



2024 East Coast Games Track & Field Meet

Version: April 7, 2024

DATE: June 22nd, 2024

TIME: 3:00 pm – 9:30 pm

LOCATION: Canada Games Stadium
Park Road, Saint John, N.B.

UNB Saint John, 100 Tucker

HOSTED BY: Saint John Reds Track & Field Club

SANCTIONED BY: Athletics New Brunswick

MEET DIRECTORS: Oy Akinola / Bill MacMackin

East Coast Games Information – <http://www.eastcoastgames.ca>

Meet Fees: \$25.00 for first event & \$10 for each additional event. Late fees may apply after registration cut off.
Registration will be done online at: <https://trackie.com/event/2024-EastCoastGames>

Throws Extravaganza / Throw all 5 for a Throws Pentathlon

*Athletes wanting to do specific throws and not the Throws pent will throw at the same time for each event and be given six attempts.

Presented by



The event is part of the **Athletics for All program** aimed at breaking down barriers and fostering increased sport participation among two specific demographics: newcomers to Canada and athletes with disabilities. It is one of several events throughout the province, providing individuals with the opportunity to experience **Athletics free of charge.**

These events are tailored to beginners, welcoming participants of all ages and abilities. If you are an athlete with a disability or a newcomer to Canada, check out the following link for details.

<https://www.anb.ca/event/athletics-for-all-come-and-learn/1960/>



| Time (Tentative) | Track | Throws | Jumps |
|------------------|-----------------------------------|--|-------------------------------|
| 3:00 | | Hammer (Open and Throws Pent Event) | |
| 4:30 | | Shot Put (Open and Throws Pent Event) | |
| 5:00 | 110m/100m/80m Hurdles | | Long Jump U12 (Tetrathlon) |
| 5:30 | 100m Preliminary | | |
| 6:00 | | Shot Put U12 (Tetrathlon) Discus (Open and Throws Pent Event) | Long Jump |
| 6:20 | 4x100m Relays (Mixed) | | |
| 6:30 | 300/400m Hurdles | | |
| 6:50 | 80m U12 (Tetrathlon) | | |
| 7:00 | 100m Finals | Javelin (Open and Throws Pent Event) | High Jump |
| 7:20 | 600m U12 (Tetrathlon) | | |
| 7:30 | 1500m | | |
| 8:00 | 300m All ages | Weight Throw (Throws Pent Event) | Pole Vault Triple Jump |
| 8:50 | 400m | | |
| 9:00 | 5000m (18+ ~ 35minute time limit) | | |
| 9:40 | 200m | | |
| 10:00 | 800M | | |

Spikes - Maximum spike length is 7mm for the all events except for high jump and javelin, which are 11mm. Pyramid and Christmas Trees are OK. Needle spikes are not allowed.

Awards – Medals for the top 3 finishers for each event and ribbons for winners of age groups will also be provided. 2 Athletes of the meet awards (1 male and 1 female) will be presented at the end of competition.

Event Entry Notes:

- Track events will be run as Timed Finals (except the 100m) according to seed performance.
- Throws Pentathlon: Athletes wanting to do specific throws and not the Throws pent will throw at the same time for each event and be given six attempts.
- The 5000m has a time restriction of 35 minutes. Individuals who cannot finish within 35 minutes should not enter the race and may be stopped from completing the race. 2 sections will be run according to seed performances.
- Sprint Hurdles (110m/100m/80m) will be run according to age group specifications.
- Intermediate Hurdles (400m hurdles) will be run @ 30" for all females and 33" for youth male (16-17yoa) and 36" for junior and senior males. Masters athlete specifications should fall within the 400m-hurdle distance at heights of 30", 33", and 36".

Accommodations:

UNBSJ Residences Contact: <https://www.unb.ca/saintjohn/conferenceservices/accommodations/index.html>

