



# 2016 East Coast Games – Track & Field Meet

**Updated June 20, 2016**

DATE: June 24-25th, 2016

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

HOSTED BY: Saint John Track & Field Club SANCTIONED BY: Athletics New Brunswick

MEET DIRECTOR: Jason Reindl - jasonreindl@me.com

Meet registration will be done online: [www.trackiereg.ca/ECG2016](http://www.trackiereg.ca/ECG2016)

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

**Awards** – All participants will receive a medal as a souvenir. Ribbons for the top 3 finishers according to normal age groups (midget, youth, junior, senior, masters) will also be provided. 2 Athlete of the meet awards (1 male and 1 female) will be presented on Saturday evening downtown on the boardwalk.

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

As part of the East Coast Games all participants should be made award of the following:

- Discounts at local establishment (link)
- Opening ceremonies and kick off celebration at UNBSJ on Thursday June 24th
- Coaching Conference at UNBSJ on Thursday June 24<sup>th</sup>
- Waterfront Board Walk Festivities on Saturday evening (music, fun, fireworks, etc).

<p><b><u>13&amp;U - \$20 (RJTW Tetrathlon)</u></b></p> <p>9&amp;U – Tetrathlon – 60m, 150m, long jump (1meter take off board), ball throw</p> <p>10&amp;11 – Tetrathlon – 80m, 150m, long jump (1 meter take off board), ball throw</p> <p>12&amp;13 – Tetrathlon – 80m, 150m, long jump (regular take off board), ball throw</p>	<p><b><u>14+ Individual - \$20 for 1<sup>st</sup> event. \$5 for additional events.</u></b></p> <p>100m, 200m, 400m, 800m, 1500m, 5000m Sprint Hurdles (110m/100m/80m), Intermediate Hurdles (400m)</p> <p>Field – Long Jump, Triple Jump, High Jump, Pole Vault, Shot put, Javelin, Discus, Hammer, Weight Throw</p>	<p><b><u>Throws Pent - \$40</u></b></p> <p>Hammer Throw Shot Put Discus Javelin Weight Throw</p>
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### Event Entry Notes:

- All races will be grouped and run according to similar ages dependent on entry numbers.
- The 5000m has a time restriction of 30 minutes. Individuals who cannot finish within 30 minutes should not enter the race and may be stopped from completing the race. 2 sections will be run according to seed performance.
- 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".

### Tentative Schedule *\*all events subject to change\**

**Friday June 24<sup>th</sup>, 2016** *\*All events will be run as Timed Finals according to seed performance.*

5:00pm to 6:00 pm Long Jump & Ball Throw 9&U, 10&11, 12&13*\*These events are being run concurrently. All athletes will get three attempts. Will be come as you please between the time frame. Long Jump - with a 1m board for athletes 11 years of age and under; regular long jump for 12-13 year olds. Ball Throw will also be offered for all 13 athletes 13 and Under.*

5:30pm	400m Hurdles
5:50pm	4x100m Relays
<u>6:10pm</u>	<u>60m 9&amp;U</u>
<u>6:30pm</u>	<u>80m 10&amp;11</u>
<u>6:40pm</u>	<u>80m 12&amp;13</u>
<u>6:50pm</u>	<u>150m 9&amp;U</u>
<u>7:00pm</u>	<u>150m 10&amp;11</u>
<u>7:10pm</u>	<u>150m 12&amp;13</u>
7:25pm	110m/100m/80m Hurdles
<u>7:30pm</u>	<u>4x60m Shuttle Relay (backstretch) 9&amp;U *not timed*</u>
<u>7:40pm</u>	<u>4x100m Shuttle Relay (backstretch) 10-13 *not timed*</u>
<u>7:55pm</u>	<u>300m 9&amp;u, 10&amp;11, 12&amp;13</u>

8:00pm	100m
8:30pm	400m
9:00pm	5000m (18+ and Masters Only ~ 35minute time limit)
9:45pm	1500m
10:00pm	200m
10:20pm	800m

### Saturday (Field Events Extravaganza)

9:00am	Long Jump
10:30am	High Jump
~lunch break for officials	
1:00pm	Triple Jump
2:00pm	Pole Vault
9:00am	Hammer Throw
10:30am	Shot Put
~lunch break for officials	
12:15pm	Discus
1:30pm	Javelin
2:45pm	Weight Throw

