

# PACE ATHLETICS

## 2026 SPRINTS – RELAYS – JUMPS MEET

Technical Package – Updated April 14<sup>th</sup>, 2026

**Host:** Pace Athletics Track & Field Club

**Sanctioned by:** Athletics Canada & Athletics Nova Scotia

**Date and Location:** Saturday June 20<sup>th</sup> 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 preliminary heats and a 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

1130am – 200m Heats, W&M

1145am – **Track Break**

1215pm – 4X400 Relays, W&M time final

1245pm – 100m Final (W&M)

0115pm – 600m Tet

0145pm – 200m Final (W&M)

0215pm – 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](http://www.trackie.com). The registration deadline is 11:59pm on Tuesday, June 16th. No late registrations will be accepted.  
\*Please note that there will be no refunds for scratches.

**Marshalling:** Please check-in at the event site 60 minutes prior to the listed start time.  
All inquiries can be directed to **Troye Williams** at [paceathletics2024@gmail.com](mailto:paceathletics2024@gmail.com)