



# 2025 Atlantic Championships

July 19-20, 2025

Fortis Canada Games Complex, St. John's

## Meet Information

Hosted: Newfoundland and Labrador Athletics Association Sanctioning: This is a World Athletics and World Para Athletics sanctioned event

**Event Site** - Fortis Canada Games Complex, St. John's

- An eight-lane track on the oval with a synthetic surface, BSS 1000
- Locker rooms and accessible washroom facilities

**Timing:** Finish Lynx Photoelectric timing

**Registration:** Please use the online registration system at [www.trackie.com](http://www.trackie.com)

Entries must be received by 11:59 p.m. Wednesday, July 16, 2025

Registration Fees:

1 Event: \$10

2 Events: \$15

3 Events: \$20

Additional events \$5 each.

Tetrathlon \$10

\$5 Fee for non-members.

**The late entry deadline is 11:59 p.m. on Thursday, July 17.**

Late registrations are subject to a \$10 late fee. Please note: This meet will be pre-registration only!

There will be NO late entries accepted for this meet past the late entry deadline.

## Competition categories

Athletes U14 (12-13) and U12(10-11) can register for the tetrathlon (60m, Long Jump, Shot Put, 600m)

U16 (15 yrs. - 12 yrs.) born in 2010 through 2013

U18 (16 and 17 yrs.) born in 2009 or 2008

U20 (18 and 19 yrs.) born in 2007 or 2006

Senior (over 20 yrs.) born in 2005 or earlier  
Masters (35 yrs. and over)

Wheelchair (100m, 400m, 1500m)  
100, 400 metres Para ambulatory  
Para Throwing (Discus and Shot Put)  
Special Olympics (100m, 200m)

## Events (based on age category)

Track: 100m, 200m, 300m, 400m, 800m, 1200m, 1500m, 2000m, 3000m, 5000m  
Hurdles: 80mH, 100mH, 110mH, 200mH, 400mH  
Steeplechase: 1500m, 2000m, 3000m  
Relays: 4x100m, 4x400m  
Jumps: High Jump, Long Jump, Pole Vault, Triple Jump  
Throws: Shot Put, Discus Throw, Hammer Throw, Javelin Throw

## Schedule & Seeding

A **draft schedule** is posted on the Trackie registration page.

The final schedule will be released on Friday, July 18, 2025, and is subject to change based on the number of entries.

### Seeding Requirements:

Seed times are **mandatory** for U16–Senior athletes and will be verified using the **Trackie/Athletics Canada database**.

## Check-In & Marshaling

### Bib Pick-Up & General Check-In:

Begins at **8:30 a.m. on Saturday, July 19, 2025**

### Marshaling Procedures:

- **Track Events:** Check in **30 minutes before** start time to collect hip numbers.

- **Field Events:** Report to your event site **45 minutes before** the scheduled start.

**No marshalling announcements will be made.** Athletes who fail to check in on time may be disqualified.

## **Scratches & Refunds**

- Scratches will be accepted via **TrackieReg** until the registration deadline.
- Refunds will **not be issued** for scratches submitted after this date

Check-in and Bib # Pick-up: Beginning at 8:30 a.m. on Saturday, July 19, 2025.