

# Athletics NS Indoor Open



**Hosted and Sanctioned:** Athletics Nova Scotia

**Date:** Saturday, January 19, 2013

**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, 2000m, 3000m, Long Jump, Triple Jump, High Jump

## **Registration:**

Please visit [TrackieReg](#) to register

Registration deadline is Tuesday, January 15<sup>th</sup>

**\*NEW\* Please note that for every 5 club athletes registered, it is an expectation that the club provide 1 volunteer**

## **Schedule:**

The schedule is subject to change based on entries. Please visit [TrackieReg](#) for the latest schedule.



### Athletics NS Indoor Open

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F	Bantam(30")	11:30:00 AM	High Jump	F	All	9:15
60mH	F	Midget, Youth(30")	11:40:00 AM	High Jump	M	All	10:15
60mH	F	Junior,Senior, University (33")	11:50:00 AM	Long Jump	F	All	10:30
60mH	M	Youth (36")	12:00:00 PM	Long Jump	M	All	12:00
60mH	M	Senior, University(42")	12:10:00 PM	Triple Jump	F	All	3:30
1000m	F	All	12:30:00 PM	Triple Jump	M	All	5:00
1000m	M	ALL	12:50:00 PM				
60m	M	Wheelchair	1:10:00 PM				
60m	F	Bantam, Midget, Youth	1:20:00 PM				
60m	F	Junior, Senior, University	1:35:00 PM				
60m	M	Bantam, Midget, Youth	2:00:00 PM				
60m	M	Junior, Senior, University	2:15:00 PM				
600m	F	ALL	2:55:00 PM				
600m	M	ALL	3:10:00 PM				
<b>Track Break</b>			3:35:00 PM				
1200m	Mixed	Bantam-Midget	4:05:00 PM				
1500m	F	ALL	4:15:00 PM				
1500m	M	ALL	4:35:00 PM				
150m	Mixed	Bantam	4:55:00 PM				

300m	M	Wheelchair	5:05:00 PM				
300m	F	Midget, Youth	5:15:00 PM				
300m	F	Junior, Senior, University	5:30:00 PM				
300m	M	Youth, Junior	5:55:00 PM				
300m	M	Senior, University, Masters	6:10:00 PM				
2000m	M	Midget	6:45:00 PM				
3000m	F	All	6:55:00 PM				
3000m	M	All	7:10:00 PM				
4x200 m	F	ALL	7:40:00 PM				
4x200 m	M	ALL	7:55:00 PM				

### 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 event start area 20 minutes prior to the start of the event.

### Scratches

Scratches will be accepted up until the registration deadline via the [TrackieReg](#) site.

### Registration:

Entries must be received by 11:59 p.m. Tuesday, January 15<sup>th</sup>, 2013

First event: \$20

No charge for additional events

Please use the online registration system at [TrackieReg](#)

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 8:45 a.m. on Saturday, January 19<sup>st</sup>, 2013  
Make cheques payable to: **Athletics Nova Scotia**

**Inquiries:** Jonathan Doucette at 425-5450 ext. 339 or e-mail [athletics@sportnovascotia.ca](mailto:athletics@sportnovascotia.ca)