



## **Valley Athletics Track and Field Meet (Technical Package)**

**Host:** Valley Athletics

**Sanctioning Level:** Athletics Nova Scotia Tier 3 Provincial Meet (**Does not count for Records or Rankings**)

**Date and Location:** Saturday July 26th, Raymond Field, Acadia University, Wolfville

**Age Categories:** Open to U14, U16, U18, U20, Seniors, Masters, Para

**Events:** 80m Hurdles, 100m Hurdles, 110m Hurdles, 100m, 200m, 400m, 800m, 1500m

**Tentative Schedule:** All track events are timed finals and sections will be determined by gender and seeding time. All field events will be happening in mixed sections of all ages and gender. For Field events all participants will get 6 attempts.

### **Track:**

2.00pm: 80m Hurdles  
2.10pm: 100m Hurdles  
2.20pm: 110m Hurdles  
2.30pm: 100m  
3.00pm: 800m  
3.30pm: 200m  
4.00pm: 1500m  
4.30pm: 400m

### **Field:**

2.00pm: Shot Put  
2.00pm: Long Jump  
3.30pm: Discus  
3.30pm: Triple Jump

**Registration:** This event is pre-registration only. Registration Deadline will be 11:59pm on Wednesday July 23th on [www.trackie.com](http://www.trackie.com).

**Marshalling:** Please check in 10 minutes prior to your scheduled event at the start line or event site. There will be no start bib numbers.

**Warm up Area:** The infield will be open for running warm up only. For Field events athletes are allowed to warm up at the field event side until the competition starts.