

# 2014 Nova Scotia Legion Team Trials and Open Meet



**Sanction:** Athletics Nova Scotia

**Host:** Athletics Nova Scotia

**Date:** Saturday and Sunday, July 5 and 6<sup>th</sup>, 2014

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

- Eight lane track on the oval with a polyurethane surface.
- Maximum spike length is 7mm for the track and 9mm for javelin and jumping events.
- Washrooms are available on-site.
- Throwing implements will be provided. The Head Throws Official must approve personal implements.

**Timing:** FinishLynx Photoelectric timing

**Categories:** Run Jump Throw (born 2003-2007), Bantam (born 2001-02), Midget (born 1999-00), Juvenile (born 1997-98) Junior (1995-96), Senior (1994 or later)

## **Qualification**

Legion team qualification procedures are laid out on our web site at [www.athleticsnovascotia.ca](http://www.athleticsnovascotia.ca)

Eligibility: Must be a member of Athletics Nova Scotia or any other provincial association. Non-members may compete with a single day registration fee of \$5.00. Single day, temporary members are **not** eligible to make the Legion team.

Please note that all applicable forms and supporting document must be submitted prior to the conclusion of the meet to the Legion team manager. A Legion team booth will be setup in the building closet to the throws cage.

## **Schedule**

The schedule is subject to change based on entries. The schedule is available at [www.trackiereg.com](http://www.trackiereg.com)

The final schedule will be posted by Thursday, June 4<sup>th</sup>, 2014

First event is at 12:00 pm on July 5th, 2014.

### **Events:**

- Run Jump Throw Events: Tetrathlon (60m, Long Jump, Shot Put, 600m)
- Bantam Track Events: 80m, 150m, 800m, 1200m, 80m hurdles (30"), 200m hurdles (30")
- Bantam Field Events: High Jump, Long Jump, Shot Put, Discus, Hammer and Javelin
- Midget Track Events: 100m, 200m, 300m, 800m, 1200m, 2000m, 80m hurdles (F=30"), 100m hurdles (M=33"), 200m hurdles (30"), 1500m steeplechase (30" barriers, no water).
- Midget Field Events: High Jump, Long Jump, Triple Jump, Shot Put (f=3k, M=4k), Discus (1k) and Javelin (600g), Pentathlon
- Youth Track Events: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m hurdles (F=30"), 110m hurdles (M=36"), 300m hurdles (M=33", F=30"), 2000m Steeplechase.
- Youth Field Events: High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put (M=5k, F=4k), Discus (M=1.5k, F=1k), Javelin (M=700g, F=600g), Hammer (M=5k, F=4k), Heptathlon and Octathlon
- Junior Track Events: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m hurdles (F=33"), 110m hurdles (39"), 400m hurdles (M=36", F=30"), 3000m Steeplechase (M), 2000m Steeplechase (F)
- Junior Field Events: High Jump, Long Jump, Triple Jump, Shot Put (M=6k, F=4k), Discus (M=1.75k, F=1k), Javelin (M=800g, F=600g) and Hammer (M=6k, F=4k)
- Senior Track Events: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m hurdles (F=33"), 110m hurdles (42"), 400m hurdles (M=36", F=30"), 2000m Steeplechase (M), 2000m Steeplechase (F)
- Senior Field Events: High Jump, Long Jump, Triple Jump, Shot Put (M=6k, F=4k), Discus (M=2.0k, F=1k), Javelin (M=800g, F=600g) and Hammer (M=7.26k, F=4k)

### **Seeding**

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

#### Events with Heats and Finals

Sprint races 100,200m and 80/100/110m hurdles

Lanes will be randomly assigned for heats with all age classes combined where applicable. After preliminaries, finals will be decided on preliminary times and sorted according to age groupings.

#### Events that are time section finals

Preferred lanes will be assigned by seed times for all Timed Section Finals with age groupings combined where applicable.

Athletes will receive 2 minutes to set their blocks after their race is called.

#### Vertical Jumps Progression

Vertical Jumps progression is set with progressions as close as possible to Legion Team standards.

Female: 1.25m-1.40m by 5cm, 1.43m + by 3cms

Male: 1.50m-1.65m by 5cm, 1.68m+ by 3cm

### **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 by e-mail until 5:00 p.m. Thursday, July 3rd.

### **Registration:**

Entries must be received by 11:59 p.m. Tuesday, July 1st, 2014

First event: \$20 for members and \$25 for non-members.

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 online during the registration process. Please designate one person from your club to pick up the entry package.

**Check in and Bib # Pick-up:** Beginning at 10:30 a.m. on Saturday, July 5th, 2014

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