



Eastern Canadian Espoirs Championships U22 August 6-7st 2016 - Moncton, NB (Moncton Stadium) Info Pack & Proposed Schedule

The Eastern Canadian Espoirs Championships are provided as an opportunity for athletes to show their fitness and prepare for the Jeux du Canada Games 2017. Provincial teams from Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador are invited to compete head to head in this Eastern Canadian competition.

This event is designed for U22 athletes seeking a position on their respective 2017 Jeux du Canada Games provincial team. And will also serve as a great opportunity for open athletes to compete in a very competitive atmosphere.

Rules and Regulations

\$15 Entry fee per athlete for branch teams

- This allows for a maximum of 5 individual events.
- Note that this does not mean a branch athlete must be declared in any or all events.
 - For example if a 100m sprinter is the 3rd athlete (not declared) and the 4th athlete in the 200m (not declared) they would still be on the branch team for relay purposes and would be charged \$15 as an entry fee.

Each branch will be allowed a maximum of 80 athletes in total with a maximum size of 50 for one gender.

TRACK events

A finals are for the Top 8 branch declared athletes.

B finals are for the next 8 top times. Open and branch team athletes regardless of declaration will be eligible for the B finals equally.

- For example in the 100m Athletes 1-6 are all declared branch team athletes. Athlete 7 is a non-declared branch athlete, Athlete 8 is an open athlete, Athlete 9 is a branch declared athlete, and athlete 10 is branch declared athlete.
- Athletes 1-6 will be in the A final. Athlete 9 and 10 will also be moved into the A final. Athlete 7 and 8 will be the top 2 seeds of the B final along with the next 6 best performances regardless of affiliation in the meet.

JUMPS and THROWS events

The top 8 branch declared athletes will receive 3 additional attempts any additional athletes (open or non-branch declared) in the top 8 will be added (to a maximum of 16 athletes).

Scoring

Individual Events	Relays (4x100m & 4x400m)
1st – 10 points	1st – 20 points
2nd – 8 points	2nd – 16 points
3rd – 6 points	3rd – 12 points
4th – 5 points	4th – 8 points
5th – 4 points	5th – 4 points
6th – 3 points	6th – 2 point
7th – 2 points	
8th – 1 point	

* Para positions using AC Raza points.

Open (non branch affiliated athletes)

- \$30 per individual event
- \$50 for combined events

Awards

A Custom Medals will be awarded to the top 3 declared athletes. Custom Trophy will be awarded to the winning province.

Accommodations

Provincial Teams accommodations have already been booked. Athletes in the Open categories are required to make their own arrangements.

Meals

Meal plans will be available for province team athletes.

Open practice hours

The track will be open for practice from 10am-4pm on Friday August 5th and 9am-11:45am on Saturday morning. Coaches Technical meeting to take place Friday August 5th at 8pm.

Social Activity

An athlete social lounge will be held Saturday night after supper at the Student Center to give athletes a chance to meet off the track.

Events offered

Track (Able-body)
100m
200m
400m
800m
1500m
5000m
100mH (F), 110m (M)
400mH
3000mSC

Combined Events
Decathlon/Heptathlon

Field (Able-body)

High Jump
Pole Vault
Long Jump
Triple Jump
Shot Put
Discus
Javelin
Hammer

Para
100m
200m
400m
Shot Put
Discus

Special Olympics
100m
200m

Tentative Schedule / Horaire tentative

TENTATIVE SCHEDULE OF EVENT (Subject to change based on entries Final Schedule)
 HORAIRE PRÉLIMINAIRE DES ÉPREUVES (Sujet à des modifications)

Saturday August 6th / Samedi le 6 août

12:30	100m	Dec	U22M + OM
13:00	100mH	TSF + Hept	U22F + OF
13:25	110mH	TSF	U22M/OM
13:50	100m	SPECIAL OLYMPIC/QUE SPÉCIAUX	
14:00	100m	Heats / Vagues	U22M + OM
14:10	100m	Heats / Vagues	U22F + OF
14:20	1500m	TSF	U22M + OM
14:35	1500m	TSF	U22F + OF
14:50	400m	TSF	U22M/OM
15:00	400m	TSF	U22F/OF
15:15	200m	SPECIAL OLYMPIC/QUE SPÉCIAUX	
15:25	100m	Final / Finale	U22M/OM
15:35	100m	Final / Finale	U22F/OF
15:50	3000m SC	Final / Finale	U22F + OF
16:15	3000m SC	Final / Finale	U22M + OM
16:45	400mH	TSF	U22M + OM
16:55	400mH	TSF	U22F + OF
17:05	200m	Hept	U22F + OF
17:15	4X100m	TSF	All/Tous
17:35	400m	Dec	U22M + OM

	Long Jump Longueur	Triple Jump Triple Saut	High Jump Hauteur	Shot put Poids	Javelin Javelot	Hammer Marteau	Discus Disque
13h00						U22M + OM	
13h15	Dec						
13h30			Hept + U22F + OF				
14h00							
14h30		U22M + OM		Dec		U22F + OF	
14h45							
15h15			Dec + U22M + OM				
15h45				Hept			
16h00					U22M + OM		
16h15							
16h30		U22F + OF					
17h00							PARA U30 + O
17h15							
17h30							
17h45					U22F + OF		
18h00							
18h15							
18h30							

Sunday August 7th / Dimanche le 7 août

9:00	110mH	Dec	U22M + OM
9:05	100m Wheelchair	Final / Finale	All/Tous
9:10	5000m	Final / Finale	U22M + OM
9:30	5000m	Final / Finale	U22F + OF
10:00	200m Wheelchair	Final / Finale	All/Tous
10:15	200m	Heats / Vagues	U22M + OM
10:25	200m	Heats / Vagues	U22F + OF
11:00	800m	TSF	U22M + OM
11:10	800m	TSF	U22F + OF
Lunch			
12:00	200m	Final / Finale	U22M + OM
12:10	200m	Final / Finale	U22F + OF
12:20	400m Wheelchair	Final / Finale	All/Tous
12:30	800m	Hept	U22F + OF
12:35	1500m	Dec	U22M + OM
12:55	4x400m	TSF	All/Tous

	Long Jump Longueur	Pole Vault Perche	Shot put Poids	Javelin Javelot	Discus Disque
9:00		U22F + OF (Pit 1)	U22F + OF		
9:30					Dec
9:45	Hept + U22F + OF				
10:00					U22M + OM
10:15					
10:30					
10:45		Dec (Pit 2)			
11:00	U22F + OF			Hept	U22F + OF
11:15			U22M + OM		
11:30					
11:45					
12:00		U22M + OM (Pit 1)			
12:15				PARA U30 + O	
12:30					
12:45	U22M + OM				Dec
13:00					
13:45					