

**Athletics NS May 7th Warm-Up Meet – Saturday, May 7th
Beazley Field, Dartmouth**



Hosted and Sanctioned: Athletics Nova Scotia

Meet Director: Jonathan Doucette

Date: Saturday, May 7th, 2016

Event Site: - Beazley Field, Dartmouth, NS

- Eight lane track on the oval with a polyurethane surface.
- All field events accommodated
- Maximum spike length is 7mm
- Washrooms are available on-site.

Timing: FinishLynx Photoelectric timing

Categories:

All categories from Bantam to Senior will be offered. Athletes Bantam and younger are able to register for the tetrathlon (60m, Long Jump, Shot Put, 600m)

Events:

80m,100m,150m,200m,300m,400m,800m,1200m,1500m,2000m,3000m,200mH,400mH,1500mSC,2000mSC,3000mSC, Long Jump, Triple Jump, High Jump, Hammer, Discus, Shot Put, Javelin, tetrathlon

Registration:

Please visit [TrackieReg](http://TrackieReg.ca) to register Registration deadline is Wednesday, May 4th

Schedule:

The schedule is subject to change based on entries. The schedule is at TrackieReg.ca

Tentative Schedule

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
5000m	Mixed	Junior+	TSF	10:00	High Jump	F	All	11:30
80mH 30"	F	Bantam	TSF	11:00	High Jump	M	All	1:00
80mH 30"	M	Bantam	TSF	11:05				
100mH 30"	F	Midget	TSF	11:10	Long Jump	M	All	11:30
100mH 30"	F	Youth	TSF	11:15	Long Jump	M&F	Tetrathlon	12:30
100mH 33"	F	Junior-Senior	TSF	11:20	Long Jump	F	All	1:00
100mH 33"	M	Midget	TSF	11:30				
110mH 36"	M	Youth	TSF	11:35	Triple Jump	M	All	2:30
110mH 39"	M	Junior	TSF	11:45	Triple Jump	F	All	3:30
110mH 42"	M	Senior	TSF	11:50				
60m	M&F	Tetrathlon	Multi	12:00				
3000mSC	F	Junior-Senior	TSF	12:10	Shot Put	Mixed	All	11:30
3000mSC	M	Junior-Senior	TSF	12:25	Shot Put	M&F	Tetrathlon	1:15
2000mSC	M	Youth	TSF	12:40	Discus	Mixed	All	1:00
2000mSC	F	Youth-Junior	TSF	12:55	Hammer	Mixed	All	2:30
1500mSC	F	Midget	TSF	13:10	Javelin	Mixed	All	4:00
1500mSC	M	Midget	TSF	13:20				
800m	F	All	TSF	13:30				
800m	M	All	TSF	13:45				
600m	M&F	Tetrathlon	Multi	14:00				
80m	F	All	TSF	14:10				
80m	M	All	TSF	14:15				
100m	F	All	TSF	14:20				
100m	M	All	TSF	14:50				
400m	F	All	TSF	15:20				
400m	M	All	TSF	15:35				
300m	F	Midget	TSF	15:50				
300m	M	Midget	TSF	15:55				
1500m	F	All	TSF	16:00				
1500m	M	All	TSF	16:20				
1200m	F	All	TSF	16:40				
1200m	M	All	TSF	16:50				
150m	F	Bantam	TSF	17:00				
150m	M	Bantam	TSF	17:05				
200m	M	All	TSF	17:10				
200m	F	All	TSF	17:30				
200mH	F	Midget	TSF	17:55				
200mH	M	Midget	TSF	18:00				
400mH	F	Youth-Senior	TSF	18:05				
400mH	M	Youth-Senior	TSF	18:10				

The final schedule will be posted on Thursday, May 7th

Seeding

Please include accurate seed/race times as preferred lanes will be given to the fastest seed times for time sectioned final events. Unseeded entries will be treated as the lowest seed times and assigned accordingly.

Marshalling

Field events: Please check in with the official at the event site 30 minutes prior to the start of the event.

Track events: Please check in at the marshalling area 20 minutes prior to the start of the event to check-in and pick up hip numbers

Failure to check in at the marshaling area at least 20mins prior to your event may result in disqualification.

Scratches

Scratches will be accepted via TrackeReg until the registration deadline.

Registration:

Entries must be received by 11:59 p.m. Wednesday, May 4th, 2014

First event: \$25 for members and \$30 for non-members. Tetrathlon Only \$5

No charge for additional events

High School Teams: There will be a maximum charge for High School teams of \$200/school.

Note these are for school entries and not club entries

Please use the online registration system at www.trackiereg.ca

Please note: This meet will be **pre-registration** only!

No entries will be accepted on the day of the meet.

Entry fees **must** be paid before an athlete can compete in the meet. Please designate one person from your club to pick up the entry package and pay all fees.

Check in and Bib # Pick-up: Beginning at 10:00 a.m. on Saturday, May 7th

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