



## Eastern Canadian Espoirs Championships U22 August 6-7st 2016 - Moncton, NB (Moncton Stadium) Info Pack & Proposed Schedule

The Eastern Canadian Espoirs Championships are provided as an opportunity for athletes to show their fitness and prepare for the Jeux du Canada Games 2017. Provincial teams from Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador are invited to compete head to head in this Eastern Canadian competition.

This event is designed for U22 athletes seeking a position on their respective 2017 Jeux du Canada Games provincial team. And will also serve as a great opportunity for open athletes to compete in a very competitive atmosphere.

### Rules and Regulations

\$15 Entry fee per athlete for branch teams

- This allows for a maximum of 5 individual events.
- Note that this does not mean a branch athlete must be declared in any or all events.
  - For example if a 100m sprinter is the 3rd athlete (not declared) and the 4th athlete in the 200m (not declared) they would still be on the branch team for relay purposes and would be charged \$15 as an entry fee.

Each branch will be allowed a maximum of 80 athletes in total with a maximum size of 50 for one gender.

#### **TRACK events**

A finals are for the Top 8 branch declared athletes.

B finals are for the next 8 top times. Open and branch team athletes regardless of declaration will be eligible for the B finals equally.

- For example in the 100m Athletes 1-6 are all declared branch team athletes. Athlete 7 is a non-declared branch athlete, Athlete 8 is an open athlete, Athlete 9 is a branch declared athlete, and athlete 10 is branch declared athlete.
- Athletes 1-6 will be in the A final. Athlete 9 and 10 will also be moved into the A final. Athlete 7 and 8 will be the top 2 seeds of the B final along with the next 6 best performances regardless of affiliation in the meet.

#### **JUMPS and THROWS events**

The top 8 branch declared athletes will receive 3 additional attempts any additional athletes (open or non-branch declared) in the top 8 will be added (to a maximum of 16 athletes).

## Scoring

Individual Events	Relays (4x100m & 4x400m)
1st – 10 points	1st – 20 points
2nd – 8 points	2nd – 16 points
3rd – 6 points	3rd – 12 points
4th – 5 points	4th – 8 points
5th – 4 points	5th – 4 points
6th – 3 points	6th – 2 point
7th – 2 points	
8th – 1 point	

\* Para positions using AC Raza points.

## Events offered

Track (Able-body)	Field (Able-body)	Para
100m	High Jump	100m
200m	Pole Vault	200m
400m	Long Jump	400m
800m	Triple Jump	Shot Put
1500m	Shot Put	Discus
5000m	Discus	
100mH (F), 110m (M)	Javelin	Special Olympics
400mH	Hammer	100m
3000mSC		200m

## Open (non branch affiliated athletes)

- \$30 per individual event
- \$50 for combined events

## Awards

A Custom Medals will be awarded to the top 3 declared athletes. Custom Trophy will be awarded to the winning province.

## Accommodations

Team residential rates are not finalized, but approximate fees can be seen below.

ANB will act as a liaison for room bookings and meal plans (Final room list to be sent August 2nd)

Summer Housing 2014 Group Rates offered for the Championship (rates are per studio)					
Medard-Collette Residence (2 bedrooms studio)	Lafrance Residence (Double occupancy studio)	P.A.-Landry Residence* (Individual studio)	Lefebvre Residence* (Traditional Dormitory style bedroom)	Two bedrooms Apartment (up to 4 persons)	One bedroom Apartment (up to 2 persons)
\$69.00	\$70.00	\$57.00	\$45.00 (small) \$48.00 (large)	\$108.00	\$93.00
Rates subject to 13% taxes. Rates above are subject to change and are minimum price per room (studio). Parking fees are not included.					
*Some rooms can be doubled with another bed. If so, note that a \$15.00 extra person charge applies.					

## Meals

Meal plan will be available for province team athletes.

## Open practice hours

The track will be open for practice from 10am-4pm on Friday August 5th and 9am-11:45am on Saturday morning. Coaches Technical meeting to take place Friday August 5th at 8pm.

## Social Activity

An athlete social lounge will be held Saturday night after supper at the Student Center to give athletes a chance to meet off the track.

## Tentative Schedule / Horaire tentative

TENTATIVE SCHEDULE OF EVENT (Subject to change based on entries Final Schedule)  
 HORAIRE PRÉLIMINAIRE DES ÉPREUVES (Sujet à des modifications)

### Saturday August 6th / Samedi le 6 août

12:45	100m	Dec	U22M + OM
13:00	100mH	TSF + Hept	U22F + OF
13:25	110mH	TSF	U22M/OM
13:50	100m	SPECIAL OLYMPICS	
14:00	100m	Heats / Vagues	U22M + OM
14:10	100m	Heats /Vagues	U22F + OF
14:20	1500m	TSF	U22M + OM
14:35	1500m	TSF	U22F + OF
14:50	400m	TSF	U22M/OM
15:00	400m	TSF	U22F/OF
15:15	200m	SPECIAL OLYMPICS	
15:25	100m	Final/Finale	U22M/OM
15:35	100m	Final/Finale	U22F/OF
15:50	2000m SC	Final / Finale	U22F + OF
16:15	3000m SC	Final / Finale	U22M + OM
16:45	200m	Hept	U22F + OF
16:55	4X100m	TSF	All/Tous
17:15	400m	Dec	U22M + OM

	Long Jump Longueur	High Jump Hauteur	Shot put Poids	Javelin Javelot	Hammer Marteau	Discus Disque
13h00					U22M + OM	
13h30	Dec	Hept + U22F + OF				
14h00	U22M + OM					
14h30			Dec		U22F + OF	
14h45						
15h15		Dec + U22M + OM				
15h45			Hept			
16h00					U22M + OM	
16h15						
16h45						
17h00						PARA U30 + O
17h15						
17h30						
17h45				U22F + OF		
18h00	U22F + OF					
18h15						
18h30						

## Sunday August 7th / Dimanche le 7 août

9:00	110mH	Dec	U22M + OM
9:05	100m Wheelchair	Final/Finale	All/Tous
9:10	5000m	Final/Finale	U22M + OM
9:30	5000m	Final/Finale	U22F + OF
10:00	200m Wheelchair	Final/Finale	All/Tous
10:15	200m	Heats /Vagues	U22M + OM
10:25	200m	Heats /Vagues	U22F + OF
11:00	800m	TSF	U22M + OM
11:10	800m	TSF	U22F + OF
Lunch			
12:00	400mH	TSF	U22M + OM
12:10	400mH	TSF	U22F + OF
12:20	200m	Final/Finale	U22M + OM
12:30	200m	Final/Finale	U22F + OF
12:40	400m Wheelchair	Final/Finale	All/Tous
12:50	800m	Hept	U22F + OF
12:55	1500m	Dec	U22M + OM
13:15	4x400m	TSF	All/Tous

	Long Jump Longueur	Triple Jump Triple Saut	Pole Vault Perche	Shot put Poids	Javelin Javelot	Discus Disque	
9:00			U22F + OF	U22F + OF			
9:30							Dec
9:45							
10:00						U22M + OM	
10:15	Hept + U22F + OF						
10:30							
10:45			Dec				
11:00						U22F + OF	
11:15				U22M + OM			
11:30		U22F + OF					
11:45					Hept		
12:00			U22M + OM				
12:15				PARA U30 + O			
12:30							
12:45		U22M + OM			Dec		
13:00							
13:45							