



2014 Nova Scotia Provincial Championships and Antigonish Highland Games Track and Field Meet

Date: Saturday and Sunday, July 12-13th, 2014

Location: St FX University. Track: 8 lanes, 400m oval, polyurethane surface, electronic timing. Complete jumps and throws areas. Change rooms available.



Sanctioned: Athletics NS

Hosted by: Athletics Nova Scotia, Antigonish Highland Society, St. FX University and Antigonish Track and Field Club

Meet director: Chris MacKinnon race@antigonishhighlandgames.ca
Lindsay MacKenzie stfxtrack@hotmail.com

Open Meet: This will be an open Meet. Open to all able body, para, wheelchair, special olympic and Run Jump Throw athletes.

Elite Mile: entry at the discretion of the meet directors

Run Jump Throw events - The Quadrathlon.

Run, Jump Throw athletes are born in 2003 or later. By registering in the Quadrathlon they will be able to participate in 4 events. In the Sunday session there will be a RJT competition. The event will consist of 4 events - 60 m , Long Jump, Shot Put, 600 m. Participants will compete in all 4 events. No starting blocks will be used. There will be 3 attempts for each competitor in the Long Jump and Shot Put.

Meet registration will be done **online** through: www.trackiereg.ca

This meet is **pre-registration only**. Payment may be online with credit card or at the event with cash or cheque made out to 'Antigonish Highland Society'.

Registration deadline : Wednesday 11:59 pm, July 9, 2014

Final schedule will be posted July 11, 2014 based on registration numbers. Please check at www.trackiereg.ca for the final posted schedule.

Fees: \$10 for RJT athletes - The Quadrathlon
\$20 for ANS or Athletics Canada members. \$25 for non members. No limitations on event entries

Seeding: Please include accurate seed/race times from 2013 -2014. Unseeded entries will be treated as the lowest seed times and assigned accordingly.

Age categories

Run, Jump, Throw (RJT) - '03 or later

Bantam (B) '01-'02

Midget (M) '99-'00

Youth (Y) '97-98
Junior (J) '95-96
Senior (S) '94+
Master - age 35+

ANS medals and Antigonish Highland Games Ribbons and Pins for top three (3) in each category in each event.

Wheelchair: There will be 100, 200, 400 meter track events.

Masters: There will be a dedicated 400 meter Masters race. Masters athletes can compete in any event but will be mixed with Senior athletes.

Spike length: The maximum spike length allowed is 7mm for all events

Starting blocks: No starting blocks for athletes in Bantam divisions, optional for Masters.

Medley Relay consist of 400m, 200m, 200m, 800m. No need to pre-register as a team as teams will be made up from athletes at venue that wish to participate. You can indicate your desire to compete in relay on registration so we can pool athletes. This is a fun event for all levels of ability.

Accommodations: Available at St. FX University
Call Toll Free at 1.877.STAY.AT.X (782.9289)
http://sites.stfx.ca/conference_services/planning/accommodations

Directions: Travel from Truro - take exit 32, through roundabouts heading toward Antigonish. Travel to second set of traffic lights, turn right on to Convocation Blvd. Take the 1st right on Varsity Dr. Follow Varsity Dr to the back of Oland Centre - parking available.

Travel from Cape Breton - take exit 32, through roundabout heading toward Antigonish. Travel to second set of traffic lights, turn right on to Convocation Blvd. Take the 1st right on Varsity Dr. Follow Varsity Dr to the back of Oland Centre - parking available.