

2015 Athletics Nova Scotia Provincial Championships

July 4-5th
Stellarton, NS



Sanction: Athletics Nova Scotia

Host: Pictou County Athletics

Date: Saturday and Sunday, July 4-5, 2015

Event Site: - Pioneer Coal Athletics Field, Stellarton NS

- Eight lane track
- 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.
- Please note that there will be a \$3/spectator entry fee. This does not include athletes, officials or coaches.

Event Site Directions:

From Truro - take exit 23 and straight at lights at the bottom of the ramp (MacGregor Ave) go 1km and turn right on Auburn Ave, Stellarton. Go 600m and you are at Pioneer Coal Athletics Field, long driveway on the left.

From Antigonish - take exit 24 and the bottom of the ramp go right on Stellarton Rd. go 300 m and you are entering a round about, take first right on the roundabout onto Lawerance Ave. follow this for 1km to the end and turn left on MacGregor Ave. Go 600 m up the hill and then take first right onto Auburn Ave. Go 600m and Pioneer Coal Athletics Field driveway is on your left.

Timing: FinishLynx Photoelectric timing

Categories: Bantam (born 2002-03), Midget (born 2000-01), Youth (born 1998-99) Junior (1996-97), Senior (1995 or later), Masters (1985+)

Team Athletics NS Qualification

Procedures are laid out on our web site at 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 \$10.00. Single day, temporary members are **not** eligible to be considered for Team Athletics NS.

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, July 22th, 2015

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

Events:

	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 (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

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Saturday July 4th - Day 1



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

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Sunday, July 5th - Day 2

	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	60m F/M RJT (1)	No Blocks		Multi				
10:00	150m F – Bantam	No Blocks		Finals			IJ-Male-All	
10:05	150m M – Bantam	No Blocks		Finals				
10:00	200m F- Mid, Yth, Jun, Sen, Mas			Prelims				Jav - Hept(6)
10:25	200m M – Mid, Yth, Jun, Sen, Mas			Prelims			LJ - RJT (2)	
10:55	1500m F-Youth, Jun., Sen.			Finals	Discus-Female-All			
11:10	1500m M-Youth, Jun., Sen.			Finals				
11:25	1200m F - Bantam/Midget			Finals				
11:35	1200m M - Bantam/Midget			Finals				
11:45	200m F – Midget			Finals		SP - RJT (3)	IJ - Female - All	
11:50	200m M – Midget			Finals				
11:55	200m F – Youth			Finals				
12:00	200m M – Youth			Finals				
12:05	200m F – Jun, Sen, Mas			Finals				
12:10	200m M – Jun, Sen, Mas			Finals	Discus-Male-All			
12:20	600m - RJT (4)			Multi				
12:30	800m F – Hept(7)			Multi				
12:45	200mh F – Bantam/Midget 30"			Finals				
12:50	200mh M – Bantam/Midget 30"			Finals				
12:55	400mh F - Youth, Jun., Sen. 30"			Finals				
13:05	400mh M - Youth 33"			Finals				
13:15	400mh M-Jun.-Sen 36"			Finals				
13:25	Medley Relay (400,200,200,800)			Finals				
14:25	Awards Presentation							

Seeding

Please include accurate seed/race times from 2014 – 2015 seasons. Unseeded entries will be treated as the lowest seed times and assigned accordingly.

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. Wednesday, July 1st

Registration:

Entries must be received by 11:59 p.m. Wednesday, July 1st, 2015

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

Second event: \$0

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 4th, 2015