



2026 NB Indoor Championships & University Invitational

Irving Oil Field House
29 McAllister Dr, Saint John, NB E2J 2S7
January 30-31, 2026



<u>Technical Information:</u> - 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.	<u>Information technique:</u> - 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.
<u>Registration:</u> - Individual events are \$30 for 1st event and \$20 for each additional event, to be paid online. Maximum of \$1000 per University Team. Late fees may apply after registration cut off. - U12 Events are \$10 & U14 Events are \$10 - Registration will be done online at: \ Registration deadline is 11:59pm on Monday, January 26th, 2026 - Late registrations will be accepted up to 12:00 noon on Thursday, January 29, at a cost of \$50 per event	<u>Inscription:</u> - Épreuves individuelles 30\$ pour 1^{ère} épreuve et 20\$ pour chaque additionnelle, payé en ligne. Maximum de 1000 \$ par équipe universitaire. Des frais de retard peuvent s'appliquer après l'inscription coupée. - Épreuves U12 10\$ / U14 10\$ - Inscription sera en ligne à Trackie.com : La date limite d'inscription est 23h59, lundi le 26 Janvier 2026 - Des enregistrements en retard seront acceptés jusqu'à 12h00 jeudi le 29 janvier, à un prix de 50\$ pour chaque épreuve additionnelle
<u>Competition Check in</u> Athletes are required to check in to pick up Competition Bib Numbers on arrival at the facility. <u>Event Check In Procedures & Deadlines</u> Field Events – Check in at the event location 30 min before scheduled start time for warm up. 60m/60mH/200m/300m – Report to start line 10 before the scheduled start time. 400m to 3000m & 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. Athletes not reporting in as above may be designated as “Did Not Start” and removed from the event at the discretion of the officials.	<u>Enregistrement à la compétition</u> - Les athlètes doivent s'enregistrer afin de récupérer leur dossard à leur arrivée à l'installation. <u>Procédures et délais de confirmation de participation aux épreuves</u> Épreuves de concours (sauts et lancers) – Se présenter au site de l'épreuve 30 minutes avant l'heure prévue de début pour l'échauffement. 60 m / 60 m haies / 200 m / 300 m – Se présenter à la ligne de départ 10 minutes avant l'heure prévue de départ. 400 m à 3000 m et relais – Se présenter à la table d'enregistrement des athlètes pour recevoir les numéros de hanche, puis se rendre à la ligne de départ appropriée 10 minutes avant l'heure prévue de départ. Les athlètes qui ne se présentent pas selon les procédures ci-dessus peuvent être déclarés « Non partants (DNS) » et retirés de l'épreuve, à la discrétion des officiels. Si tu veux, je peux aussi l'adapter pour un programme officiel ou un guide de compétition.

Questions can be emailed to:

- Oyinko Akinola oyinkoakinola@gmail.com
- Chris Belof chris.belof@unb.ca
- Bill MacMackin SaintJohnTrack@gmail.com

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New Brunswick Club Championships

Individual events will be scored as follows:

- 1st = 7pts
- 2nd = 5pts
- 3rd = 4pts
- 4th = 3pts
- 5th = 2pts
- 6th = 1pt

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

- 1st = 10 pts
- 2nd = 8 pts
- 3rd = 6 pts
- 4th = 4 pts
- 5th = 2 pts
- 6th = 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^{er} = 7pts
- 2^e = 5pts
- 3^e = 4pts
- 4^e = 3pts
- 5^e = 2pts
- 6^e = 1pt

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

- 1^{er} = 10 pts
- 2^e = 8 pts
- 3^e = 6 pts
- 4^e = 4 pts
- 5^e = 2 pts
- 6^e = 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 2026
U12	2016-2017	10-11
U14	2014-2015	12-13
U16	2012-2013	14-15
U18	2010-2011	16-17
U20	2008-2009	18-19
Senior	1993-2006	20-34
Masters	before 1993	35+ (typically in 5 year year increments i.e. 35-39, 40-44, 45-49)

catégories		Age on Dec 31, 2026
U12	2016-2017	10-11
U14	2014-2015	12-13
U16	2012-2013	14-15
U18	2010-2011	16-17
U20	2008-2009	18-19
Senior	1993-2006	20-34
Masters	before 1993	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

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



[Hampton Inn & Suites by Hilton Saint John](#)

51 Fashion Drive, Saint John, New Brunswick, E2J 0A7, Canada TEL: +1-506-657-4600

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

Events and specifications / Épreuves et spécifications

	U12	U14	U16	U18	U20	Senior	Master	University
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"	★	F - 0.84m / 33" M - 1.07m / 42"
60m		✓	✓	✓	✓	✓	✓	✓
150m		✓						
200m			✓	✓	✓	✓	✓	
300m			✓					✓
400m				✓	✓	✓	✓	
600m								✓
800m		✓	✓	✓	✓	✓	✓	
1000m								✓
1200m		✓	✓					
1500m				✓	✓	✓	✓	✓
Mile					✓	✓	✓	✓
2000m			✓					
3000m				✓	✓	✓	✓	✓
4x200m			✓	✓	✓	✓	✓	✓
4x400m			✓	✓	✓	✓	✓	✓
4x800m								✓
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	★	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	★	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	★	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 30, 2026 - 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			Pentathlon			
5:00 pm	Heptathlon					
5:30 pm		University – Female				
6:00 pm				Pentathlon		
6:45 pm				Heptathlon		
7:15 pm	Pentathlon			University Male		
7:30 pm			Heptathlon			
8:15 pm		University – Male				University Female

Friday January 30, 2026 -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
4:15 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
7:05pm	4x200m Relays	F	University	Final
7:15 pm	4x200m Relays	M	University	Final
7:40 pm	3000m	F	U18+ & University	Final
8:10 pm	3000m	M	U18+ & University	Final
8:40 pm	800m Pent	M/F	University F & M/F U16+	Final

Saturday January 31, 2026 - 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+	Female U14+			
9:10 am					Tetrathlon Male/Female U12 & U14	
9:30 am						Male U16+ & University
10:00 am	Tetrathlon Male/Female U12 & U14		Female University			
10:30 am		Female U14+				
11:15 am	Male University					Female U16+ & University
12:00 am				Heptathlon & Male/Female U16+		
12:30PM	Male U14+					
1:00 pm	Female University				Female U14+	
1:30 pm	Female University		Male U14+ & University			
2:30 pm	Female U14+				Male U14+	

Saturday January 31, 2026 -TENTATIVE TRACK SCHEDULE / HORAIE 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
9:20 am	60mh	F/M	University	Prelim & Hept
9:25 am	60mh	F/M	U14+	Final
9:40 am	60m	F	U14+ & University	Prelim
10:20 am	60m	M	U14+ & University	Prelim
10:55 am	600m	F/M	U12 & U14	Tetrathlon
11:05 am	1500m	F	U18+	Final
11:15 am	1500m	M	U18+	Final
11:35 pm	1 Mile	F	University & Invited Athletes	Final

12:00 pm	1 Mile	M	University & Invited Athletes	Final
12:30 pm	600m	F	University	Final
12:45 pm	600m	M	University	Final
1:00 pm	400m	F	U18+	Final
1:10 pm	400m	M	U18+	Final
1:30 pm	60mh	F/M	University	Final
2:00 pm	60m	F	U14+ & University	Final
2:20 pm	60m	M	U14+ & University	Final
2:40 pm	1000m	F	University	Final
2:45 pm	1000m	M	University – Heptathlon	Final
2:50 pm	1000m	M	University/	Final/WC
2:55 pm	800m	F	U14+	Final
3:05 pm	800m	M	U14+	Final
3:15 pm	300m	F	U16 & University	Final
3:30 pm	300m	M	U16 & University	Final
3:55 pm	200m	F	U16+	Final
4:10 pm	200m	M	U16+	Final
4:25 pm	150m	F/M	U14	Final
4:35 pm	4x400m	F/M	Club & University Teams	Final
4:50 pm	4x200m	F/M	Club Teams	Final