



# 2024 East Coast Games Track & Field Meet

Version: June 19, 2024

DATE: June 22<sup>nd</sup>, 2024

TIME: 3:00 pm – 9:30 pm

LOCATION: Canada Games Stadium  
Park Road, Saint John, N.B.

UNB Saint John, 100 Tucker

HOSTED BY: Saint John Reds Track & Field Club

SANCTIONED BY: Athletics New Brunswick

MEET DIRECTORS: Oy Akinola / Bill MacMackin

East Coast Games Information – <http://www.eastcoastgames.ca>

Meet Fees: \$25.00 for first event & \$10 for each additional event. Late fees may apply after registration cut off.  
Registration will be done online at: <https://trackie.com/event/2024-EastCoastGames>

## Throws Extravaganza / Throw all 5 for a Throws Pentathlon

\*Athletes wanting to do specific throws and not the Throws pent will throw at the same time for each event and be given six attempts.

Presented by



Athletics  
for **ALL**



L'Athlétisme  
pour **TOUS**

The event is part of the **Athletics for All program** aimed at breaking down barriers and fostering increased sport participation among two specific demographics: newcomers to Canada and athletes with disabilities. It is one of several events throughout the province, providing individuals with the opportunity to experience **Athletics free of charge.**

These events are tailored to beginners, welcoming participants of all ages and abilities. If you are an athlete with a disability or a newcomer to Canada, check out the following link for details.

<https://www.anb.ca/event/athletics-for-all-come-and-learn/1960/>



Time (Tentative)	Track	Throws	Jumps
3:00		Hammer (Open and Throws Pent Event)	
4:30		Shot Put (Open and Throws Pent Event)	
5:00	110m/100m/80m Hurdles		Long Jump U10/U12 (Tetrathlon)
5:30	100m Preliminary		
6:00		Shot Put U10/U12 (Tetrathlon) Discus (Open and Throws Pent Event)	Long Jump
6:30	300/400m Hurdles		
6:50	60//80m U10/U12 (Tetrathlon)		
7:00	100m Finals	Javelin (Open and Throws Pent Event)	High Jump
7:20	600m U10/U12 (Tetrathlon)		
7:30	1500m		
8:00	300m U16/U14	Weight Throw (Throws Pent Event)	Pole Vault Triple Jump
8:50	400m		
9:00	5000m (18+ ~ 35minute time limit)		
9:40	200m		
10:00	800M		

**Spikes** - Maximum spike length is 7mm for the all events except for high jump and javelin, which are 11mm. Pyramid and Christmas Trees are OK. Needle spikes are not allowed.

**Awards** – Medals for the top 3 finishers for each event and ribbons for winners of age groups will also be provided. 2 Athletes of the meet awards (1 male and 1 female) will be presented at the end of competition.

**Event Entry Notes:**

- Track events will be run as Timed Finals (except the 100m) according to seed performance.
- Throws Pentathlon: Athletes wanting to do specific throws and not the Throws pent will throw at the same time for each event and be given six attempts.
- The 5000m has a time restriction of 35 minutes. Individuals who cannot finish within 35 minutes should not enter the race and may be stopped from completing the race. 2 sections will be run according to seed performances.
- Sprint Hurdles (110m/100m/80m) will be run according to age group specifications.
- Intermediate Hurdles (400m hurdles) will be run @ 30" for all females and 33" for youth male (16-17yoa) and 36" for junior and senior males. Masters athlete specifications should fall within the 400m-hurdle distance at heights of 30", 33", and 36".

**Accommodations:**

UNBSJ Residences Contact: <https://www.unb.ca/saintjohn/conferenceservices/accommodations/index.html>

