



**2025 NB Indoor Championships & University Invitational**  
 Irving Oil Field House  
 29 McAllister Dr, Saint John, NB E2J 2S7  
 January 31 & February 1, 2025



<p><u>Technical Information:</u></p> <ul style="list-style-type: none"> <li>• Spikes must be pyramids, “trees” or “towers” of a maximum length of 7mm; needle spikes will not be permitted.</li> <li>• Some categories may be combined in certain events, but final results will be separated into the age categories.</li> </ul>	<p><u>Information technique:</u></p> <ul style="list-style-type: none"> <li>• Les crampons doivent être des pyramides, des « arbres » ou des « tours » de 7mm maximum; les aiguilles ne sont pas permises.</li> <li>• Des catégories peuvent être combinées pour certaines épreuves, mais les résultats seront séparés en catégories d'âge.</li> </ul>
<p><u>Registration:</u></p> <ul style="list-style-type: none"> <li>• Individual events are \$30 for 1<sup>st</sup> event and \$15 for each additional event, to be paid on online. Maximum of \$850 per University Team. Late fees may apply after registration cut off.</li> <li>• U12 Events are \$10 &amp; U14 Events are \$20</li> <li>• Registration will be done online at: <a href="https://www.anb.ca/event/2025-nb-indoor-championships/1992/">https://www.anb.ca/event/2025-nb-indoor-championships/1992/</a></li> <li>• <b>Registration deadline is 11:59pm on Tuesday, January 28<sup>th</sup>, 2025</b></li> <li>• Late registrations will be accepted up to 12:00 pm on Thursday, January 30, at a cost of \$50 for the first event and \$25 for each additional event</li> </ul>	<p><u>Inscription:</u></p> <ul style="list-style-type: none"> <li>• Épreuves individuelles 30\$ pour 1<sup>ère</sup> épreuve et 15\$ pour chaque additionnelle, payé en ligne. Maximum de 850 \$ par équipe universitaire. Des frais de retard peuvent s'appliquer après l'inscription coupée.</li> <li>• Épreuves U12 10\$ / U14 20\$</li> <li>• Inscription sera en ligne à Trackie.com : <a href="https://www.anb.ca/event/2025-nb-indoor-championships/1992/">https://www.anb.ca/event/2025-nb-indoor-championships/1992/</a></li> <li>• <b>La date limite d'inscription est 23h59, mardi le 28 Janvier 2025</b></li> <li>• Des enregistrements en retard seront acceptés jusqu'à 12h00 jeudi le 30 janvier, à un prix de 50\$ pour la 1<sup>ère</sup> épreuve et 25\$ pour chaque épreuve additionnelle</li> </ul>
<p><u>Competition Check in</u></p> <p>Athletes are required to check in to pick up Competition Bib Numbers on arrival at the facility.</p> <p><u>Event Check In Procedures &amp; Deadlines</u></p> <p>Field Events – Check in at the event location 30 min before scheduled start time for warm up.</p> <p>60m/60mH/200m/300m – Report to start line 10 before the scheduled start time.</p> <p>400m to 3000m &amp; Relays - Report to the athlete check in table to receive hip numbers and then report to the appropriate start line 10 min before scheduled start time.</p> <p>Athletes not reporting in as above may be designated as “Did Not Start” and removed from the event at the discretion of the officials.</p>	
<p>Questions can be emailed to:</p> <ul style="list-style-type: none"> <li>• Oyinko Akinola <a href="mailto:oyinkoakinola@gmail.com">oyinkoakinola@gmail.com</a></li> <li>• Chris Belof <a href="mailto:chris.belof@unb.ca">chris.belof@unb.ca</a></li> <li>• Bill MacMackin <a href="mailto:SaintJohnTrack@gmail.com">SaintJohnTrack@gmail.com</a></li> </ul>	<p>Questions peuvent être envoyé à :</p> <ul style="list-style-type: none"> <li>• Oyinko Akinola <a href="mailto:oyinkoakinola@gmail.com">oyinkoakinola@gmail.com</a></li> <li>• Chris Belof <a href="mailto:chris.belof@unb.ca">chris.belof@unb.ca</a></li> <li>• Bill MacMackin <a href="mailto:SaintJohnTrack@gmail.com">SaintJohnTrack@gmail.com</a></li> </ul>

New Brunswick 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+)

Championnat NB 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+)


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
Vétérán	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	University
<b>60mh</b>		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"	★	F - 0.84m / 33" M - 1.07m / 42"
60m		✓	✓	✓	✓	✓	✓	✓
<b>150m</b>		✓						
200m			✓	✓	✓	✓	✓	
<b>300m</b>			✓					✓
<b>400m</b>				✓	✓	✓	✓	
<b>600m</b>								✓
800m		✓	✓	✓	✓	✓	✓	
<b>1000m</b>								✓
<b>1200m</b>		✓	✓					
<b>1500m</b>				✓	✓	✓	✓	✓
<b>Mile</b>					✓	✓	✓	✓
<b>2000m</b>			✓					
<b>3000m</b>				✓	✓	✓	✓	✓
<b>4x200m</b>			✓	✓	✓	✓	✓	✓
<b>4x400m</b>			✓	✓	✓	✓	✓	✓
<b>4x800m</b>								✓
<b>1500m RW</b>			✓	✓	✓	✓	✓	
<b>Long Jump</b>		✓	✓	✓	✓	✓	✓	✓
<b>High Jump</b>		✓	✓	✓	✓	✓	✓	✓
<b>Triple Jump</b>			✓	✓	✓	✓	✓	✓
<b>Pole Vault</b>			✓	✓	✓	✓	✓	✓
<b>Shotput</b>	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	★	F - 4kg M - 7.26kg
<b>Weight Throw</b>			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	★	F - 9.08kg/20lb M - 15.88kg/35lb
<b>Combined Event</b>	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	★	F - Pentathlon (60mh, LJ, SP, HJ, 800m) M - Heptathlon (60m, LJ, SP, HJ, 60mh, PV, 1000m)

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

**Friday January 31, 2025 - TENTATIVE FIELD SCHEDULE / HORAIRE TENTATIVE POUR LE PELOUSE**

	Long Jump	Triple Jump	High Jump	Shotput	Pole Vault	Weight Throw
4:00 pm				University – Female		
4:30 pm		University – Female	Pentathlon			
5:00 pm						
5:45 pm	Heptathlon			Pentathlon		
6:30 pm				Heptathlon		
7:00 pm	Pentathlon					
7:15 pm			Heptathlon	University Male		
8:15 pm		University – Male				University Female

**Friday January 31, 2025 -TENTATIVE TRACK SCHEDULE / HORAIE TENTATIVE POUR LA PISTE**

	Event	Gender	Categories	Round
4:00 pm	60mH Pent	M/F	University F & M/F U16+	Final
4:10 pm	60m Hep	M	University	Final
5:40 pm	60m	F	University	Exhibition
5:55 pm	60m	M	University	Exhibition
6:10 pm	2000m	M/F	U14 & U16	Final
6:25 pm	4x800m Relays	F	University	Final
6:40pm	4x800m Relays	M	University	Final
6:50pm	4x200m Relays	F	University	Final
7:15 pm	4x200m Relays	M	University	Final
7:40 pm	3000m	F	U18+ & University	Final
8:00 pm	3000m	M	U18+ & University	Final
8:20 pm	800m	M/F	University F & M/F U16+	Final

**Saturday February 1, 2025 - TENTATIVE FIELD SCHEDULE / HORAIRE TENTATIVE POUR LE PELOUSE**

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

**Saturday February 1, 2025 - TENTATIVE TRACK SCHEDULE / HORAIRE TENTATIVE POUR LA PISTE**

	Event	Gender	Categories	Round
9:00 am	60m	F/M	U12 & U14	Tetrathlon
9:10 am	1200m	F/M	U14, U16	Final
9:15 am	1500m RW	F/M	U16+	Final
9:25 am	60mh	F/M	University	Prelim & Hept
9:35 am	60mh	F/M	U14+	Final
9:45 am	60m	F	U14+ & University	Prelim
10:45 am	60m	M	U14+ & University	Prelim
11:15 am	600m	F/M	U12 & U14	Tetrathlon
11:20 am	1500m	F	U18+	Final
11:30 am	1500m	M	U18+	Final
11:40 pm	1 Mile	F	University & Invited Athletes	Final
12:10 pm	1 Mile	M	University & Invited Athletes	Final
12:45 pm	600m	F	University	Final
12:55 pm	600m	M	University	Final
1:05 pm	400m	F	U18+	Final

<b>1:10 pm</b>	400m	M	U18+	Final
<b>1:40 pm</b>	60mh	F/M	University	Final
<b>2:00 pm</b>	60m	F	U14+ & University	Final
<b>2:30 pm</b>	60m	M	U14+ & University	Final
<b>2:50 pm</b>	1000m	F	University	Final
<b>3:00 pm</b>	1000m	M	University/	Final/WC
<b>3:00 pm</b>	1000m	F	University	Heptathlon
<b>3:10 pm</b>	800m	F	U14+	Final
<b>3:20 pm</b>	800m	M	U14+	Final
<b>3:30 pm</b>	300m	F	U16 & University	Final
<b>3:50 pm</b>	300m	M	U16 & University	Final
<b>4:10 pm</b>	200m	F	U16+	Final
<b>4:25 pm</b>	200m	M	U16+	Final
<b>4:40 pm</b>	150m	F/M	U14	Final
<b>4:50 pm</b>	4x400m	F/M	Club & University Teams	Final
<b>5:00 pm</b>	4x200m	F/M	Club Teams	Final