

2024 Athletics Nova Scotia Last Chance Meet

November 23rd, 2024

Canada Games Center

Halifax, NS



Sanction: Athletics Nova Scotia

Host: Athletics Nova Scotia

Date: Saturday, November 23rd, 2024

Event Site:

- Canada Games Center. 26 Thomas Raddall Drive, 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: U10, U12, U14, U16, U18, U20, Senior, Masters, University

Please note that there may be a wide range of age groups racing together, pending final entries.

Schedule

· The tentative schedule is subject to change based on entries. The schedule is available at www.trackie.com. The final schedule will be posted on Thursday, November 21st.

Non-University Events:

| | U10/U12 | U14 | U16 | U18 | U20/Senior | Masters |
|---------------------|---|---|---|---|---|---|
| Running | | 60m 150m 800m 1200m | 60m 200m 300m 800m 1200m 2000m | 60m 200m 400m 800m 1500m 3000m | 60m 200m 400m 800m 1500m 3000m | 60m 200m 400m 800m 1500m 3000m |
| 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 |
| Combine d Events | Tethrathlon (60m, Long Jump, Shot Put, 600m) | Tethrathlon (60m, Long Jump, Shot Put, 600m) | | | | |
| | | | | | | |

****NOTE**** Non-University athletes may compete in University events, given that they are competitive in those events. This will be at the discretion of the meet director. Seeds must be included.

Seeding

Please include accurate seed/race times. All events will be timed section finals due to time constraints. 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.

Scratches

Scratches will be accepted until 11:59 p.m. Tuesday, November 19th. Scratches after that date will not receive a refund.

Registration:

Entries are to be received by 11:59 p.m. Tuesday, November 19th.

First event: \$25, Second event: \$15, Third event: \$10

Additional \$10 for non-members.

Tetrathlon: \$10

A late registration deadline of 11:59pm on Wednesday, November 20th will be available with the fee for the first event being \$50.

University teams will be capped at \$800, PLUS the \$5 Officials fee per entry.

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

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

No entries or additions will be accepted on the day of the meet.

Check in and Bib # Pick-up: Beginning at 8:30 a.m