

**Athletics NS Warm-Up & Jeux de l'Acadie Selection Meet Saturday  
May 11<sup>th</sup>  
Beazley Field, Dartmouth**



**Hosted and Sanctioned:** Athletics Nova Scotia

**Meet Director:** Jonathan Doucette

**Date:** Saturday, May 11<sup>th</sup>, 2019

**Event Site:** - Beazley Field, Dartmouth, NS

- Eight lane track on the oval with a polyurethane surface.
- All field events accommodated
- Maximum spike length is 7mm
- Washrooms are available on-site.

**Timing:** FinishLynx Photoelectric timing

**Categories:**

All categories from U14 to Masters will be offered. Athletes U14 and younger are able to register for the tetrathlon (60m, Long Jump, Shot Put, 600m)

**Events:**

80m,100m,150m,200m,300m,400m,800m,1200m,1500m,2000m,3000m , Long Jump, Triple Jump, High Jump, Hammer, Discus, Shot Put, Javelin, tetrathlon

**Registration:**

Please visit [TrackieReg](http://TrackieReg) to register Registration deadline is Tuesday, May 7th

**Schedule:**

The schedule is subject to change based on entries. The schedule is at [TrackieReg.ca](http://TrackieReg.ca)  
The final schedule will be posted on Thursday, May 9<sup>th</sup>

**Tentative Schedule**

Event	Gender	Age	Heats	Athletes	Heats	Time	Event	Gender	Age	Athletes	Time
5000m	F/M	U20,Open, Masters	TSF			0:45 9:15	High Jump	F	ALL		11:30
80mH 30"	F/M	U14	TSF			0:05 10:00	High Jump	M	ALL		1:00
80mH 30"	F	U16	TSF			0:05 10:05					
100mH 30"	F	U18	TSF			0:05 10:10	Long Jump	M	U14,U16 (Pit 1)		11:00
100mH 33"	F	U20/Open/Masters	TSF			0:10 10:15	Long Jump	M	U18,U20,Open, Masters (Pit 2)		11:00
100mH 33"	M	U16	TSF			0:05 10:25	Long Jump	M&F	Tetrathlon		12:00
110mH 36"	M	U20	TSF			0:10 10:30	Long Jump	F	U14,U16		1:00
110mH 39"	M	U18	TSF			0:05 10:40	Long Jump	F	U18,U20,Open, Masters		1:00
110mH 42"	M	Open, Masters	TSF			0:10 10:45	Triple Jump	M	All		3:00
2000m	F/M	U14, U16	TSF			0:10 10:55	Triple Jump	F	All		4:00
3000m	F	U18, U20, Open, Masters	TSF			0:15 11:05					
3000m	M	U18, U20, Open, Masters	TSF			0:15 11:20					
60m	F	Tetrathlon	Multi			0:10 11:35	Shot Put	F	U14, U16, U18, U20, Open, Masters		10:30
60m	M	Tetrathlon	Multi			0:10 11:45	Shot Put	M	U14, U16, U18, U20, Open, Masters		11:30
1500mSC	F&M	U16	TSF			0:10 11:55	Shot Put	M&F	Tetrathlon		12:30
2000mSC	F	U18,U20, Open, Masters	TSF			0:15 12:05	Discus	F&M	U16, U18, U20, Open, Masters		12:30
2000mSC	M	U18	TSF			0:15 12:20	Javelin	F	U16, U18, U20, Open, Masters		2:00
3000mSC	M	U20, Open, Masters	TSF			0:15 12:35	Javelin	M	U16, U18, U20, Open, Masters		3:00
800m	F	U16, U18, U20, Open, Masters	TSF			0:10 12:50	Hammer	Mixed	U16, U18, U20, Open, Masters		4:00
800m	M	U16, U18, U20, Open, Masters	TSF			0:10 13:00					
600m	M&F	Tetrathlon	Multi			0:15 13:10					
80m	F	U14	TSF			0:10 13:25					
80m	M	U14	TSF			0:10 13:35					
100m	F	U16, U18, U20, Open, Masters	TSF			0:25 13:45					
100m	M	U16, U18, U20, Open, Masters	TSF			0:25 14:10					
400m	F	U16, U18, U20, Open, Masters	TSF			0:10 14:35					
400m	M	U16, U18, U20, Open, Masters	TSF			0:10 14:45					
300m	F	U14, U16	TSF			0:05 14:55					
300m	M	U14, U17	TSF			0:05 15:00					
1500m	F	U18, U20, Open, Masters	TSF			0:15 15:05					
1500m	M	U18, U20, Open, Masters	TSF			0:15 15:20					
1200m	F/M	U14, U16				0:10 15:35					
150m	F	U14	TSF			0:10 15:45					
150m	M	U14	TSF			0:10 15:55					
200m	F	U16, U18, U20, Open, Masters	TSF			0:20 16:05					
200m	F	U16, U18, U20, Open, Masters	TSF			0:20 16:25					
200mH	F/M	U16	TSF			0:10 16:45					
400mH	F	U18, U20, Open, Masters	TSF			0:10 16:55					
400mH	M	U18, U20, Open, Masters	TSF			17:05					

### **Seeding**

Please include accurate seed/race times as preferred lanes will be given to the fastest seed times for time sectioned final events.

All age groups will be combined, based on seed performance to create the most competitive heats possible.

Masters athletes will have their own heat in laned (100m,200m,300m,400m,hurdles) events with 3 or more athletes. In non-laned events, groups of 5 or more will have their own section. In all other cases, masters will be mixed in with all athletes, based on seed performance.

### **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 to check-in and pick up hip numbers

Failure to check in at the marshaling area at least 20mins prior to your event may result in disqualification.

### **Scratches**

Scratches will be accepted via TrackeReg until the registration deadline.

### **Registration:**

Entries must be received by 11:59 p.m. Tuesday, May 7th, 2019

First event: \$25 for members and \$35 for non-members + \$5 Officials Fee. Tetrathlon Only \$10 for non-members

Late Entries will be accepted until 11:59 pm, Wednesday, May 8<sup>th</sup>, 2019 at double the regular rate

No charge for additional events

Please use the online registration system at [www.trackiereg.ca](http://www.trackiereg.ca)

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

**No entries will be accepted on the day of the meet.**

Entry fees **must** be paid before an athlete can compete in the meet. Please designate one person from your club to pick up the entry package and pay all fees.

**Check in and Bib # Pick-up:** Beginning at 9:00 a.m. on Saturday, May 11th

**Inquiries:** Jonathan Doucette at 220-3108 or e-mail [athleticstd@sportnovascotia.ca](mailto:athleticstd@sportnovascotia.ca)