

Edmonton Athletics Invitational 2024

Check-in Times

Track

15' before race open
10' before race close
5' at start line

Field (SP, Hammer, HJ)

45' before event open
40' before event close
35' at event site
30' warm up

PV

75' before event open
70' before event close
65' at event site
60' warm up

Jump Progressions

HJ

2.00

2.10

2.15

2.20

2.25

2.28

2.31

2.34

Pole Vault

4.00

4.15

4.25

4.35

4.45

4.55

4.65

4.75