

Athletics NS Warm-Up & Jeux de l'Acadie Selection Meet
Saturday, May 7th
Beazley Field, Dartmouth



Hosted and Sanctioned: Athletics Nova Scotia

Meet Director: TBC

Date: Saturday, May 7th, 2022

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, 5000m,
80/100/110mH, 200/400mH, 1500/2000/3000mSC
Long Jump, Triple Jump, High Jump, Hammer, Discus, Shot Put, Javelin,
Tetrathlon

Registration:

Please visit [TrackieReg](https://www.trackiereg.com) to register Registration deadline is **Tuesday, May 3rd**

Schedule:

The schedule is subject to change based on entries. The schedule is at TrackieReg.ca

The final schedule will be posted on Thursday, May 9th

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

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 3rd, 2022

First event: \$20 for members and \$30 for non-members + \$5 Officials Fee.

Second Event: \$10 Third Event: \$7

Tetrathlon Only \$5

No late entries will be accepted.

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

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

Entry fees **must** be paid before an athlete can compete in the meet.

Check in and Bib # Pick-up: Beginning at 9:00 a.m. on Saturday, May 7th

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