

2016 Athletics Nova Scotia Provincial Championships

July 2-3rd
Lower Sackville, NS



Sanction: Athletics Nova Scotia

Host: Athletics NS/HaliFAST Athletics

Date: Saturday and Sunday, July 2-3, 2016

Event Site: - Metropolitan Field, Lower Sackville NS

- 8 Lane synthetic surface
- 4 horizontal Jumps jumps
- Maximum spike length is 7mm for the track and 7mm for javelin and jumping events.
- Washrooms are available on-site.
- Throwing implements will be provided. The Head Throws Official must approve personal implements.

Event Site Directions:

Metropolitan Field (MET)

95 Metropolitan Ave, Lower Sackville

From COBEQUID ROAD turn LEFT onto GLENDALE AVENUE. Turn RIGHT onto METROPOLITAN AVENUE. Met Field in on the LEFT just past the first set of lights.

Timing: FinishLynx Photoelectric timing

Categories: Tyke & PeeWee (born 05,06,07,08) Bantam (born 2003-04), Midget (born 2001-02), Youth (born 1999-00) Junior (1997-98), Senior (1996 or later), Masters (35+)

Nova Scotia/Nunavut Legion Team Qualification

Procedures are laid out on our web site at www.athleticsnovascotia.ca

Registration Eligibility

Athletes must be a member of Athletics Nova Scotia or any other provincial association. Non-members may compete with a single day registration fee of \$10.00. Single day, temporary members are **not** eligible to be considered for Team Nova Scotia/Nunavut.

Schedule

· The tentative schedule is subject to change based on entries. The schedule is available at www.trackiereg.ca. The final schedule will be posted by Thursday, June 30th, 2016

Club Championship

A banner will be awarded to the Athletics NS Club that scores the greatest number of points according to the following points system:

Individual Events:

| | | | | | | | | | | | | |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|-----|
| Place | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th | 9 th | 10 th | 11 th | 12+ |
| Points | 14 | 12 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

Relays:

| | | | | | | | | |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Place | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
| Points | 20 | 16 | 12 | 10 | 9 | 8 | 7 | 6 |

Maritime Track League:

The 2016 Athletics NS Provincial championships are a part of the Maritime Track League. Please see below for more details or visit www.maritimetrackleague.ca

WHAT IS MTL?

The Maritime Track League is a series of events that will offer high performance track and field competitions opportunities to athletes from New Brunswick, Nova Scotia, and Prince Edward Island! Athletics New Brunswick, Athletics Nova Scotia, and Athletics PEI have been working on this project for the past few years.

The 2015 inaugural year was a huge success and we are certain that 2016 will be even better.

RULES & ELIGIBILITY

The athlete's overall score will be the sum of the three best performances they have over the course of the selected meets. An athlete can record more than one performance from a single meet, but must still compete in 2 meets plus Atlantics to be eligible for the prizes.

Athletes must be a member in good standing of their provincial branch to be eligible for the League. The ongoing series rankings can be kept and published on this website so the athletes can track their standings in the League.

Performances achieved with no wind reading or with illegal winds will be included. In the case of a tie, the winner will be the athlete with the greater single performance score; if still tied, then the athlete with the single greatest performance by IAAF points will be the winner.

Events:

| | | | | | | |
|--|------------------------------|---------------|---------------|--------------|----------------------|----------------|
| | T yke &PeeWee | Bantam | Midget | Youth | Junior/Senior | Masters |
|--|------------------------------|---------------|---------------|--------------|----------------------|----------------|

| | | | | | | |
|--------------------|------------|--|--|--|--|--|
| Running | | 80m 150m 800m 1200m | 100m 200m 300m 800m 1200m 2000m | 100m 200m 400m 800m 1500m 3000m | 100m 200m 400m 800m 1500m 5000m | 100m 200m 400m 800m 1500m 5000m |
| Hurdles | | 80m H 200m H | 100m H 200m H 1500m St. | 110mH(M)/100mH(F) 300mH 2000m St | 110mH(M)/100mH(F) 400mH 2000m/3000m SC | 110mH(M)/100mH(F) 400mH 2000m/3000m SC |
| Throws | | Javelin Discus Hammer Shot Put **Ball throw | Javelin Discus Hammer Shot Put | Javelin Discus Hammer Shot Put | Javelin Discus Hammer Shot Put | Javelin Discus Hammer Shot Put |
| Jumps | | High jump Long jump **Standing long jump | High jump Long jump Triple jump | High jump Long jump Triple jump | High jump Long jump Triple jump | High jump Long jump Triple jump |
| Combined Events | Tetrathlon | Tetrathlon (60m, Long Jump, Shot Put, 600m) | Pentathlon (80mH/100mH, Long Jump, Shot Put, High Jump, 800m/1000m) | Heptathlon (F) (100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m) | Heptathlon (F) (100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m) | |

Tentative Schedule

Athletics NS Provincial Championships
Saturday July 2nd - Day 1 - Metropolitan Field



| | Track | Entries | Heats | | High Jump | Throw Cage | Shot Put | Horizontal Jumps | Javelin |
|------|----------------------------|-----------|-------|---------|-------------------------|-------------------|---------------|------------------|-----------------|
| 1:00 | 80mH F/M – Bantam 30" | No Blocks | | Prelims | | | SP-Female-All | | |
| 1:05 | 80mH F – Midget 30" | | | Prelims | | | | | |
| 1:10 | 80mH F- Midget- Pent 30" | | | Multi | | | | | |
| 1:15 | 100mH F – Hept (1) | | | Multi | | | | | |
| 1:20 | 100mH F – Youth 30" | | | Prelims | | | | | |
| 1:25 | 100mH F – Jr-Sen 33" | | | Prelims | | | | | |
| 1:30 | 100mH M- Midget- Pent 33" | | | Multi | HJ - Male-All | | | | |
| 1:35 | 100mH M- Midget 33" | | | Prelims | | | | | |
| 1:45 | 110mH M- Youth 36" | | | Prelims | | | | | |
| 1:50 | 110mH M – Junior 39" | | | Prelims | | | | | |
| 1:55 | 110mH M – Senior 42" | | | Prelims | | | | LJ-Female - All | |
| 2:00 | 80mH F/M – Bantam 30" | No Blocks | | Finals | | | SP-Male-All | | |
| 2:10 | 80mH F – Midget 30" | | | Finals | HJ - Female - Multi (2) | | | | |
| 2:15 | 100mH F – Youth 30" | | | Finals | | | | | |
| 2:20 | 100mH F – Jr-Sen 33" | | | Finals | | | | | |
| 2:25 | 100mH M- Midget 33" | | | Finals | | | | | |
| 2:30 | 110mH M- Youth 36" | | | Finals | | | | | |
| 2:35 | 110mH M – Junior – 39" | | | Finals | | | | | |
| 2:40 | 110mH M – Senior 42" | | | Finals | | | | LJ - Male -Pent | |
| 2:50 | 400m F Youth,Jun,Sen, Mas. | | | Finals | | | | | |
| 3:10 | 400m M Youth,Jun,Sen, Mas. | | | Finals | | | | | |
| 3:30 | 300m F – Midget | | | Finals | | | | | |
| 3:40 | 300m M – Midget | | | Finals | | | | | |
| 3:50 | 100m F – All | | | Prelims | HJ-Male-Multi | Hammer-Female-All | | LJ - Female-Pent | |
| 4:15 | 100m M – All | | | Prelims | | | SP - Hept(3) | | |
| 4:40 | Track Break | | | | | | | | |
| 5:00 | 800m -F-Pent | | | Multi | | | | | |
| 5:05 | 1000m-M-Pent | | | Multi | | | | | |
| 5:10 | 200m F Heptathlon(4) | | | Multi | HJ- Female - All | | | | |
| 5:20 | 800m F – All | | | Finals | | Hammer - M- All | | LJ-Male - All | |
| 5:40 | 800m M- All | | | Finals | | | | | |
| 6:00 | 80m F/M – Bantam | No Blocks | | Finals | | | | | |
| 6:05 | 100m F – Midget | | | Finals | | | | | |
| 6:10 | 100m M – Midget | | | Finals | | | | | |
| 6:15 | 100m F - Youth | | | Finals | | | | | |
| 6:20 | 100m M – Youth | | | Finals | | | | | Jav- Female-All |
| 6:25 | 100m F - Jun,Sen,Mas | | | Finals | | | | | |
| 6:30 | 100m M - Jun,Sen,Mas | | | Finals | | | | | |
| 6:35 | 2000m F – Midget | | | Finals | | | | | |
| 6:40 | 2000m M – Midget | | | Finals | | | | | |
| 6:50 | 3000m F – All | | | Finals | | | | | |
| 7:00 | 3000m M - All | | | Finals | | | | | |
| 7:15 | 5000m Mixed Jun,Sen,Mas | | | Finals | | | | | |
| 7:30 | 4 x 100 relay – F All | | | Finals | | | | | |
| 7:35 | 4 x 100 relay – M All | | | Finals | | | | | |

| Athletics NS Provincial Championships | | | | | | | | | |
|---|--------------------------------|-----------|--------|---------|----------------------|-------------------|--------------|-------------------|---------------|
| Sunday, July 3rd - Day 2 - Metropolitan Field | | | | | | | | | |
| | Track | Entries | Heats | | High Jump/Pole Vault | Throw Cage | Shot Put | Horizontal Jumps | Javelin |
| 9:00 | 1500m SC – M/F Midget | No water | | Finals | | | | LJ – Hept(5) | Jav-Male-All |
| 9:10 | 2000m SC-F-Youth-Senior | | | Finals | | | | | |
| 9:20 | 2000m SC-M-Youth | | | Finals | | | | | |
| 9:35 | 3000m SC-M-Jun,Sen,Mas | | | Finals | | | | | |
| 9:50 | 3000m SC-F-Jun,Sen,Mas | | | Finals | | | | | |
| 10:00 | 60m F/M RJT (1) | No Blocks | | Multi | | | | TJ-Male-All | |
| 10:05 | 150m F – Bantam | No Blocks | | Finals | | | | | |
| 10:10 | 150m M – Bantam | No Blocks | | Finals | | | | | Jav - Hept(6) |
| 10:35 | 200m F- Mid,Yth,Jun,Sen,Mas | | | Prelims | | | | LJ - RJT (2) | |
| 11:05 | 200m M – Mid,Yth,Jun,Sen,Mas | | | Prelims | | Discus-Female-All | | | |
| 11:20 | 1500m F-Youth,Jun.,Sen. | | | Finals | | | | | |
| 11:35 | 1500m M-Youth,Jun.,Sen. | | | Finals | | | | | |
| 11:45 | 1200m F - Bantam/Midget | | | Finals | | | | | |
| 11:55 | 1200m M - Bantam/Midget | | | Finals | | | SP - RJT (3) | TJ - Female - All | |
| 12:00 | 200m F – Midget | | | Finals | | | | | |
| 12:05 | 200m M – Midget | | | Finals | | | | | |
| 12:10 | 200m F – Youth | | | Finals | | | | | |
| 12:15 | 200m M – Youth | | | Finals | | | | | |
| 12:20 | 200m F – Jun,Sen,Mas | | | Finals | | Discus-Male-All | | | |
| 12:30 | 200m M – Jun,Sen,Mas | | | Finals | | | | | |
| 12:40 | 600m - RJT (4) | | | Multi | | | | | |
| 12:55 | 800m F – Hept(7) | | | Multi | | | | | |
| 13:00 | 200mh F – Bantam/Midget 30" | | | Finals | | | | | |
| 13:05 | 200mh M – Bantam/Midget 30" | | | Finals | | | | | |
| 13:15 | 400mh F - Youth, Jun.,Sen. 30" | | | Finals | | | | | |
| 13:25 | 400mh M - Youth 33" | | | Finals | | | | | |
| 13:40 | 400mh M-Jun.-Sen 36" | | | Finals | | | | | |
| 13:55 | Medley Relay (400,200,200,800) | | | Finals | | | | | |
| 14:10 | 4 x 400 relay – F All | | Finals | | | | | | |
| 14:25 | 4 x 400 relay – M All | | Finals | | | | | | |

Seeding

Please include accurate seed/race times from 2015 – 2016 seasons. Seed times are required. If you do not have a seed time, please use your best judgement.

Sprint races 100-400m and 80/100/110m hurdles:

Lanes will be randomly assigned for heats with mixed age classes in many cases. Athletes will be split into age groups for finals, where applicable. When possible, empty lanes will be removed. 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, Tuesday, June 28th

Registration:

Entries must be received by 11:59 p.m, Tuesday, June 28th

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

Second event: \$0

Tetrathlon: \$5

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.

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 11:00 a.m. on Saturday, July 2nd, 2016