



Richard Foot Memorial Meet (Technical Package)

Host: Valley Athletics

Sanctioning Level: Athletics Nova Scotia Tier 2 Provincial Meet

Date and Location: Saturday August 1st, Raymond Field, Acadia University, Wolfville

Age Categories: Open to U12 (Tetrathlon Only), U14, U16, U18, U20, Seniors, Masters, Para

Events: 110m Hurdles, 100m Hurdles, 80m Hurdles, 60m, 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 except athletes competing in the U12 Tetrathlon who only get 3 attempts.

Track:

12.00pm: 110m Hurdles
12.20pm: 100m Hurdles
12.30pm: 80m Hurdles
12.40pm: 60m (Tetrathlon)
12.50pm: 100m
1.00pm: 800m
1.30pm: 200m
2.00pm: 1500m
2.30pm: 400m (Tetrathlon)
2:45pm: 400m (Open)

Field:

12.00pm: Long Jump (Open)
1.15pm: Long Jump (Tetrathlon)
2.00pm: Ball-throw (Tetrathlon)
2.30pm: Triple Jump (Open)

Registration: This event is pre-registration only. Registration Deadline will be 11:59pm on Wednesday July 29th on 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.