
ZSP NIGHT 2024

Organized by **ZSP**



WHEN : April 20th, 2024 at 8 PM

WHERE : Étienne-Desmarteaux Track, 6405 16th Ave,
Montreal, QC, H1X 2T1

REGISTRATIONS : Registrations will be paid on Trackie.
Registrations deadline will be on April 16th, 2024.

SURPRISES : Winners will win a surprise !

This will be the first edition of the ZSP Night held by ZSP. This meet will have an elimination mile, a 1200m run and relays.

- Bring your spikes and we hope to see you there !



Étienne-Desmarteaux Track

RULES :

1. Spikes (7mm pins maximum)
2. Runner has to be at the starting line 10 minutes before the start of the race to be there for the calling room. In case of absence, a DNS will proceed.
3. Be respectful to the others. We are there to have fun !



7mm

Final Schedule

Time	Event	Category	Entries available
8:00 PM	1200m	Community	15 runners
8:20 PM	1200m	Elite Heat	10 runners
8:40 PM	DMR (12-4-8-16)	One Elite Heat	6 teams
9:15 PM	Elimination Mile	One Heat	8 runners
9:30 PM	4x 100m Relay	One Heat (No blocks)	8 teams