

Athletics NS Indoor Open



Hosted and Sanctioned: Athletics Nova Scotia

Date: Saturday, January 21, 2012

Event Site: - Canada Games Center, Halifax, NS

- Six lane track on the oval with a polyurethane surface.
- Long Jump and Triple Jump Runway
- Maximum spike length is 7mm
- Washrooms are available on-site.

Timing: FinishLynx Photoelectric timing

Categories:

Most events offered are university race distances with entries from other age categories accepted. Bantam, Midget, Youth, Junior, Senior

Events:

60mH, 60m, 150m,300m, 600m, 1000m,1200m,1500m,3000m, Long Jump, Triple Jump, High Jump

Registration:

Please visit Trackiereg to register

Registration deadline is Wednesday, January 18th

Schedule:

The schedule is subject to change based on entries. The schedule is available at www.athleticsnovascotia.ca

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F	Bantam-Youth (30")	11:30	High Jump	Mixed	All	9:30
60mH	F	Junior-Senior (33")	11:40	Long Jump	F	All	12:00
60mH	M	Midget (33")	12:00	Long Jump	M	All	2:00
60mH	M	Youth (36")	12:10	Triple	F	All	4:00

					Jump Triple Jump	M	All	5:30
60mH	M	Junior(39")	12:20					
60mH	M	Senior (42")	12:30					
1000m	F	Youth-Senior	12:40					
1000m	M	Youth-Senior	13:00					
60m	F	Bantam-Senior	1:20					
60m	M	Bantam-Senior	2:05					
600m	F	Bantam-Senior	2:45					
600m	M	Bantam-Senior	3:00					
1200m	F	Bantam-Midget	3:15					
1500m	F	Youth-Senior	3:25					
1500m	M	Youth-Senior	3:45					
2000m	F	Midget-Youth	3:55					
2000m	M	Midget-Youth	4:10					
3000m	F	Youth-Senior	4:25					
3000m	M	Youth-Senior	5:00					
150m	F	Bantam	5:20					
150m	M	Bantam	5:30					
300m	F	Bantam-Senior	5:40					
300m	M	Bantam-Senior	6:20					
4x200m	Mixed	ALL	6:55					

The final schedule will be posted by Thursday, January 19, 2012

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:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th +
Points	13	11	9	8	7	6	5	4	3	2	1

Events with 5 or less people in them, will be scored as such:

Place	1 st	2 nd	3 rd	4 th	5 th
Points	7	5	3	2	1

Seeding

Please include accurate seed/race times as preferred lanes will be given to the fastest seed times for time sectioned final events. Unseeded entries will be treated as the lowest seed times and assigned accordingly.

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. Wednesday.

Registration:

Entries must be received by 11:59 p.m. Wednesday, January 18th, 2012

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

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 before an athlete can compete in 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 9:45 a.m. on Saturday, January 21st, 2012

Make cheques payable to: **Athletics Nova Scotia**

Inquiries: Rich Lehman at 425-5450 ext. 339 or e-mail athletics@sportnovascotia.ca