

Canada Games Trials and Open Meet – June 23-25th
Metropolitan Field, Lower Sackville



Hosted and Sanctioned: Athletics Nova Scotia

Meet Director: Jonathan Doucette

Date: Friday, June 23th- Sunday, June 25th

Event Site: - Metropolitan Field, Lower Sackville, 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 Masters 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,1500mSC, 2000mSC, 3000mSC, 400mRW, 200mH, 300mH, 400mH, Long Jump, Triple Jump, High Jump, Hammer, Discus, Shot Put, Javelin, tetrathlon, Pentathlon, Heptathlon, Decathlon

Registration:

Please visit TrackieReg to register Registration deadline is Tuesday, June 20th.

Schedule:

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

Tentative Schedule - Friday June 23

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
300m	F	Midget	Heats	5:30	Hammer	F & M	All	6:00
300m	M	Midget	Heats	5:35				
400m	F	You,Jun,Sen,Mas	Heats	5:40				
400m	M	You,Jun,Sen,Mas	Heats	5:55				

400m	F	Canada Games	Heats	6:10				
400m	M	Canada Games	Heats	6:25				
400m	F & M	Canada Games Wheelchair	Heats	6:40				
400m	F&M	Masters	TSF	6:45				
2000m	F	Midget	TSF	6:50				
2000m	M	Midget	TSF	7:00				
3000m	M	Youth, Junior, Senior, Masters	TSF	7:10				
3000m	F	Youth, Junior, Senior, Masters	TSF	7:20				
5000m	F	Canada Games, Open	TSF	7:35				
5000m	M	Canada Games, Open	TSF	8:00				
Tentative Schedule - Saturday June 24								
80mH 30"	F&M	Bantam	TSF	12:00	Long Jump	M	All	12:30
80mH 30"	F	Midget	TSF	12:05	Shot Put	F	All	12:45
80mH 30"	F	Midget - Pent	Multi	12:10	High Jump	F	Pent, Hep	1:15
100mH 30"	F	Youth - Hep	TSF	12:20	High Jump	F	All	1:45
100mH 33"	F	Junior, Senior, Canada Games - Hep	Multi	12:25	Shot Put	M	All	1:45
100mH 33"	F	Junior, Senior, Masters	TSF	12:30	Long Jump	M	Pent, Dec	2:00
100mH 33"	F	Canada Games	TSF	12:35	Shot Put	M&F	Tetrathlon	2:00
100mH 33"	M	Midget - Pent	Multi	12:40	Shot Put	F	Pent, Hep	2:15
100mH 33"	M	Midget	TSF	12:45	Long Jump	M&F	Tetrathlon	2:45
110mH 36"	M	Youth	TSF	12:55	Javelin	F	ALL	3:00
110mH 39"	M	Junior	TSF	13:00	High Jump	M	All	3:00
110mH 42"	M	Senior	TSF	13:05	Long Jump	F	Pent	3:15
110mH 42"	M	Canada Games	TSF	13:10	Shot Put	M	Pent, Dec	3:30
100m	M	Decathlon	Multi	13:20	Long Jump	F	ALL	3:45
60m	M&F	Tetrathlon	Multi	13:25	Javelin	M	ALL	4:00
300m	F	Midget	Final	13:45	High Jump	M	Pent, Dec	4:30
300m	M	Midget	Final	13:50				
400m	F	You, Jun, Sen, Mas	Final	13:55				
400m	M	You, Jun, Sen, Mas	Final	14:10				
400m	F	Canada Games	Final	14:25				
400m	M	Canada Games	Final	14:40				
400m	M&F	Canada Games Wheelchair	Final	14:55				
600m	M&F	Tetrathlon	Multi	14:55				
80m	F	Bantam	TSF	15:05				
80m	M	Bantam	TSF	15:10				

100m	F	Mid,You,Jun,Sen,Mas	Heats	15:15				
100m	F	Special Olympics	Heats	15:30				
100m	F	Canada Games	Heats	15:35				
100m	M	Mid,You,Jun,Sen,Mas	Heats	15:45				
100m	M	Special Olympics	Heats	16:00				
100m	M	Canada Games	Heats	16:05				
100m	F&M	Canada Games Wheelchair	Heats	16:15				
600m	M&F	Tetrathlon	Multi	16:20				
800m	F	Mid,You,Jun,Sen,Mas	TSF	16:35				
800m	F	Canada Games	TSF	16:50				
800m	M	Mid,You,Jun,Sen,Mas	TSF	17:05				
800m	M	Canada Games	TSF	17:20				
800m	F	Pentathlon	Multi	17:30				
200m	F	Heptathlon	Multi	17:35				
100m	F	Mid,You,Jun,Sen,Mas	Finals	17:40				
100m	F	Special Olympics	Finals	17:55				
100m	F	Canada Games	Finals	18:00				
100m	M	Mid,You,Jun,Sen,Mas	Finals	18:05				
100m	M	Special Olympics	Finals	18:20				
100m	M	Canada Games	Finals	18:25				
100m	F&M	Canada Games Wheelchair	Finals	18:30				
1000m	M	Pentathlon	Multi	18:35				
400m	M	Decathlon	Multi	18:40				

Tentative Schedule - Sunday June 25

110mH	M	Decathlon	Multi	10:00	Long Jump	F	Heptathlon	10:30
3000mSC	F	Junior,Senior, Canada Games	TSF	10:00	Discus	M	Decathlon	10:40
3000mSC	M	Senior, Canada Games	TSF	10:15	Triple Jump	F	All	11:15
2000mSC	M	Youth	TSF	10:30	Discus	F	All	11:30
2000mSC	F	Youth-Junior	TSF	10:45	Javelin	F	Heptathlon	11:30
1500mSC	F & M	Midget	TSF	11:00	Pole Vault	M	Decathlon	11:30
150m	F	Bantam	TSF	11:10	Triple Jump	M	All	12:30
150m	M	Bantam	TSF	11:15	Discus	M	All	12:30
200m	F	Mid,You,Jun,Sen,Mas	Heats	11:20	Javelin	M	Decathlon	1:15
200m	F	Special Olympics	Heats	11:35				
200m	F	Canada Games	Heats	11:40				
200m	F&M	Wheelchair	Heats	11:50				
200m	M	Mid,You,Jun,Sen,Mas	Heats	11:55				
200m	M	Special Olympics	Heats	12:10				
200m	M	Canada Games	Heats	12:15				
1500m	F	You,Jun,Sen,Mas	TSF	12:25				
1500m	F	Canada Games	TSF	12:45				
1500m	M	You,Jun,Sen,Mas	TSF	13:05				
1500m	M	Canada Games	TSF	13:25				
800m	F	Heptathlon	Multi	13:45				
1200m	F	Midget	TSF	13:50				
1200m	M	Midget	TSF	14:00				

200m	F	Mid,You,Jun,Sen,Mas	Final	14:10				
200m	F	Special Olympics	Final	14:25				
200m	F	Canada Games	Final	14:30				
200m	F&M	Wheelchair	Final	14:40				
200m	M	Mid,You,Jun,Sen,Mas	Final	14:45				
200m	M	Special Olympics	Final	15:00				
200m	M	Canada Games	Final	15:05				
1500m	M	Decathlon	Multi	15:15				
200mH	F	Midget	TSF	15:25				
200mH	M	Midget	TSF	15:30				
400mH	F	Youth,Senior,Master,Canada Games	TSF	15:35				
400mH	M	Youth	TSF	15:40				
400mH	M	Senior, Master, Canada Games	TSF	15:45				

The final schedule will be posted on Wednesday, June 21st

Seeding

Please include accurate seed/race times as preferred lanes will be given to the fastest seed times for time sectioned final events. Seed times will be verified.

In most events, athletes in the Canada Games section will compete separate from Open athletes.

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. Tuesday, June 20th, 2017

First event: \$25 for members and \$35 for non-members. Tetrathlon Only \$5

Late Entries will be accepted until 11:59 pm, Thursday, June 22th, 2017 at double the regular rate

No charge for additional events

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 10:30 am on Saturday, June 24

Inquiries: Jonathan Doucette at 220-3108 or e-mail coach@athleticsnovascotia.ca