



2025 SPRINTS – RELAYS – JUMPS MEET

Technical Package – Updated June 10th, 2025

Host: Pace Athletics Track & Field Club

Sanctioned by: Athletics Canada & Athletics Nova Scotia

Date and Location: Saturday July 12th at Beazley Field, 50 Caledonia Rd. Dartmouth NS

Age Categories: All age categories from U10-Masters will be accepted.

Events: Tetrathlon (600m, 60m, Shot Put & Long Jump)

100m, 200m, 400m, 4X100m Relay, 4X400m Relay,

Medley (400m 2X200m & 800m), Mixed Long Jump, Mixed Triple-Jump, Mixed High Jump.

Tentative Schedule: Note the 100m and 200m will have a preliminary heat and final. All other track events will be a timed final. All events will commence at 10am. Times to be adjusted based on meet registrations

Track

1000am – 60m Tet

1020am – 100m Heats, W&M

1100am – 400m Timed Final, W&M

1115am – 4X100 Relays, W&M time final

-Track Break-

1200pm – 200m Heats, W&M

1230pm – 4X400 Relays, W&M time final

0100pm – 100m Final (W&M)

0130pm – 600m Tet

0200pm – 200m Final (W&M)

0230pm – Relay Medley mixed time final

Field

1000am – Mixed High Jump

1000am – Mixed Long Jump pit 1

1100am – Tet Long Jump pit 1

1200pm – Tet Shot Put

0100pm – Mixed Triple Jump pit 2

Registration: This event is pre-registration only. Please register at www.trackie.com. The registration deadline is 11:59pm on Tuesday, July 8th. No late registrations will be accepted.
*Please note that there will be no refunds for scratches.

Marshalling: Please check-in at the event site 30 minutes prior to the listed start time.
All inquiries can be directed to Troye Williams via email: paceathletics2024@gmail.com.