

AGE GROUP

U16: 13-15 years of age & under as of December 31, 2026 (born in 2011-2013)

PARA: 13-24 years of age as of December 31, 2026 (born in 2002-2013)



ZONE TEAM COMPOSITION

The maximum team size shall be:

40	Able-bodied athletes per zone	(# of females 20 # of males 20)
2	Para-athletes per zone	(to total Games maximum of 16)
1	Head Coach per Zone	(female or male)
4	Event Coaches per Zone (or 3 & 1 Manager) *	(min # of females 1, # of males 1)
2	Chaperones	(min # of females 1, # of males 1)

* A para-athletics Event Coach will be within the staff of four should a zone have para-athletes

FILL POLICY

- Members may fill a competition opening in a Zone from another Zone if all other means of acquiring an athlete from said Zone have been exhausted.
- A fill that conflicts with any Alberta Summer Games deadlines may not be allowed.
- All fills must be requested and pre-approved through the Provincial Sport Coordinator **prior** to contacting the fill athlete.
- The deadline to use the fill policy is **June 12, 2026** for the Zone Representative.

Fill options in order of hierarchy:

- A fill athlete may come from a **bordering Zone** that had the largest tryout numbers.
- If needed, **Alberta Northern and Southern territories** will be clarified, and a fill athlete may be added from the declared North or South territories represented in Alberta.
- If a fill is still needed, the athlete may be acquired from the Zone that had the largest tryout numbers in Alberta.

*Fills must be submitted by the Provincial Sport Coordinator for approval to the Multisport Games Unit by **June 16, 2026**.*

ELIGIBILITY

For Alberta Games Eligibility information please visit <https://albertasummergames.ca/sport-information/>.

Athletes

- All athletes are eligible as per the age group and affiliation requirement.
- Note: para-athletes 2 per Zone maximum total 16 for the Games (male or female)
 - Wheelchair (Track), Seated (Field), or Ambulatory (Track or Field)

International experience restrictions:

- Athletes that have been selected for a national team in previous years are not eligible to compete at

Alberta Summer Games.

- Athletes that have been selected for a national team in 2026 are not eligible to compete in the event they have been selected in (i.e. Team Canada - 100m).
- Athletes that have been selected for a national team in 2026 may compete in a different event at the Alberta Summer Games, provided the international competition does not conflict with Alberta Summer Games.

National Experience:

- Athletes that have participated on **Team Alberta** at Legion Nationals are not eligible to compete at the Alberta Summer Games.
- Athletes who have participated at National Indoor Championships with the calendar year are eligible to participate in the Alberta Summer Games, given that they meet all other requirements.
- It is preferred that each Zone representative fill each Zone team with (20) male, and (20) female able-bodied athletes. However, with approval from the Multisport Games unit of Sport, Physical Activity and Recreation and Athletics Alberta, an uneven split of up to a maximum of four (4) athletes may be permitted (i.e. 22 to 18).
- All athletes must compete in their Zone of primary residence, or via the fills policy listed above.

Athletes who will be sixteen (16) years of age by Dec 31, 2026 are **NOT** eligible to attend the Games.

Coaches /Chaperones

All coaches and chaperones must be at least eighteen (18) years old by the start of the Alberta Games.

- **NCCP Certification** – A minimum of one coach per zone to be certified under the National Coaching Certification Program to at least Club Coach. All other coaches to be certified to at least Sport Coach.
- **Safe Sport** - SafeSport Requirements for all coaches and chaperones by the registration deadline:
 - Must have a clear criminal records and vulnerable sector check from within the last three (2) years, or less if required by your Organization's policies.
 - Must have completed the CAC Safe Sport Training and Making Ethical Decisions.
- Note: Where a coach or chaperone has been substituted after the registration deadline leading into the Games, they must have the above completed and verified with Mission Staff no later than 48 hours prior to the start of the Alberta Games

AFFILIATION

All athletes, coaches and chaperones must be registered members with Athletics Alberta. Membership information can be [found at this link](#). Athletes require a competitive membership (seasonal or full year), coaches require a coach membership, managers and chaperones require an associate membership.

ENTRY AND ZONE PLAYOFF PROCEDURES

Consult the Provincial Sport Coordinator or your Athletics Alberta Zone Representative to determine the date and location of Zone playoffs. All Zone trial meets must be completed by **June 1, 2026**.

To determine the date and location of the Zone playoffs/selection please visit

<https://athleticsalberta.com/athletics-alberta-teams/> or www.albertasummerngames.ca

ALBERTA GAMES REGISTRATION FEE AND DEADLINE

All Zone team athletes, who qualify to compete at the 2026 Alberta Summer Games (excluding coaches and chaperones), are required to pay an individual registration fee of \$80.00. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. *Information on the collection of this fee(s) will be available in the final technical package.*

Additionally, there is also a team fee of \$80.00 from Athletics Alberta to offset the cost of uniforms and team gear which is payable to Athletics Alberta and must accompany the athlete's registration form for the Alberta Games.

The Athletics registration deadline is **June 4, 2026**.

EVENTS

	Event	Female (U16)	Female (Para)	Male (U16)	Male (Para)
TRACK	100 m	•	•	•	•
	200 m	•		•	
	300 m	•		•	
	400 m		•		•
	800 m	•		•	
	1200 m	•		•	
	1500 m				
	2000 m	•		•	
	3000 m				
	80 m Hurdles	• (30")			
	100 m Hurdles			• (33")	
	110 m Hurdles				
	200 m Hurdles	• (30")		• (30")	
	300 m Hurdles				
	4 x 100 m Relay	•		•	
	Medley Relay*	•		•	
FIELD	Long Jump	•		•	
	High Jump	•		•	
	Triple Jump	•		•	
	Shot Put	• (3 kg)	• (by age)	• (4 kg)	• (by age)
	Discus Throw	• (1 kg)	• (by age)	• (1 kg)	• (by age)
	Javelin Throw	• (500 g)		• (600g)	
	Hammer Throw	• (3Kg)		• (4kg)	
COMBINED	Pentathlon**	•		•	

*Medley Relay

400m, 200m, 200m, 800m

**SPORT TECHNICAL PACKAGE
ATHLETICS**

- ** Pentathlon (U16 Female) Day 1-100m, High Jump, Shot Put, Long Jump, 800m
** Pentathlon (U16 Male) Day 1-100m, Long Jump, Shot Put, High Jump, 1000m

1. Each Zone may enter a maximum of two (2) athletes per event. Athletes may be replaced due to injury but must be replaced by someone on the alternate list submitted with registration from the same Zone.
2. Athletes are restricted to 3 events entered by one (1) athlete per day not including relays.
3. Combined event athletes are restricted to their combined events and team relays only on the day of the pentathlon. Individual events may be contested on the other day (per total event restrictions – the pentathlon counts as one [1] event).
4. Each Zone may enter one (1) relay team per relay event.
5. Meet will be sanctioned by Athletics Alberta. All World Athletics and Athletics Canada rules of competition will apply. Rules regarding officials, electronic timing and safety must be followed.
6. Athletes may bring their own equipment with the exception to starting blocks. Equipment will be stored at the venue. All equipment must be certified prior to competition.

PROTEST PROCEDURES

As per World Athletics rules.

EQUIPMENT SPECIFICATIONS

As per Athletics Alberta specifications.

PROVINCIAL SPORT COORDINATOR

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ZONE SPORT REPRESENTATIVE

The Provincial Sport Coordinator, indicated above, has been appointed by Athletics Alberta to serve as the primary contact and leader of the association's participation in the Alberta Games.

For any questions about Athletics in the Alberta Summer Games, contact the Provincial Sport Coordinator via the information above.

Zone representatives and coaches will be listed at [this link when they become available](#).