



2026 East Coast Games

Track & Field Meet

DATE: June 19th, 2026

TIME: 3:00 pm – 9:30 pm

LOCATION: Canada Games Stadium
UNB Saint John, 100 Tucker Park Road, Saint John, N.B.

HOSTED BY: Saint John Reds Track & Field Club

SANCTIONED BY: Athletics New Brunswick

MEET DIRECTORs: Oy Akinola / Bill MacMackin SaintJohnTrack@gmail.com

East Coast Games Information – <http://www.eastcoastgames.ca>

Meet Fees: \$35.00 for first event & \$15 for each additional event. Late fees may apply after registration cut off. Registration will be done online at: <https://www.trackie.com/event/2026-EastCoastGames>

Spikes - Maximum spike length is 7mm for all events except for high jump and javelin, which are 11mm. Pyramid and Christmas Trees are OK. Needle spikes are not allowed.

Awards – Medals for the top 3 finishers for each event and ribbons for winners of age groups.

Event Entry Notes:

- Track events will be run as Timed Finals (except the 100m) according to seed performance.
- Throws Pentathlon: Athletes wanting to do specific throws and not the Throws pent will throw at the same time for each event and be given six attempts.
- The 5000m has a time restriction of 35 minutes. Individuals who cannot finish within 35 minutes should not enter the race and may be stopped from completing the race. If needed two sections will be run according to seed performances.
- Sprint Hurdles (110m/100m/80m) will be run according to age group specifications.
- Intermediate Hurdles (400m hurdles) will be run @ 30" for all females and 33" for youth male (16-17yoa) and 36" for junior and senior males. Masters' athlete specifications should fall within the 400m-hurdle distance at heights of 30", 33", and 36".

Accommodations:

UNBSJ Residences Contact: <https://www.unb.ca/saintjohn/conferenceservices/accommodations/index.html>



Time (Tentative)	Track	Throws	Jumps
3:00		Hammer (Open and Throws Pent Event)	
4:30		Shot Put (Open and Throws Pent Event)	
5:00	110m/100m/80m Hurdles		Long Jump U12 (Tetrathlon)
5:30	1500m/2000m Steeplechase		
6:00	100m Preliminary	Shot Put U12 (Tetrathlon) Discus (Open and Throws Pent Event)	Long Jump
6:30	300/400m Hurdles		
6:40	2000m		
6:50	80m U12 (Tetrathlon)		
7:00	800M		
7:15	100m Finals	Javelin (Open and Throws Pent Event)	High Jump
7:30	600m U12 (Tetrathlon)		
7:45	300m		
8:00	1200m	Weight Throw (Throws Pent Event)	Pole Vault Triple Jump
8:15	400m		
8:25	5000m (18+ ~ 35minute time limit)		
9:00	200m		
9:20	1500m		

Presented by

