84 m (33 inches) hurdle height. 50.0 m to first hurdle, then every 35.0 m thereafter (green marks).	Finals	0	0
9:30 AM	#2 Women 200 Metre Dash Junior	Finals	0	0
9:30 AM	#16 Women 200 Metre Dash Intermediate	Finals	0	0
9:30 AM	#30 Women 200 Metre Dash Senior	Finals	0	0
9:30 AM	#96I Women 200 Metre Dash Para Intellectual	Finals	0	0
9:30 AM	#96A Women 200 Metre Dash Ambulatory Para Ambula	Finals	0	0
9:30 AM	#96V Women 200 Metre Dash Para Vision	Finals	0	0
9:30 AM	#97 Women 200 Metre Dash Wheelchair Para Wheelch	Finals	0	0
9:30 AM	#44 Men 200 Metre Dash Junior	Finals	0	0
9:30 AM	#58 Men 200 Metre Dash Intermediate	Finals	0	0
9:30 AM	#72 Men 200 Metre Dash Senior	Finals	0	0
9:30 AM	#101I Men 200 Metre Dash Para Intellectual	Finals	0	0
9:30 AM	#101A Men 200 Metre Dash Ambulatory Para Ambulator	Finals	0	0
9:30 AM	#101V Men 200 Metre Dash Para Vision	Finals	0	0
9:30 AM	#102 Men 200 Metre Dash Wheelchair Para Wheelchai	Finals	0	0
9:30 AM	#7 Women 3000 Metre Run Junior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#21 Women 3000 Metre Run Intermediate Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#35 Women 3000 Metre Run Senior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#49 Men 3000 Metre Run Junior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#63 Men 3000 Metre Run Intermediate Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#77 Men 3000 Metre Run Senior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0

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9:30 AM	#4 Women 80 Metre Hurdles 76cm 30" 8m Junior 0.76 m (30 inches) hurdle height. 12 m to first hurdle, then every 8 m thereafter (white marks).	Finals	0	0
9:30 AM	#18 Women 80 Metre Hurdles 76cm 30" 8m Intermedi 0.76 m (30 inches) hurdle height. 12 m to first hurdle, then every 8 m thereafter (white marks).	Finals	0	0
9:30 AM	#32 Women 80 Metre Hurdles 84cm 33" 8m Senior 0.84 m (33 inches) hurdle height. 12 m to first hurdle, then every 8 m thereafter (white marks).	Finals	0	0
9:30 AM	#46 Men 100 Metre Hurdles 84cm 33" 8.5 Junior 0.84 m (33 inches) hurdle height. 13 m to first hurdle, then every 8.5 m thereafter (black marks).	Finals	0	0
9:30 AM	#60 Men 100 Metre Hurdles 84cm 33" 8.5 Intermediat 0.84 m (33 inches) hurdle height. 13 m to first hurdle, then every 8.5 m thereafter (black marks).	Finals	0	0
9:30 AM	#74 Men 100 Metre Hurdles 91cm 36" 8.5 Senior 0.91 m (36 inches) hurdle height. 13 m to first hurdle, then every 8.5 m thereafter (black marks).	Finals	0	0
9:30 AM	#5 Women 800 Metre Run Junior Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0
9:30 AM	#19 Women 800 Metre Run Intermediate Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0
9:30 AM	#33 Women 800 Metre Run Senior Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0
9:30 AM	#501 Outdoor Pentathlon: #5 Women 800 Metre Run O Start in lane (one-corner stagger), one or two per lane. (No waterfall start.)	Finals	0	0
9:30 AM	#47 Men 800 Metre Run Junior Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0
9:30 AM	#61 Men 800 Metre Run Intermediate Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0

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Starts at	Event	Round	Entries	Heats
9:30 AM	#75 Men 800 Metre Run Senior Start in lane (one-corner stagger), one or two per lane. (No waterfall start.) Must be in back straight (first lap) before moving to lane one.	Finals	0	0
9:30 AM	#502 Outdoor Pentathlon: #5 Men 800 Metre Run Oper Start in lane (one-corner stagger), one or two per lane. (No waterfall start.)	Finals	0	0
9:30 AM	#1 Women 100 Metre Dash Junior	Finals	0	0
9:30 AM	#15 Women 100 Metre Dash Intermediate	Finals	0	0
9:30 AM	#29 Women 100 Metre Dash Senior	Finals	0	0
9:30 AM	#43 Men 100 Metre Dash Junior	Finals	0	0
9:30 AM	#57 Men 100 Metre Dash Intermediate	Finals	0	0
9:30 AM	#71 Men 100 Metre Dash Senior	Finals	0	0
9:30 AM	#501 Outdoor Pentathlon: #1 Women 100 Metre Dash C	Finals	0	0
9:30 AM	#93 Women 100 Metre Dash Para Intellectual	Finals	0	0
9:30 AM	#94 Women 100 Metre Dash Ambulatory Para Ambula	Finals	0	0
9:30 AM	#94V Women 100 Metre Dash Ambulatory Para Vision	Finals	0	0
9:30 AM	#95 Women 100 Metre Dash Wheelchair Para Wheelc	Finals	0	0
9:30 AM	#502 Outdoor Pentathlon: #1 Men 100 Metre Dash Ope	Finals	0	0
9:30 AM	#98 Men 100 Metre Dash Para Intellectual	Finals	0	0
9:30 AM	#99 Men 100 Metre Dash Ambulatory Para Ambulator	Finals	0	0
9:30 AM	#99V Men 100 Metre Dash Ambulatory Para Vision	Finals	0	0
9:30 AM	#100 Men 100 Metre Dash Wheelchair Para Wheelchai	Finals	0	0
9:30 AM	#3 Women 400 Metre Dash Junior	Finals	0	0
9:30 AM	#17 Women 400 Metre Dash Intermediate	Finals	0	0
9:30 AM	#31 Women 400 Metre Dash Senior	Finals	0	0
9:30 AM	#45 Men 400 Metre Dash Junior	Finals	0	0
9:30 AM	#59 Men 400 Metre Dash Intermediate	Finals	0	0
9:30 AM	#73 Men 400 Metre Dash Senior	Finals	0	0
9:29 AM	#510 Triathlon: #3 Men 400 Metre Dash 2x200m Unifi Event will be run as 2x200m. Baseline 75.00 seconds for minimum points.	Finals	0	0
9:30 AM	#6 Women 1500 Metre Run Junior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#20 Women 1500 Metre Run Intermediate Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#34 Women 1500 Metre Run Senior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0

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Starts at	Event	Round	Entries	Heats
9:30 AM	#48 Men 1500 Metre Run Junior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#62 Men 1500 Metre Run Intermediate Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#76 Men 1500 Metre Run Senior Those lapped by more than six athletes (or lapped more than once by leading athlete) must stop -- will be marked DNF.	Finals	0	0
9:30 AM	#85 Women 4x100 Metre Relay Junior	Finals	0	0
9:30 AM	#86 Women 4x100 Metre Relay Intermediate	Finals	0	0
9:30 AM	#87 Women 4x100 Metre Relay Senior	Finals	0	0
9:30 AM	#88 Men 4x100 Metre Relay Junior	Finals	0	0
9:30 AM	#89 Men 4x100 Metre Relay Intermediate	Finals	0	0
9:30 AM	#90 Men 4x100 Metre Relay Senior	Finals	0	0
9:30 AM	#91 Women 4x400 Metre Relay Open	Finals	0	0
9:30 AM	#92 Men 4x400 Metre Relay Open	Finals	0	0
9:30 AM	#601 Mixed 4x400 Metre Relay Open	Finals	0	0

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Session: 2 Field Events

Day 1 - Wednesday 2026-05-20 - Starts at 09:30 AM

Starts at	Event	Round	Entries	Heats
9:30 AM	#8 Women Long Jump Junior Minimum distance: 3.5 m.	Finals	0	0
9:30 AM	#24 Women High Jump Intermediate Start at 1.25 m. Increment by 5 cm to 1.45 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
9:30 AM	#56 Men Javelin Throw 700 g Junior Minimum distance: 28.0 m.	Finals	0	0
9:30 AM	#64 Men Long Jump Intermediate Minimum distance: 4.5 m.	Finals	0	0
9:30 AM	#83 Men Discus Throw 1.75 kg Senior Minimum distance: 24.0 m.	Finals	0	0
10:15 AM	#10 Women High Jump Junior Start at 1.20 m. Increment by 5 cm to 1.45 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
10:15 AM	#41 Women Discus Throw 1 kg Senior Minimum distance: 16.0 m.	Finals	0	0
10:15 AM	#54 Men Shot Put 5 kg Junior Minimum distance: 9.0 m.	Finals	0	0
10:15 AM	#65 Men Triple Jump Intermediate Minimum distance: 9.0 m.	Finals	0	0
10:15 AM	#84 Men Javelin Throw 800 g Senior Minimum distance: 30.0 m.	Finals	0	0
10:15 AM	#510 Triathlon: #1 Men Javelin Throw 500g Turbo Uni Baseline 11.60 metres for minimum points Best throw from each partner will be added.	Finals	0	0
11:00 AM	#12 Women Shot Put 3 kg Junior Minimum distance: 7.0 m.	Finals	0	0
11:00 AM	#28 Women Javelin Throw 500 g Intermediate Minimum distance: 16.0 m.	Finals	0	0
11:00 AM	#36 Women Long Jump Senior Minimum distance: 3.5 m.	Finals	0	0
11:00 AM	#501 Outdoor Pentathlon: #4 Women Long Jump Open	Finals	0	0
11:00 AM	#51 Men Triple Jump Junior Minimum distance: 9.0 m.	Finals	0	0
11:00 AM	#69 Men Discus Throw 1.5 kg Intermediate Minimum distance: 24.0 m.	Finals	0	0
11:00 AM	#80 Men High Jump Senior Start at 1.55 m. Increment by 5 cm to 1.70 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
11:00 AM	#502 Outdoor Pentathlon: #2 Men High Jump Open	Finals	0	0
11:45 AM	#14 Women Javelin Throw 500 g Junior Minimum distance: 16.0 m.	Finals	0	0
11:45 AM	#22 Women Long Jump Intermediate Minimum distance: 3.5 m.	Finals	0	0

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Starts at	Event	Round	Entries	Heats
11:45 AM	#40 Women Shot Put 4 kg Senior Minimum distance: 7.0 m.	Finals	0	0
11:45 AM	#501 Outdoor Pentathlon: #3 Women Shot Put 3 kg Open	Finals	0	0
11:45 AM	#111A Women Shot Put Ambulatory Para Ambulatory	Finals	0	0
11:45 AM	#111I Women Shot Put Para Intellectual	Finals	0	0
11:45 AM	#111V Women Shot Put Para Vision	Finals	0	0
11:45 AM	#112 Women Shot Put Wheelchair Para Wheelchair	Finals	0	0
11:45 AM	#55 Men Discus Throw 1.5 kg Junior Minimum distance: 23.0 m.	Finals	0	0
11:45 AM	#66 Men High Jump Intermediate Start at 1.50 m. Increment by 5 cm to 1.70 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
11:45 AM	#79 Men Triple Jump Senior Minimum distance: 9.0 m.	Finals	0	0
12:30 PM	#27 Women Discus Throw 1 kg Intermediate Minimum distance: 16.0 m.	Finals	0	0
12:30 PM	#37 Women Triple Jump Senior Minimum distance: 7.0 m.	Finals	0	0
12:30 PM	#50 Men Long Jump Junior Minimum distance: 4.5 m.	Finals	0	0
12:30 PM	#70 Men Javelin Throw 700 g Intermediate Minimum distance: 30.0 m.	Finals	0	0
12:30 PM	#82 Men Shot Put 6 kg Senior Minimum distance: 9.0 m.	Finals	0	0
12:30 PM	#502 Outdoor Pentathlon: #3 Men Shot Put 5 kg Open	Finals	0	0
12:30 PM	#113A Men Shot Put Ambulatory Para Ambulatory	Finals	0	0
12:30 PM	#113I Men Shot Put Para Intellectual	Finals	0	0
12:30 PM	#113V Men Shot Put Para Vision	Finals	0	0
12:30 PM	#114 Men Shot Put Wheelchair Para Wheelchair	Finals	0	0
1:15 PM	#13 Women Discus Throw 1 kg Junior Minimum distance: 16.0 m.	Finals	0	0
1:15 PM	#23 Women Triple Jump Intermediate Minimum distance: 7.0 m.	Finals	0	0
1:15 PM	#42 Women Javelin Throw 600 g Senior Minimum distance: 16.0 m.	Finals	0	0
1:15 PM	#52 Men High Jump Junior Start at 1.45 m. Increment by 5 cm to 1.65 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
1:15 PM	#68 Men Shot Put 5 kg Intermediate Minimum distance: 10.0 m.	Finals	0	0
1:15 PM	#78 Men Long Jump Senior Minimum distance: 4.5 m.	Finals	0	0
1:15 PM	#502 Outdoor Pentathlon: #4 Men Long Jump Open	Finals	0	0

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Starts at	Event	Round	Entries	Heats
1:15 AM	#510 Triathlon: #2 Men Long Jump Unified Baseline 2.90 metres for minimum points. Best jump from each partner will be added.	Finals	0	0
2:00 PM	#9 Women Triple Jump Junior Minimum distance: 7.0 m.	Finals	0	0
2:00 PM	#26 Women Shot Put 3 kg Intermediate Minimum distance: 7.0 m.	Finals	0	0
2:00 PM	#38 Women High Jump Senior Start at 1.25 m. Increment by 5 cm to 1.45 m, then by 3 cm and 2 cm to end of event.	Finals	0	0
2:00 PM	#501 Outdoor Pentathlon: #2 Women High Jump Open	Finals	0	0