



MASTERS WEEKEND TRACK AND FIELD



**Sept 24 & 25, 2016
Metropolitan Field, Sackville, NS**

Coaching, Competition, Supper & Social

Introduction and coaching in

Race walking, Starting blocks, Steeplechase, Relay, Hurdles
High jump, Triple jump, Long jump
Shot put, Javelin, Discus, Hammer

Schedule

Saturday: Event coaching starts at 1:00pm
Sat. evening: Supper and social: TBA
Sunday: Friendly T&F meet starts at 9:00am

Cost

Saturday and Sunday: \$35 ANS members; \$40 non-ANS members
Sunday meet only: \$25 ANS members; \$30 non-ANS members

This event is sanctioned by Athletics Nova Scotia

Contact Jo Welch

902-489-8591 (text)
email jmwelchrn@gmail.com

Masters' Track & Field Weekend!

September 24 & 25, 2016

Metropolitan Field, 100 Metropolitan Ave, Lower Sackville, NS

Are you 30 or older??

Fit or unfit, you are welcome to participate.

Learn the basics of the events then try them out in a friendly competition!

Coaching Sep 24 afternoon: Learn how to do the basics of these skills:

Race walking	Long jump
Starting blocks	Shot put
Hurdles (for 300M/400M Hurdles)	Discus
Steeplechase	Hammer
High jump	Javelin
Triple jump	

Saturday evening: Supper and social! Food will be provided for the supper Saturday evening but additional potluck offerings will be gladly received!

Sunday: Friendly Track and Field Meet: all levels welcome! Electric timing.

Tentative Schedule	
Event	Time
100m	9:00am
400m	9:20am
800m	9:40am
200m	10:00am
400m Race Walk	10:30am
High Jump	11:00am
Shot Put	11:30pm
Long Jump	12:00pm
Discus	12:30pm
Triple Jump	1:00am
Javelin	1:15pm
Hammer	1:45pm
300mH (if entries)	2:00pm
2000mSC (if 5 entries)	2:30pm
Relay (of choice)	3:00pm

Coaches:

Racewalk: Lynne MacNeil

Throws: Steve Wohlmuth

Other coaches TBA

Cost to participate

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Sunday meet only: \$25 ANS members; \$30 non-ANS members