

# 2016 Athletics Nova Scotia Last Chance Meet

November 19<sup>th</sup>, 2016  
Canada Games Center  
Halifax, NS



**Sanction:** Athletics Nova Scotia

**Host:** Athletics Nova Scotia

**Date:** Saturday, November 19<sup>th</sup>, 2016

**Event Site:** -

- Canada Games Center, Halifax, 26 Thomas Raddall Dr.
- Six lane elevated synthetic track
- Horizontal jumps pit
- Maximum spike length is 7mm
- Washrooms and change rooms are available on-site.

**Timing:** FinishLynx Photoelectric timing

**Categories:** PeeWee (born 2005-06), Bantam (born 2003-04), Midget (born 2001-02), Youth (born 1999-00) Junior (1997-98), Senior (1996 or later), Masters (1986+), University

## Schedule

· The tentative schedule is subject to change based on entries. The schedule is available at [www.trackiereg.ca](http://www.trackiereg.ca). The final schedule will be posted on Thursday, November 17<sup>th</sup>, 2016

## Events:

	PeeWee	Bantam	Midget	Youth	Junior/Senior	Masters
Running		60m 150m 800m	60m 200m 400m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m	60m 200m 400m 800m 1500m 3000m 400mRW
Hurdles		60mH	60mH	60mH	60mH	60mH
Jumps		High jump Long jump	High jump Long jump	High jump Long jump	High jump Long jump	High jump Long jump

		Triple Jump	Triple jump	Triple jump	Triple jump	Triple jump
Combined Events	Tethrathlon (60m, Long Jump, Shot Put, 600m)	Tethrathlon (60m, Long Jump, Shot Put, 600m)				

### Seeding

Please include accurate seed/race times from 2016 season. Seed times are required

All events will be timed section finals due to time constraints

Athletes will be split into age groups where applicable

Preferred lanes will be assigned by seed times for all Timed Section Finals.

### 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.

### Scratches

Scratches will be accepted via trackreg until 11:59 p.m. Wednesday, November 16<sup>th</sup>

### Registration:

Entries must be received by 11:59 p.m. Wednesday, November 16<sup>th</sup>, 2016

First event: \$25 for members and \$35 for non-members.

No charge for additional events

There will be a maximum team fee of \$500 for Universities

Please use the online registration system at [www.trackiereg.ca](http://www.trackiereg.ca)

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

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

Please designate one person from your club to pick up the entry package.

**Check in and Bib # Pick-up:** Beginning at 8:00 a.m. on Saturday, November 19<sup>th</sup>, 2016