

**Athletics NS Espoir Trials and Open Meet – Saturday, June 18<sup>th</sup>**  
**Metropolitan Field, Lower Sackville**



**Hosted and Sanctioned:** Athletics Nova Scotia

**Meet Director:** Jonathan Doucette

**Date:** Saturday, June 18<sup>th</sup>, 2016

**Event Site:** - Metropolitan Field, Lower Sackville

- 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:**

Bantam, Midget, Youth, Junior, Senior, Masters and Espoir. will be offered. Athletes Bantam and younger are able to register for the tetrathlon (60m, Long Jump, Shot Put, 600m)

**\*Please note that all athletes wishing to be considered for the 2016 Espoir team must register in the Espoir category. This is your declaration of intent\***

**Events:**

80m, 100m, 150m, 200m, 300m, 400m, 800m, 1200m, 1500m, 2000m, 3000m, 200mH, 400mH, 1500mSC, 2000mSC, 3000mSC, Long Jump, Triple Jump, High Jump, Hammer, Discus, Shot Put, Javelin, tetrathlon

**Registration:**

Please visit [TrackieReg](http://TrackieReg) to register Registration deadline is Wednesday, June 15th

**Schedule:**

The schedule is subject to change based on entries. The schedule is at [TrackieReg.ca](http://TrackieReg.ca)

## 2016 Espoir Trials and Open Meet - June 18th

### Tentative Schedule

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
5000m	Mixed	Junior+, Espoir	TSF	10:00	High Jump	F	All	11:30
2000m	F	Midget	TSF	10:30	High Jump	M	All	1:00
2000m	M	Midget	TSF	10:40				
3000m	M	Youth	TSF	10:50	Long Jump	M	All	11:30
3000m	F	Youth-Junior	TSF	11:00	Long Jump	M&F	Tetrathlon	12:30
80mH 30"	F	Bantam	TSF	11:15	Long Jump	F	All	1:00
80mH 30"	M	Bantam	TSF	11:20				
80mH 30"	F	Midget	TSF	11:25	Triple Jump	M	All	2:30
100mH 30"	F	Youth	TSF	11:30	Triple Jump	F	All	3:30
100mH 33"	F	Junior, Senior, Espoir	TSF	11:35				
100mH 33"	M	Midget	TSF	11:45				
110mH 36"	M	Youth	TSF	11:50	Shot Put	Woman	All	11:00
110mH 39"	M	Junior	TSF	12:00	Shot Put	Woman	All	12:00
110mH 42"	M	Senior, Espoir	TSF	12:05	Shot Put	M&F	Tetrathlon	1:15
60m	M&F	Tetrathlon	Multi	12:15	Discus	Mixed	All	1:00
3000mSC	F	Junior, Senior, Espoir	TSF	12:25	Discus	Mixed	All	2:00
3000mSC	M	Junior, Senior, Espoir	TSF	12:40	Hammer	Mixed	All	3:00
2000mSC	M	Youth	TSF	12:55	Javelin	Mixed	All	4:00
2000mSC	F	Youth-Junior	TSF	13:10				
1500mSC	F	Midget	TSF	13:25				
1500mSC	M	Midget	TSF	13:35				
800m	F	All	TSF	13:45				
800m	M	All	TSF	14:00				
600m	M&F	Tetrathlon	Multi	14:15				
80m	F	All	TSF	14:25				
80m	M	All	TSF	14:30				
100m	F	All	TSF	14:35				
100m	M	All	TSF	15:05				
400m	F	All	TSF	15:35				
400m	M	All	TSF	15:50				
300m	F	Midget	TSF	16:05				
300m	M	Midget	TSF	16:10				
1500m	F	All	TSF	16:15				
1500m	M	All	TSF	16:35				
1200m	F	All	TSF	16:55				
1200m	M	All	TSF	17:05				
150m	F	Bantam	TSF	17:15				
150m	M	Bantam	TSF	17:20				
200m	M	All	TSF	17:25				
200m	F	All	TSF	17:45				
200mH	F	Midget	TSF	18:10				
200mH	M	Midget	TSF	18:15				
400mH	F	Youth, Senior, Espoir	TSF	18:20				
400mH	M	Youth, Senior, Espoir	TSF	18:25				

The final schedule will be posted on Thursday, June 16th

## **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 are mandatory

### **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. Wednesday, June 15th, 2016

First event: \$25 for members and \$30 for non-members. Tetrathlon Only \$5

No charge for additional events

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.**

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 10:00 a.m. on Saturday, June 18th

**Inquiries:** Jonathan Doucette at 220-3108 or e-mail [coach@athleticsnovascotia.ca](mailto:coach@athleticsnovascotia.ca)