

## 2025 Atlantic Indoor Championships

Irving Oil Field House  
29 McAllister Dr, Saint John, NB  
E2J 2S7

February 22-23, 2025

SAINT JOHN  
**Reds**  
TRACK & FIELD



### Technical Information:

- 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.

### Information technique:

- 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.

### Registration:

- Individual events are \$30 for 1<sup>st</sup> event and \$15 for each additional event, to be paid on online.
- U12 events are \$10 & U14 are \$20
- Registration will be done online at: <https://trackie.com/event/2025-AtlanticIndoor>
- **Registration deadline is 11:59pm on Tuesday, February 18<sup>th</sup>, 2025**
- Late registrations will be accepted up to 12:00 pm on Thursday, February 20, at a cost of \$50 for the first event and \$25 for each additional event

### Inscription:

- Épreuves individuelles 30\$ pour 1<sup>ère</sup> épreuve et 15\$ pour chaque additionnelle, payé en ligne.
- Épreuves U12 10\$ / U14 20\$
- Inscription sera en ligne à Trackie.com : <https://trackie.com/event/2025-AtlanticIndoor>
- **La date limite d'inscription est 23h59, mardi le 18 février 2025**
- Des enregistrements en retard seront acceptés jusqu'à 12h00 jeudi le 20 février, à un prix de 50\$ pour la 1<sup>ère</sup> épreuve et 25\$ pour chaque épreuve additionnelle

### Questions can be emailed to:

- Oyinko Akinola [oyinkoakinola@gmail.com](mailto:oyinkoakinola@gmail.com)
- Chris Belof [chris.belof@unb.ca](mailto:chris.belof@unb.ca)
- Bill MacMackin [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com)

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- Bill MacMackin [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com)



### Atlantic Club Championships

Individual events will be scored as follows:

- 1<sup>st</sup> = 7pts
- 2<sup>nd</sup> = 5pts
- 3<sup>rd</sup> = 4pts
- 4<sup>th</sup> = 3pts
- 5<sup>th</sup> = 2pts
- 6<sup>th</sup> = 1pt

Combined events and relays will be scored using the following system:

- 1<sup>st</sup> = 10 pts
- 2<sup>nd</sup> = 8 pts
- 3<sup>rd</sup> = 6 pts
- 4<sup>th</sup> = 4 pts
- 5<sup>th</sup> = 2 pts
- 6<sup>th</sup> = 1 pt

A team banner will be presented to the club with the highest combined score. Scores will be based on the following categories: U14 female & male, U16 female & male, U18 female & male, U20 female & male, Senior female & male, Para female & male, Masters female & male (36-50 / 51-60 / 61-70 / 71+)

### Championnat de l'Atlantique des clubs

Les épreuves individuelles seront notées comme suit :

- 1<sup>er</sup> = 7pts
- 2<sup>e</sup> = 5pts
- 3<sup>e</sup> = 4pts
- 4<sup>e</sup> = 3pts
- 5<sup>e</sup> = 2pts
- 6<sup>e</sup> = 1pt

Les épreuves combinées et les relais seront notés en utilisant le système suivant :


- 1<sup>er</sup> = 10 pts
- 2<sup>e</sup> = 8 pts
- 3<sup>e</sup> = 6 pts
- 4<sup>e</sup> = 4 pts
- 5<sup>e</sup> = 2 pts
- 6<sup>e</sup> = 1 pt

Une bannière d'équipe sera remise au club ayant obtenu le score combiné le plus élevé. Les scores seront basés sur les catégories suivantes: U14 féminin & masculin, U16 féminin & masculin, U18 féminin & masculin, Sénior féminin & masculin, Para féminin & masculin, Maîtrise féminin & masculin (36-50 / 51-60 / 61-70/71+)


Category	Born in	Age on Dec 31 of this year
U12	2014-2015	10-11
U14	2012-2013	12-13
U16	2010-2011	14-15
U18	2008-2009	16-17
U20	2006-2007	18-19
Senior	1991-2005	20-34
Masters	before 1991	35+ (typically in 5 year year increments i.e. 35-39, 40-44, 45-49)

catégories	Age on Dec 31 of this year
U12	2014-2015 10-11
U14	2012-2013 12-13
U16	2010-2011 14-15
U18	2008-2009 16-17
U20	2006-2007 18-19
Sénior	1991-2005 20-34
Vétérans	1991+ 35+ (typically in 5 year year increments i.e. 35-39, 40-44, 45-49)

### HOTELS/ACCOMMODATION



Hotel Details  
[Best Western Plus Saint John Hotel & Suites](#)  
Saint John, New Brunswick, Canada



**Hampton Inn & Suites by Hilton Saint John**  
51 Fashion Drive, Saint John, New Brunswick, E2J 0A7, Canada TEL: +1-506-657-4600

506-657-9966 - 55 Majors Brook Drive, Saint John, New Brunswick E2J 0B2

506-657-4600 - 51 Fashion Drive, Saint John, New Brunswick E2J 0A7



1 Market Square, Saint John, NB E2L 4Z6  
Hotel Direct: 506-693-8484 or Toll Free Number: 1-866-442-6644

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			✓				
400m				✓	✓	✓	✓
800m		✓	✓	✓	✓	✓	✓
1200m		✓	✓				
1500m				✓	✓	✓	✓
2000m			✓				
3000m				✓	✓	✓	✓
1500m RW			✓	✓	✓	✓	✓
4x200m			✓	✓	✓	✓	✓
4x400m			✓				
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	★
Combined Event	60m + LJ + SP(2kg) + 300m	60m + LJ + SP(3kg) + 600m	F - 60H + HJ + SP + LJ + 800m M - 60H + LJ + SP + HJ + 1000m	F - 60H + HJ + SP + LJ + 800m M - 60H + LJ + SP + HJ + 1000m	F - 60H + HJ + SP + LJ + 800m M - 60H + LJ + SP + HJ + 1000m	F - 60H + HJ + SP + LJ + 800m M - 60H + LJ + SP + HJ 1000m	★

★ - Masters events will follow CMA specifications where possible. Les épreuves pour les vétérans vont suivre les spécifications du VCA ou possible.



**Saturday February 22, 2025 - TENTATIVE FIELD SCHEDULE / HORAIRE TENTATIVE POUR LE PELOUSE**

	Long Jump	Triple Jump	High Jump	Shotput	Pole Vault	Weight Throw
<b>5:00 pm</b>		Female U14+		Female U14+	Male/Female U16+	
<b>6:30 pm</b>		Male U14+		Male U14+		

**Saturday February 22, 2025 -TENTATIVE TRACK SCHEDULE / HORAIE TENTATIVE POUR LA PISTE**

	Event	Gender	Categories	Round
<b>5:00 pm</b>	200m	F	U16+	Final
<b>5:30 pm</b>	200m	M	U16+	Final
<b>5.50 pm</b>	150m	F/M	U14	Final
<b>6:10 pm</b>	2000m	M/F	U14 & U16	Final
<b>6.30pm</b>	3000m	F	U18+	Final
<b>6:50pm</b>	3000m	M	U18+	Final
<b>7:30 pm</b>	4x400m	F/M	Club Teams	Final

**Sunday February 23, 2025 - TENTATIVE FIELD SCHEDULE / HORAIRE TENTATIVE POUR LE PELOUSE**

	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put	Weight Throw
<b>9:00 am</b>	Female U14+	Male U14+				
<b>9:15 am</b>					Tetrathlon Male/Female U12 & U14	
<b>10:00 am</b>						Male U16+
<b>10:30 am</b>	Tetrathlon Male/Female U12 & U14		Female U14+ & Pentathlon			
<b>11:00 am</b>		Female U14+				
<b>12:00 am</b>	Male U14+		Male U14 & Pentathlon			Female U16+
<b>1:00 pm</b>					Female U14+ & Pentathlon	
<b>2:30 pm</b>	Pentathlon				Male U14+	

**Sunday February 23, 2025 -TENTATIVE TRACK SCHEDULE / HORAIE TENTATIVE POUR LA PISTE**

	<b>Event</b>	<b>Gender</b>	<b>Categories</b>	<b>Round</b>
<b>9:00 am</b>	60m	F/M	U12 & U14	Tetrathlon
<b>9:20 am</b>	60m	F	U14+	Prelim
<b>9:40 am</b>	60m	M	U14+	Prelim
<b>10:00 am</b>	1500m	F	U18+	Final
<b>10:20 am</b>	1500m	M	U18+	Final
<b>10:30 am</b>	1500m RW	M/F	U16+	Final
<b>10:45 am</b>	1200m	F/M	U14, U16	Final
<b>11:00 am</b>	60mh	F/M		Final & Pent
<b>11:20 am</b>	60mh	F/M	U14+	Final
<b>11:30 am</b>	600m	F/M	U12 & U14	Tetrathlon
Lunch Break				
<b>12:30 pm</b>	60m	F	U14+	Final
<b>1:00 pm</b>	60m	M	U14+	Final
<b>1:30 pm</b>	800m	F	U14+	Final
<b>1:40 pm</b>	800m	M	U14+	Final
<b>1:50 pm</b>	300m	F	U16	Final
<b>2:00 pm</b>	300m	M	U16	Final
<b>2:20 pm</b>	400m	F	U18+	Final
<b>2:30 pm</b>	400m	M	U18+	Final
<b>2:50 pm</b>	4x200m	F/M	Club Teams	Final
<b>3:10 pm</b>	800m	F	U14+	Pentathlon
<b>3:20 pm</b>	1000m	M	U14+	Pentathlon