



2015 AC Indoor Open

In 2014 ANB members accumulated 9 medals at the inaugural event and our goal is to improve on this total in 2015. Will you be a part of this?

In an effort get a larger contingent of our New Brunswick athletes to the 2015 AC Indoor Open ANB is organizing a packaged trip which includes transportation, accommodation, and entries. This track meet is the National Indoor Championships for the Youth and Junior age classes and a highly competitive Open division.

Eligibility - Athletes must have achieved the minimum entry standard (indoors or outdoors) between January 1st, 2014 and February 12th, 2015. Standards are on the last page of this package. Please consult the standards and if you have any questions regarding eligibility to compete please contact HP Coach Jason Reindl at jasonreindl@me.com before registering.

Youth - 1998, 1999, 2000, 2001

Junior - 1996, 1997

Open - 1995 and earlier

Cost is dependent on # of events:

\$410: transportation to and from Montreal, 3 nights accommodation, (quadruple occupancy), Team T-Shirt and 1 event entry.

\$460: all of the above and two event entries

\$475: all of the above and three event entries

**ANB Podium Program & HP Team Members will receive a \$50 discount!!!
\$360 for 1 event, \$410 for two events, and \$425 for three events.**

Registration deadline is **FEBRUARY 6** and is subject to bus capacity (47 seats)

How to Register:

Registration will take place online via www.anb.ca/ACindoor

Your spot on the bus is not secured until registration has been completed.

Tentative Itinerary

Thursday February 19th, 2015

6:00am Depart Moncton (Colliseum 377 Killam Drive)

8:00am Depart Fredericton (Chapters Bookstore 1381 Regent Mall)

**Saint John individuals must travel to Fredericton to get on the bus*

10:45am-12:00pm Edmundston lunch and pick up (KFC 180 Boulevard Hebert)

Appx 6:00pm Arrive Montreal

7:00pm Coaches Technical Meeting @ Courtyard Marriott 7000 Place Robert Joncas)

Upon arrival athletes will get settled, eat dinner, and relax before a group meeting after the coaches meeting -

Approximately 8:30pm

Friday February 20th, 2015

10am - Warm up at Track and go for groceries

PM - Compete

Saturday February 21st, 2015

AM & PM - Compete

Sunday February 22nd, 2015

7:30am - All athletes must check out of the hotel and head to the track

AM & PM - Compete

~Athletes should be prepared to shower and change at the competition venue (bring towel)

~Approx. 4:30pm - Depart Montreal

~11:30pm - Arrive in Edmundston

~1:15am - Arrive in Fredericton (Monday the 23rd)

~3:15am - Arrive in Moncton (Monday the 23rd)

Coaches on the team will coordinate and communicate final bus shuttle schedules and transportation logistics during the course of the trip.

Accommodations

Courtyard Marriott - 7000 place Robert Joncas, Montreal, H4M 2Z5 (514) 339-5333

*Athletes will stay 4 to a room

*Restaurant on site

*Shuttle to competition venue (Claude-Robillard)

*Includes hot breakfast buffet. Other amenities include: Wifi, Pool, Hot Tub, and there is a restaurant on site.

Notes:

*Athletes are encouraged to bring snacks and other food. The rooms are *supposed* to have mini-fridges.

*There are numerous restaurants that are walkable from the hotel.

*Athletes should dress for the weather ie. be prepared to walk 5-10minutes for food if desired.

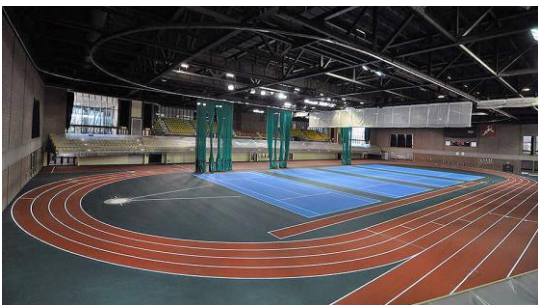
Athletes are expected to conduct themselves in an appropriate manner and be positive ambassadors for the province of New Brunswick, their hometowns, and clubs that they are representing. Failure to conduct themselves appropriately will result in negative punishments.

Competition Venue

Complexe Sportif Claude-Robillard

1000 avenue Emile Journault, Montreal, QC, H2M 2E7

- 200m indoor (banked) - one six lane straight available for warm up after check in
- Lanes - 8 lane straight, 4 lanes banked, Surface - Mondo
- 1 long jump/triple jump runway. 13m triple jump board with 9 and 10m painted lines
- 1 high jump apron, 1 pole vault runway, 1 circle and cage for shot put and weight throw
- Spike Length - 7mm pyramids —No Christmas Trees and No pin!



APPENDIX A – QUALIFYING STANDARDS

Performances must have been achieved between January 1, 2014 and February 12, 2015.

WOMEN			EVENT	MEN		
Youth	Junior	Open		Open	Junior	Youth
8.75	8.50	8.35	60m i	7.50	7.75	8.50
13.53	13.16	12.93	100m o	11.52	11.94	13.11
28.50	28.00	27.75	200m i	24.30	24.50	24.70
27.88	27.40	27.15	200m o	23.85	24.05	24.35
45.92	45.13	44.70	300m i	38.57	38.92	39.24
49.27	47.85	45.77	300m i	37.88	40.05	40.79
1:08.40	1:06.40	1:03.46	400m o	52.52	55.52	56.53
1:09.50	1:07.50	1:04.50	400m i	53.50	56.50	57.50
1:53.18	1:50.01	1:45.35	600m i	1:27.52	1:32.10	1:33.65
1:57.96	1:54.28	1:50.60	600m i	1:28.66	1:32.60	1:39.70
2:39.66	2:35.08	2:30.48	800m o	2:02.98	2:08.68	2:18.89
2:45.00	2:40.00	2:35.00	800m i	2:04.50	2:10.00	2:20.00
3:33.75	3:27.32	3:20.88	1000m i	2:41.66	2:48.94	3:02.08
3:09.96	3:06.83	2:57.11	1000m i	2:39.37	2:46.51	2:49.56
4:57.80	4:52.77	4:37.12	1500m o	4:01.52	4:22.01	4:27.11
5:00.00	4:55.00	4:40.00	1500m i	4:05.00	4:25.00	4:30.00
11:00.00	10:45.00	10:30.00	3000m	9:30.00	9:35.00	9:45.00
19:30.00	19:00.00	18:30.00	3000m RW	16:30.00	17:00.00	18:00.00
10.25	10.00	9.50	60mH i	8.75	9.25	9.50
16.86	16.42	15.25	100/110mH o	15.17	15.95	16.34
n/a	n/a	n/a	Heptathlon	3000pts	3000pts	n/a
1500pts	2500pts	3000pts	Pentathlon	n/a	n/a	2700pts
4.00m	4.25m	4.75m	Long jump	6.30m	5.75m	5.50m
9.00m	9.40m	10.30m	Triple jump	13.00m	12.00m	11.00m
1.35m	1.45m	1.50m	High jump	1.70m	1.65m	1.60m
n/a	2.95m	3.20m	Pole vault	4.00m	3.35m	2.65m
8.00m	8.50m	8.75m	Shot put	13.95m	10.30m	10.00m
n/a	11.00m	12.80m	Weight	17.00m	15.00m	n/a
No standard			4x200m	No standard		

All qualification results for entry into the Championships will be verified. Any false claims can result in disciplinary action and / or non-participation in the competition.

The events being contested at the Hershey Indoor Canadian Youth/Junior/Open Championships are noted in **BOLD**.

The achievements of all performances must be recognized on the official Athletics Canada performance rankings list, except in the case of international athletes competing in the Open category. All results must be achieved in conformity with IAAF / Athletics Canada rules. Outdoor performances are eligible for entry into the event, equivalent outdoor performances (o) and indoor (i) are listed using the IAAF Scoring Tables.