

2018 Athletics Nova Scotia Provincial Championships and Club Championships

July 14-15

Pioneer Coal Athletics Field – Stellarton, NS



Sanction: Athletics Nova Scotia

Host: Athletics NS

Date: Saturday and Sunday, July 14-15, 2018

Event Site: - Pioneer Coal Athletics Field, Stellarton, NS

- 8 Lane synthetic surface
- 2 horizontal Jumps jumps
- Maximum spike length is 7mm for the track and 7mm for javelin and jumping events.
- Washrooms are available on-site.
- Throwing implements will be provided. The Head Throws Official must approve personal implements.

Event Site Directions:

Pioneer Coal Athletics Field

<https://goo.gl/maps/yskqWg3iXuq>

Timing: FinishLynx Photoelectric timing

Categories: Tyke & PeeWee (born 07,08,09,10 Bantam (born 2005-06), Midget (born 2003-04), Youth (born 2001-02) Junior (1999-00), Senior (1998 or later), Masters (35+)

Registration Eligibility

Athletes must be a member of Athletics Nova Scotia or any other provincial association. Non-members may compete with a single day registration fee of \$10.00.

Schedule

· The tentative schedule is subject to change based on entries. The schedule is available at www.trackiereg.ca. The final schedule will be posted by Thursday, July 12th, 2018

Club Championship

A banner will be awarded to the Athletics NS Club that scores the greatest number of points according to the following points system:

Individual Events:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12+
Points	14	12	10	9	8	7	6	5	4	3	2	1

Relays:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	20	16	12	10	9	8	7	6

Events:

	T yke & PeeWee	Bantam	Midget	Youth	Junior/Senior	Masters
Running		80m 150m 800m 1200m	100m 200m 300m 800m 1200m 2000m	100m 200m 400m 800m 1500m 3000m	100m 200m 400m 800m 1500m 5000m	100m 200m 400m 800m 1500m 5000m
Hurdles		80m H 200m H	100m H 200m H 1500m St.	110mH(M)/100mH(F) 400mH 2000m St	110mH(M)/100mH(F) 400mH 2000m/3000m SC	110mH(M)/100mH(F) 400mH 2000m/3000m SC
Throws		Javelin Discus Hammer Shot Put	Javelin Discus Hammer Shot Put	Javelin Discus Hammer Shot Put	Javelin Discus Hammer Shot Put	Javelin Discus Hammer Shot Put
Jumps		High jump Long jump	High jump Long jump Triple jump	High jump Long jump Triple jump	High jump Long jump Triple jump	High jump Long jump Triple jump
Combined Events	Tetrathlon	Tetrathlon (60m, Long Jump, Shot Put, 600m)	Pentathlon (80mH/100mH, Long Jump, Shot Put, High Jump, 800m/1000m)	Heptathlon (F) (100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m)	Heptathlon (F) (100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m)	

Tentative Schedule

Time	Track	Entries	Round	Field Events		
1:00	80mH F/M – Bantam 30"		Prelims	1:00	Hammer	Male
1:05	80mH F – Midget 30"		Prelims	1:00	High Jump	Male
1:10	80mH F- Midget - Pent 30"		Multi	1:30	Long Jump	Female
1:15	100mH F – Hept (1)		Multi	2:15	High Jump - Pent/Hep	M/F
1:20	100mH F – Youth 30"		Prelims	2:30	Shot Put	Female
1:25	100mH F – Jr-Sen 33"		Prelims	3:30	Shot Put - Pent/Hep	M/F
1:30	100mH M- Midget- Pent 33"		Multi	4:00	High Jump	Female
1:35	100mH M- Midget 33"		Prelims	4:00	Long Jump	Male
1:45	110mH M- Youth 36"		Prelims	4:15	Shot Put	Male

1:50	110mH M – Junior 39”		Prelims	4:15	Javelin	Female
1:55	110mH M – Senior 42”		Prelims	4:30	Long Jump - Pent	Male
2:00	80mH F/M – Bantam 30”		Finals	6:00	Hammer	Female
2:10	80mH F – Midget 30”		Finals			
2:15	100mH F – Youth 30”		Finals			
2:20	100mH F – Jr-Sen 33”		Finals			
2:25	100mH M- Midget 33”		Finals			
2:30	110mH M- Youth 36”		Finals			
2:35	110mH M – Junior – 39”		Finals			
2:40	110mH M – Senior 42”		Finals			
2:50	400m F Youth,Jun,Sen, Mas.		Finals			
3:10	400m M Youth,Jun,Sen, Mas.		Finals			
3:30	300m F – Midget		Finals			
3:40	300m M - Midget		Finals			
3:50	100m F – All		Prelims			
4:15	100m M – All		Prelims			
4:40	Track Break					
5:00	800m -F-Pent		Multi			
5:05	1000m-M-Pent		Multi			
5:10	200m F Heptathlon(4)		Multi			
5:20	800m F – All		Finals			
5:40	800m M- All		Finals			
6:00	80m F/M – Bantam	No Blocks	Finals			
6:05	100m F – Midget		Finals			
6:10	100m M – Midget		Finals			
6:15	100m F - Youth		Finals			
6:20	100m M – Youth		Finals			
6:25	100m F - Jun,Sen,Mas		Finals			
6:35	100m M - Jun,Sen,Mas		Finals			
6:45	2000m F – Midget		Finals			
6:55	2000m M – Midget		Finals			
7:05	3000m F – All		Finals			
7:15	3000m M - All		Finals			
7:30	5000m Mixed Jun,Sen,Mas		Finals			
7:45	4 x 100 relay – F All		Finals			
7:50	4 x 100 relay – M All		Finals			

**Athletics NS Provincial Chamionships
Sunday July 15th - Pioneer Coal Athletics Field**

Time	Track	Entries	Round	Field Events		
9:00	1500m SC – M/F Midget	No water	Finals	9:00	Javelin	Male
9:10	2000m SC-F-Youth-Senior		Finals	9:30	Long Jump - Hep	Female
9:20	2000m SC-M-Youth		Finals	10:30	Triple Jump	Male
9:35	3000m SC-M-Jun,Sen,Mas		Finals	10:30	Javelin - Hep	Female
9:50	3000m SC-F-Jun,Sen,Mas		Finals	11:00	Discus	Female
10:00	60m F/M RJT (1)	No Blocks	Multi	12:00	Triple Jump	Female
10:05	150m F – Bantam		Finals	12:30	Discus	Male
10:10	150m M – Bantam		Finals	10:30	Long Jump - RJTW	M/F
10:35	200m F- Mid,Yth,Jun,Sen,Mas		Prelims	11:30	Shot Put - RJTW	M/F
11:05	200m M – Mid,Yth,Jun,Sen,Mas		Prelims			
11:20	1500m F-Youth,Jun.,Sen.		Finals			

11:35	1500m M-Youth,Jun.,Sen.		Finals
11:45	1200m F - Bantam/Midget		Finals
11:55	1200m M - Bantam/Midget		Finals
12:00	200m F – Midget		Finals
12:05	200m M – Midget		Finals
12:10	200m F – Youth		Finals
12:15	200m M – Youth		Finals
12:20	200m F – Jun,Sen,Mas		Finals
12:30	200m M – Jun,Sen,Mas		Finals
12:40	600m - RJT (4)		Multi
12:50	800m F – Hept(7)		Multi
13:00	200mh F – Bantam/Midget 30"		Finals
13:05	200mh M – Bantam/Midget 30"		Finals
13:15	400mh F - Youth, Jun.,Sen. 30"		Finals
13:25	400mh M - Youth 33"		Finals
13:40	400mh M-Jun.-Sen 36"		Finals
13:55	4 x 400 relay – F All		Finals
14:10	4 x 400 relay – M All		Finals

Seeding

Please include accurate seed/race times from 2017 – 2018 seasons. Seed times are required. If you do not have a seed time, please use your best judgement.

Sprint races 100-400m and 80/100/110m hurdles:

Lanes will be randomly assigned for heats with mixed age classes in many cases. Athletes will be split into age groups for finals, where applicable. When possible, empty lanes will be removed. Preferred lanes will be assigned by seed times for all Timed Section Finals.

Marshalling

Field events: Please check in with the official at the event site 30 minutes prior to the start of the event.

Track events: Please check in at the marshalling area 20 minutes prior to the start of the event.

Scratches

Scratches will be accepted via trackreg until 11:59 p.m, Tuesday, July 10th

Registration:

Entries must be received by 11:59 p.m, Tuesday, July 10th

First event: \$30 for members and \$40 for non-members.

Second event: \$0

Tetrathlon: \$10

\$5 Officials Fee will be applied to all registrations

Please use the online registration system at www.trackiereg.ca

Please note: This meet will be **pre-registration** only!

Check in and Bib # Pick-up: Beginning at 11:00 a.m. on Saturday, July 14th, 2018