



2024 Red & Black Open
Irving Oil Field House
29 McAllister Dr, Saint John, NB E2J 2S7
November 23, 2024



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| <p><u>Technical Information:</u></p> <ul style="list-style-type: none">• Spikes must be pyramids, “trees” or “towers” of a maximum length of 7mm; needle spikes will not be permitted.• Some categories may be combined in certain events, but final results will be separated into the age categories. <p>Free registration for the 4x200m relay races for all club and provincial teams. Other relay races may be run upon request; please contact the meet director to make a request.</p> | <p><u>Information technique:</u></p> <ul style="list-style-type: none">• Les crampons doivent être des pyramides, des « arbres » ou des « tours » de 7mm maximum; les aiguilles ne sont pas permises.• Des catégories peuvent être combinées pour certaines épreuves, mais les résultats seront séparés en catégories d'âge. <p>Les relais de 4x200m sont gratuits pour tous les clubs et les équipes provinciaux. D'autres relais peuvent être organisées sur demande ; veuillez contacter le directeur de la compétition pour faire une demande.</p> |
| <p><u>Registration:</u></p> <p>Categories will be U12 ('05-'06), U14 ('07-'08), U16 ('09-'10), U18 ('07-'08), U20 ('05-'06), Senior ('90-'04) and Master (born '89 or earlier).</p> <ul style="list-style-type: none">• Individual events are \$30 for 1st event and \$10 for each additional event, to be paid online• Registration will be done online at www.anb.ca/event/red-black-indoor/1975/• Registration deadline is 11:59pm on Tuesday, November 19th, 2024• Late registrations will be accepted up to 11:59pm on Thursday, November 21, at a cost of \$50 for the first event and \$20 for each additional event | <p><u>Inscription:</u></p> <p>Les catégories d'âge seront U12 ('05-'06), U14 ('07-'08), U16 ('09-'10), U18 ('07-'08), U20 ('05-'06), Sénior ('90-'04) et Vétéran (née '89 et avant).</p> <ul style="list-style-type: none">• Épreuves individuelles 30\$ pour 1^{ère} épreuve et 10\$ pour chaque additionnelle, payé en ligne• Inscription sera en ligne à Trackie.com• www.anb.ca/event/red-black-indoor/1975/• La date limite d'inscription est 23h59, mardi le 19 novembre 2024• Des enregistrements en retard seront acceptés jusqu'à 23h59 jeudi le 21 novembre, à un prix de 50\$ pour la 1^{ère} épreuve et 20\$ pour chaque épreuve additionnelle |
| <p>Questions can be emailed to:</p> <ul style="list-style-type: none">• Bill MacMackin SaintJohnTrack@gmail.com• Oyinko Akinola oyinkoakinola@gmail.com• Chris Belof chris.belof@unb.ca | <p>Questions peuvent être envoyé à :</p> <ul style="list-style-type: none">• Bill MacMackin SaintJohnTrack@gmail.com• Oyinko Akinola oyinkoakinola@gmail.com• Chris Belof chris.belof@unb.ca |

Events and specifications / Épreuves et spécifications

| | U12 | U14 | U16 | U18 | U20 | Senior | Master |
|--------------|--------------------|--------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------|
| 60mh | | 0.76m 30" | F - 0.76m / 30" M - 0.84m / 33" | F - 0.76m / 30" M - 0.91m / 36" | F - 0.84m / 33" M - 0.99m / 39" | F - 0.84m / 33" M - 1.07m / 42" | ★ |
| 60m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 150m | | ✓ | | | | | |
| 200m | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 300m | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 600m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 800m | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 1000m | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 1500m | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 3000m | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4x200m | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Long Jump | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| High Jump | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Triple Jump | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pole Vault | | | | ✓ | ✓ | ✓ | ✓ |
| Shotput | F - 2kg M - 2kg | F - 2kg M - 2kg | F - 3kg M - 4kg | F - 3kg M - 5kg | F - 4kg M - 6kg | F - 4kg M - 7.26kg | ★ |
| Weight Throw | | | F-7.26kg/16lb M- 7.26kg/16lb | F-7.26kg/16lb M-9.08kg/20lb | F-9.08kg/20lb M-11.34kg/25lb | F-9.08kg/20lb M-15.88kg/35lb | ★ |

★ - Masters events will follow CMA specifications where possible.

Les épreuves pour les vétérans vont suivre les spécifications du VCA ou possible.

TENTATIVE FIELD SCHEDULE
HORAIRE TENTATIVE POUR LE PELOUSE

| | Long Jump | Triple Jump | High Jump | Shotput | Pole Vault | Weight Throw |
|---------|----------------------------------|-------------|-------------|----------------------------------|---------------------|---------------------|
| 9:00am | Tetrathlon Male/Female U12 | | | Male U14+ | Male/Female U18+ | |
| 9:50am | Male U14+ | | Female U14+ | Tetrathlon Male/Female U12 | | |
| 11:40am | | Female U14+ | | | | |
| 12:30pm | Female U14 + | | Male U14+ | Female U14+ | | |
| 1:15pm | | Male U14+ | | | | Male/Female U16+ |

TENTATIVE TRACK SCHEDULE
 HORAIE TENTATIVE POUR LA PISTE

| | Event Épreuve | Gender Sexe | Categories Catégories | Round Série |
|--------------|--------------------------|------------------------|----------------------------------|------------------------|
| 9:00 | 60mh | M | U16+ | Prelim |
| 9:15 | 60mh | F | U16+ | Prelim |
| 9:30 | 60m | M | U12+ | Prelim/Tet |
| 9:45 | 60m | F | U12+ | Prelim/Tet |
| 10:00 | 1500m | M | U16+ | Final |
| 10:15 | 1500m | F | U16+ | Final |
| 10:30 | 600m | M | U12+ | Final/Tet |
| 10:45 | 600m | F | U12+ | Final/Tet |
| 11:00 | 60mh | M | U16+ | Final |
| 11:15 | 60mh | F | U16+ | Final |
| 11:30 | 60m | M | U14+ | Final |
| 11:45 | 60m | F | U14+ | Final |
| 12:00 | 3000m | M/F | U16+ | Final |
| 12:15 | 300m | M | U14+ | Final |
| 12:30 | 300m | F | U14+ | Final |
| 12:45 | 200m | M/F | U16+ | Final |
| 13:00 | 800m | M | U16+ | Final |
| 13:15 | 800m | F | U16+ | Final |
| 13:30 | 1000m | M | U14+ | Final |
| 13:45 | 1000m | F | U14+ | Final |
| 14:00 | 4x200m | M | U16+ | Final |
| 14:15 | 4x200m | F | U16+ | Final |