

THE 2014 PICTOU COUNTY ATHLETICS SCHOOL INVITATIONAL TRACK AND FIELD WARM-UP MEET



When: Saturday, May 10th, 2014

Where: The Pioneer Coal Athletic Field, Stellarton (rain or shine)

Who: Open to all age groups (Junior, Intermediate, and Senior)

Why: As a preparation meet for the upcoming NSSAF track season.

Time: First event starts at 9am sharp.

Athletes: No limitations to events entered or athletes per event.

Events: Hurdles, 100m, 400m, 800m, 1500m, Shot Put, Discus, Javelin, Long Jump, High Jump, Triple Jump and 4x100m Relay.

Schedule of events: see page two (please be prepared to start 30 minutes ahead of schedule).

Fees: The registration fee per school is as followed:

- A school team with under 10 athletes: \$25.00
- A school team with over 10 athletes: \$50.00
- ANS Independent Athletes: \$10.00 per athlete

The cheque can be made payable to Pictou County Athletics and will be collected on-site.

Registration: ALL athletes must be pre-registered on TrackieReg by May 6th. Directions are as followed:

1. go to www.trackiereg.ca
2. click on "current events" and scroll down to find **Pictou County Athletics School Meet**
3. click on "register now" and fill in the appropriate boxes

****Late registration will result in a \$10.00/athlete late fee.**

Canteen: There will be a canteen on site for all athletes, coaches and parents. 7mm spike replacements can also be purchased at the canteen.

Change Rooms: There are male and female change rooms/washrooms available on site. We ask that you respect the environment however.

Questions or Concerns: contact meet director - Dan MacDonald (work) 243-3935 (cell) 759-7204 or by email macdonaldk@ccrsb.ca

Directions: From Truro: Take exit 23 and proceed straight through lights onto MacGregor Ave. Then take first right (passed Subway Restaurant) onto Auburn Ave., continue 400m and track is on your left. From Antigonish: Take exit 23, turning left onto Westville Rd. At first set of lights, turn left onto MacGregor Ave. Then take first right (passed Subway Restaurant) onto Auburn Ave., proceed 400m and Pioneer Coal Athletics Field is on your left.

Saturday, May 10th PCA School Invitational Schedule
Track Events

9:00am	Junior Girls 80m Hurdles
9:10am	Int. Girls/Senior Girls 80m Hurdles
9:25am	Junior Boys 100m Hurdles
9:35am	Int. Boys/Senior Boys 100m Hurdles
9:45am	Junior Girls 800m
9:55am	Junior Boys 800m
10:05am	Int./Senior Girls 800m
10:15am	Int./Senior Boys 800m
10:30am	Junior Girls 100m
10:45am	Junior Boys 100m
11:00am	Int. Girls 100m
11:10am	Int. Boys 100m
11:20am	Senior Girls 100m
11:30am	Senior Boys 100m
11:40am	Junior Girls 400m
11:55am	Junior Boys 400m
12:10pm	Int. Girls 400m
12:20pm	Int. Boys 400m
12:30pm	Senior Girls 400m
12:40pm	Senior Boys 400m
12:50pm	Track Break
1:10pm	Junior Girls 1500m
1:25pm	Junior Boys 1500m
1:40pm	Int./Senior Girls 1500m
1:55pm	Int./Senior Boys 1500m
2:10pm	Junior Girls 100m Finals
2:20pm	Junior Boys 100m Finals
2:30pm	Int. Girls 100m Finals
2:40pm	Int. Boys 100m Finals
2:50pm	Senior Girls 100m Finals
3:00pm	Senior Boys 100m Finals
3:25pm	4x100m Relays

Field Events

10:00am Junior Boys Shot Put
10:00am Int. Boys/Girls and Senior Boys/Girls Discus
10:00am Int./Senior Girls Long Jump
10:00am Junior Girls High Jump
10:00am All Boys Triple Jump

11:00am Junior Girls Javelin

12:00pm Junior Boys Discus
12:00pm Int./Senior Boys Shot Put
12:00pm Junior Girls Long Jump
12:00pm Int./Senior Girls High Jump

1:00pm Junior Boys Javelin

2:00pm Junior Girls Discus
2:00pm Int./Senior Girls Shot Put
2:00pm Int./Senior Boys High Jump
2:00pm Junior Boys Long Jump
2:00pm All Girls Triple Jump

3:00pm Int. Boys/Girls and Senior Boys/Girls Javelin
3:00pm Junior Girls Shot Put
3:00pm Int./Senior Boys Long Jump
3:00pm Junior Boys High Jump