

2013 Antigonish Highland Games Track and Field Meet



Date: Saturday and Sunday, July 13-14th, 2013

Location: St FX University. Track: 8 lanes, 400m oval, polyurethane surface, electronic timing. Complete jumps and throws areas. Change rooms available.

Sanctioned: Athletics NS

Hosted by: Antigonish Highland Society, St. FX University and Antigonish Track and Field Club

Meet director: Chris MacKinnon
race@antigonishhighlandgames.ca

Meet registration will be done **online** through:
www.trackiereg.ca or visit www.antigonishhighlandgames.ca
This meet is pre-registration only. Payment **must** be received online.

Registration deadline : Wednesday 11:59 pm, July 10, 2013

Final schedule will be posted July 12, 2013. Some events might be combined with age classes and sexes if numbers justify. (Results will be separated)

Fees: \$15. Must be paid online.

Seeding: Please include accurate seed/race times from 2012 -2013. Unseeded entries will be treated as the lowest seed times and assigned accordingly.

Age categories

Pee Wee (P) born '02 or later

Bantam (B) '00-'01

Midget (M) '98-99

Youth (Y) '96-97

Junior (J) '94-95

Senior (S) '93+

Master - age 35+

Ribbons for top three (3) in each category in each event.

No starting blocks for athletes in the Pee Wee and Bantam divisions

Spike length: The maximum spike length allowed is 7mm for all events

Medley Relay consist of 400m, 200m, 200m, 800m. No need to pre-register as a team as teams will be made up from athletes at venue that wish to participate. You can indicate your desire to compete in relay on registration so we can pool athletes. This is a fun event for all levels of ability.

Accommodations: Available at St. FX University
Call Toll Free at 1.877.STAY.AT.X (782.9289)
http://sites.stfx.ca/conference_services/planning/accommodations

Directions: Travel from Truro - take exit 32, through roundabouts heading toward Antigonish. Travel to second set of traffic lights, turn right on to Convocation Blvd. Take the 1st right on Varsity Dr. Follow Varsity Dr to the back of Oland Centre - parking available.

Travel from Cape Breton - take exit 32, through roundabout heading toward Antigonish. Travel to second set of traffic lights, turn right on to Convocation Blvd. Take the 1st right on Varsity Dr. Follow Varsity Dr to the back of Oland Centre - parking available.