

# 2024 Athletics Nova Scotia Indoor Open

January 19-20th, 2024

Canada Games Center

Halifax, NS



**Sanction:** Athletics Nova Scotia

**Host:** Athletics Nova Scotia

**Date:** January 19-20<sup>th</sup>, 2024

**Event Site:**

- Canada Games Center, 26 Thomas Raddall Dr., Halifax
- 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:** All age categories U10-Masters, as well as University.

**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 Wednesday, January 17<sup>th</sup>, 2024

**Events:**

	<b>U10-U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20/Senior</b>	<b>Masters</b>
Running		60m 150m 800m 1200m	60m 200m 300m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m 400mRW
Hurdles		60mH	60mH	60mH	60mH	60mH
Jumps		High jump Long jump Triple 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	Tethrathlon (60m, Long Jump, Shot Put, 600m)	Tethrathlon (60m, Long Jump, Shot Put, 600m)				

Athletes are encouraged to enter in their respective age class events but will not be excluded from University events provided they are competitive in that section. There will be **no blocks** used in sprint events for age groups U14 and younger

**Seeding:**

Please include accurate seed/race times. **Seed times are required**

All events will be timed section finals due to time constraints

Events with multiple age groups will be seeded according to seed times

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.

**Registration:**

Entries must be received by 11:59 p.m. Tuesday, January 16<sup>th</sup>

Members: \$25 first event, \$15 second event, \$10 third event. No additional charge for more than three events.

Non-Members: Additional fee of \$10

Late registration can be accepted till 12:00pm on Wednesday, January 17<sup>th</sup> and will be subject to a late registration fee.

Officials Fee: There will be a \$5 Officials fee added to all registrations.

There will be a maximum team fee of \$750 for Universities and Clubs **registering as 1 group**.

This fee is exclusive of the \$5 officials fee and online processing fees. 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.**

**Check in and Bib # Pick-up:** Beginning at 5pm on Friday, January 20<sup>th</sup> and 8:30 a.m. on Saturday, January 21<sup>st</sup>