

# 2019 Athletics Nova Scotia Last Chance Meet

November 23rd, 2019  
Canada Games Center  
Halifax, NS



**Sanction:** Athletics Nova Scotia

**Host:** Athletics Nova Scotia

**Date:** Saturday, November 23<sup>rd</sup>, 2019

**Event Site:** -

- Canada Games Center, Halifax, 26 Thomas Raddall Dr.
- Six lane elevated synthetic track
- Horizontal jumps pit
- Maximum spike length is 7mm
- Washrooms and change rooms are available on-site.

**Timing:** FinishLynx Photoelectric timing

**Categories:** PeeWee (born 2008-09), U14 (born 2006-07), U16 (born 2004-05), U18 (born 2002-03) U20 (2000-01), Senior (1999 or later), Masters (1984+), University

\*Please note that there may be a wide range of age groups racing together, pending final entries. If sufficient entries are not received in any event, athletes may be combined\*

## Schedule

· The tentative schedule is subject to change based on entries. The schedule is available at [www.trackiereg.ca](http://www.trackiereg.ca). The final schedule will be posted on Thursday, November 21<sup>th</sup>, 2019

## Non-University Events:

	PeeWee	U14	U16	U18	U20/Senior	Masters
Running		60m	60m	60m	60m	60m
		150m	200m	200m	200m	200m
		800m	300m	400m	400m	400m
		1200m	800m	800m	800m	800m
			1200m	1500m	1500m	1500m
			2000m	3000m	3000m	3000m
						400mRW
Hurdles		60mH	60mH	60mH	60mH	60mH

Jumps		High jump Long jump Triple Jump	High jump Long jump Triple jump			
Combined Events	Tetrathlon (60m, Long Jump, Shot Put, 600m)	Tetrathlon (60m, Long Jump, Shot Put, 600m)				

### Seeding

Please include accurate seed/race times from 2019 season. Seed times are required

All events will be timed section finals due to time constraints

Athletes will be split into age groups where applicable

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 trackiereg until 11:59 p.m. Tuesday, November 20th

### Registration:

Entries must be received by 11:59 p.m. Tuesday, November 20<sup>th</sup>, 2019

First event: \$25 for members and \$35 for non-members.

Tetrathlon: \$5 U12 Recreation

Free: U12 Competitive

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.**

Please designate one person from your club to pick up the entry package.

**Check in and Bib # Pick-up:** Beginning at 9:00 a.m. on Saturday, November 23<sup>rd</sup>, 2019