



2026 Alberta Indigenous Games – Athletics / Track & Field

MONDAY, TUESDAY, AUGUST 10 – 11, 2026

Location: Rollie Miles Athletic Park

Meet Director: Dakota Nepoose

Contact Info: d.nepoose.dn@gmail.com

TECHNICAL INFORMATION

Registration Check In

Registration and bib number pick up will be at the South entrance to the track from 10:30-12pm on Monday, August 10th. If you park at Strathcona High School, you won't miss it when you walk towards the track.

No on-site or late entries will be accepted. All registrations must be completed before the registration deadline. You must keep your same bib number for both days.

This year, entry lists will be emailed out the first week of August so participants can confirm that they are entered accurately for the event prior to arriving.

Age Categories Offered

<u>9U</u>	<u>2018-2017</u>
<u>11U</u>	<u>2016-2015</u>
<u>13U</u>	<u>2014-2013</u>
<u>15U</u>	<u>2012-2011</u>
<u>18U</u>	<u>2010-2008</u>
<u>21U</u>	<u>2007-2005</u>
<u>Youngsters (22-29)</u>	<u>2004-1995</u>
<u>Grown Ups (30-39)</u>	<u>1996-1987</u>
<u>Seasoned (40-49)</u>	<u>1986-1977</u>
<u>Seniors (50-59)</u>	<u>1976-1967</u>
<u>Seasoned Seniors (60-69)</u>	<u>1966-1957</u>
<u>Golden Ones (70+)</u>	<u>1956 and older</u>



Events by Day

Day 1 Events	Day 2 Events
60m / 80m / 100m 300 / 400 1200m / 1500m Long Jump Shot Put Javelin	150m / 200m 600m / 800m 3000m High Jump Discus 4x100m Relay

Events Offered by Age Category

Event	9U	11U	13U	15U	18U	21U	22-70+
60m	X						
80m		X					
100m			X	X	X	X	X
150m	X	X					
200m			X	X	X	X	X
300m	X	X	X	X			
400m					X	X	X
600m	X	X					
800m			X	X	X	X	X
1200m		X	X	X			
1500m					X	X	X
3000m				X	X	X	X
Long Jump	X	X	X	X	X	X	X
High Jump		X	X	X	X	X	X



Shot Put	X	X	X	X	X	X	X
Discus		X	X	X	X	X	X
Javelin	X	X	X	X	X	X	X

Events and Procedures

Volunteers:

- We would like each participating nation to provide volunteers for this event. If you have not already signed up to volunteer, please contact Dakota d.nepoose.dn@gmail.com to be assigned a volunteer position.

General Rules:

- Competitors will wear their numbers on the front for all events.
- Track Events will take precedence over Field Events in cases of overlap. Athletes will be allowed to leave their field event to run their Track event. Upon returning to their field event, athletes will be allowed to complete their missed throws and jumps as long as their competition is still in session, and time allows. For high jump the athlete must enter back into the current round.
- If you miss your event, it will not be re-run.
- Some events will be combined boys and girls or combined age groups to increase competition and field size, but the results will be separated.
- Compete in the Spirit of Sports and Friendship, have FUN!!!

Track Events:

- Blocks will be provided for 15U+ to use for the 100-400m races
- The winner of each heat plus the next fastest times will advance to the final. If there are 8 competitors or less in the heat, it will be a straight final.
- **Track athletes must check in with the Marshall at the start line of their race 10 minutes before they are scheduled to run.** Please refer to the schedule below.
- Track events will not run earlier than their scheduled time below, but age groups will roll continuously one after another, so please refer to the schedule, listen for your event to be called, and be ready to check in at the respective start line.

Field Events:

- A 1m take off area will be allowable for the 9U and 11U Division in Long Jump, the officials will judge the take off spot accordingly and measure
- All field events will have a limit of 3 jumps or throws, except high jump.
- High Jump will increase in height by 5cm, and will reduce to 3cm for the last few competitors if time allows.



- Field athletes must check in at their event site **10 minutes** before they are scheduled to start. **This 10 minutes can be used for warm ups.** Please refer to the Site Map at the bottom of this package to know where your field event will take place.
- Throwing implements will be provided for all competitors. Throwing implement specifications are below:

Females			DIVISION	Males		
Shot Put	Discus	Javelin		Shot Put	Discus	Javelin
2kg	X	Turbo	9U	2kg	X	Turbo
2kg	750g	Turbo	11U	2kg	750g	Turbo
3kg	750g	400g	13U	3kg	750g	400g
3kg	1k	500g	15U	4kg	1k	600g
3kg	1kg	500g	18U	5kg	1.5kg	700g
4kg	1kg	600g	21U	6kg	1.75kg	800g
4kg	1kg	600g	Youngsters 22-29	7.26kg	2kg	800g
4kg	1kg	600g	Grown Ups 30-39	7.26kg	2kg	800g
4kg	1kg	600g	Seasoned 40-49	7.26kg	2kg	800g
3kg	1kg	500g	Seniors 50-59	6kg	1.5kg	600g
3kg	1kg	500g	Seasoned Seniors 60-69	5kg	1kg	600g
3kg	1kg	500g	Golden Ones 70+	4kg	1kg	500g



MONDAY, AUGUST 10TH

DAY 1 TRACK SCHEDULE

1:15pm	9U	60M	Heats*
	11U	80M	Heats*
	13U	100M	Heats*
	15U	100M	Heats*
	18U	100M	Heats*
	21U	100M	Heats*
	22-29	100M	Heats*
	30-39	100M	Heats*
	40-49	100M	Heats*
	50-59	100M	Heats*
	60-69	100M	Heats*
	70+	100M	Heats*
2:45pm	11U	1200M	Timed Final
	13U	1200M	Timed Final
	15U	1200M	Timed Final
3:15pm	18U	1500M	Timed Final
	21U	1500M	Timed Final
	22-29	1500M	Timed Final
	30-39	1500M	Timed Final
	40-49	1500M	Timed Final
	50-59	1500M	Timed Final
	60-69	1500M	Timed Final
	70+	1500M	Timed Final
4:00pm	9U	300M	Timed Final
	11U	300M	Timed Final
	13U	300M	Timed Final
	15U	300M	Timed Final
4:45pm	18U	400M	Timed Final
	21U	400M	Timed Final
	22-29	400M	Timed Final
	30-39	400M	Timed Final
	40-49	400M	Timed Final
	50-59	400M	Timed Final



6:00pm	60-69	400M	Timed Final
	70+	400M	Timed Final
	9U	60M	Final if necessary*
	11U	80M	Final if necessary*
	13U	100M	Final if necessary*
	15U	100M	Final if necessary*
	18U	100M	Final if necessary*
	21U	100M	Final if necessary*
	22-29	100M	Final if necessary*
	30-39	100M	Final if necessary*
	40-49	100M	Final if necessary*
	50-59	100M	Final if necessary*
	60-69	100M	Final if necessary*
	70+	100M	Final if necessary*

*Winner of each heat plus the next fastest times will advance to the final. If there are 8 competitors or less in the heat, it will be a straight final.

DAY 1 FIELD SCHEDULE

Shot Put

1:15pm	50-59, 60-69, 70+
2:00pm	13U
2:45pm	11U
3:30pm	9U
4:15pm	15U
5:00pm	22-29, 30-39, 40-49
5:45pm	21U
6:30pm	18U

Long Jump

1:15pm	21U
2:00pm	18U
2:45pm	15U
3:30pm	13U
4:15pm	11U
5:00pm	9U
5:45pm	50-59, 60-69, 70+
6:30pm	22-29, 30-39, 40-49

Javelin

1:15pm	22-29, 30-39, 40-49
2:00pm	50-59, 60-69, 70+
2:45pm	9U
3:30pm	11U
4:15pm	13U
5:00pm	15U
5:45pm	18U
6:30pm	21U



TUESDAY, AUGUST 11TH

DAY 2 TRACK SCHEDULE

1:15pm	9U	150m	Timed Final
	11U	150m	Heats*
	13U	200m	Heats*
	15U	200m	Heats*
	18U	200m	Heats*
	21U	200m	Heats*
	22-29	200m	Heats*
	30-39	200m	Heats*
	40-49	200m	Heats*
	50-59	200m	Heats*
	60-69	200m	Heats*
	70+	200m	Heats*
2:45pm	9U	600m	Timed Final
3:00pm	11U		
	13U	800m	Timed Final
	15U	800m	Timed Final
	18U	800m	Timed Final
	21U	800m	Timed Final
	22-29	800m	Timed Final
	30-39	800m	Timed Final
	40-49	800m	Timed Final
	50-59	800m	Timed Final
	60-69	800m	Timed Final
	70+	800m	Timed Final
4:00pm	11U	200m	Final*
	13U	200m	Final*
	15U	200m	Final*
	18U	200m	Final*
	21U	200m	Final*
	22-29	200m	Final*
	30-39	200m	Final*
	40-49	200m	Final*
	50-59	200m	Final*
	60-69	200m	Final*
	70+	200m	Final*
5:00pm	15U	3000m	Timed Final
	18U	3000m	Timed Final



6:00pm	21U	3000m	Timed Final
	22-29	3000m	Timed Final
	30-39	3000m	Timed Final
	40-49	3000m	Timed Final
	50-59	3000m	Timed Final
	60-69	3000m	Timed Final
	70+	3000m	Timed Final
	9U	4x100m	Final
	11U	4x100m	Final
	13U	4x100m	Final
	15U	4x100m	Final
	18U	4x100m	Final
	21U	4x100m	Final
	22-29	4x100m	Final
	30-39	4x100m	Final
	40-49	4x100m	Final
	50-59	4x100m	Final
	60-69	4x100m	Final
	70+	4x100m	Final

*Winner of each heat plus the next 6 fastest times will advance to the final. If there are 8 competitors or less in the heat, it will be a straight final.

DAY 2 FIELD SCHEDULE

High Jump

1:15pm	22-29, 30-39, 40-49
2:00pm	50-59, 60-69, 70+
2:45pm	11U
3:45pm	13U
4:45pm	15U
5:45pm	18U
6:15pm	21U

Discus

1:15pm	21U
2:00pm	18U
2:45pm	15U
3:30pm	13U
4:15pm	11U
5:00pm	50-59, 60-69, 70+
5:30pm	22-29, 30-39, 40-49



Results

Track events will be hand timed. Results will be posted on the Results Board at the event as possible, and on Ellis Timing after the event: [Ellis Timing Canada -- Track and Field Outdoor Calendar 2026](#)

Awards

Medals and Circle of Courage Awards will be handed out at Rollie Miles as events are completed.

Event Site Information

Address:

10480 73 Ave NW, Edmonton

Parking:

Available at the South End of the Park at Strathcona High School, or at the North End on University Ave.

Registration and Check In for Events:

Registration Table will be at the South entrance to the track, and will be open as of 8:30am.

Shade

Please be advised that there are very few shaded areas located at the Athletics venue.
It would be in the best interest of your athletes to provide your own equipment for adequate shade.

SITE MAP

Shot Put Circle: Site 1

Discus Circle: Site 2

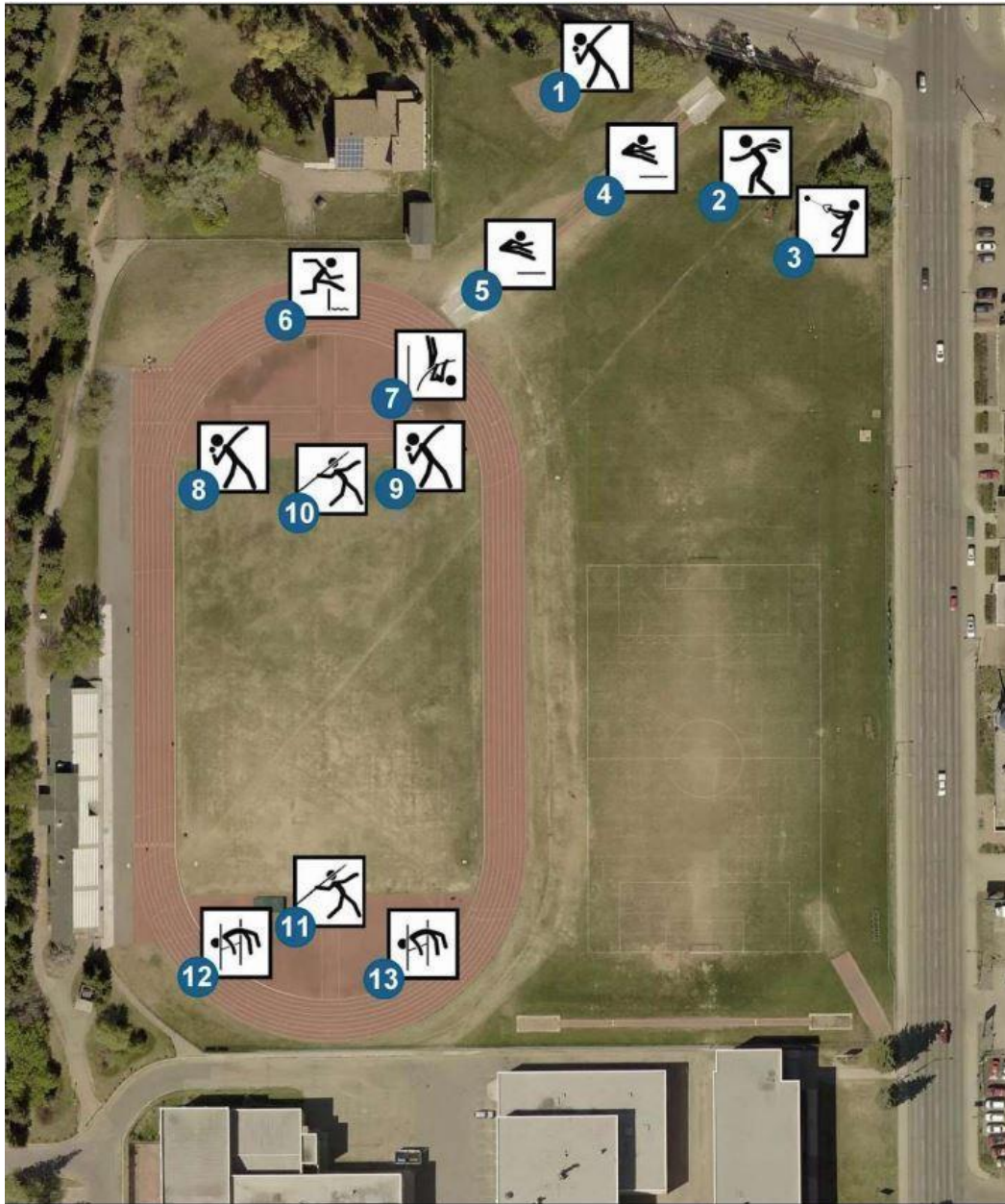
Javelin Pad: Site 10

Long Jump Pit: Site 5

High Jump Pit: Site 12

Races will Marshall at their respective start lines.

Map attached below.



Rollie Miles Athletic Park

0 25 50
Meters

Edmonton

Plot Date: May 2019