



2010 ATLANTIC ATHLETICS CHAMPIONSHIPS



Date: August 14 - 15, 2010

Location: Canada Games Stadium (University of PEI); Charlottetown, PE

Sanctioned by: Athletics PEI

Competition Director: James Buhlman Email: coachbuhlman@yahoo.com

Entries Chairperson: James Buhlman Email: coachbuhlman@yahoo.com

Age Categories: Bantam (BG and BB) born in 1997 or after
Midget (MG and MB) born in 1995 – 96
Youth (YG and YB) born in 1993 – 94
Junior (JW and JM) born in 1991 – 92
Senior (SW and SM) born before 1991

Entry Deadline: 11:59 pm, Wednesday, August 11, 2010

Entry Fees: \$10.00 per event

Entries by: EXCEL Spreadsheet format (see attached)

Only the forms available at www.athleticspei.ca will be accepted
Follow the directions on the top of the excel entry form.
No entries are to be dropped off at the Athletics PEI (APEI) office.
No telephone entries please. No faxed entries. NO REFUNDS
Payment of entry fees may be made by personal or certified cheque, money order or cash. If paying by cheque please make payable to:
Athletics PEI.

You may pay on the day of the meet but please note that competition numbers will not be released until payment is completed.

Post Entries: Entries received after the entry deadline will be accepted at the discretion of the competition director and only if it does not cause a disruption in the conduct of the meet. These entries will be subject to a \$20.00 per event entry fee if accepted.

To be eligible for post entry, athletes must have been registered with Athletics PEI by the registration deadline of 11:59 pm, Wednesday, August 11, 2010.

Eligibility: There are no entry standards for this meet

Schedule: The schedule is subject to change based on entries received.

Check-in Procedure: Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 30 minutes and no later than 20 minutes prior to the last published or announced start time of the race.

Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event. Athletes who fail to check-in as required will not be allowed to compete in the event.

Lane & Heat Assignments: Lanes, Heats and Sections will be assigned according to the rules of the IAAF/APEI. Start lists of heat and lane assignments will be posted on the wall upstairs.

Facility: All-weather synthetic surface on 8-lane track and on all field event approaches. Concrete throwing circles. Change rooms are available.

Facility Rules & Regulations:

Maximum Spike Length: 9 mm for javelin and high jump; 6 mm for all other events. Spiked shoes will be checked for spike length.

NO electronic devices are allowed in the competition area.

The track and the entire infield area is off limits to everyone except on-duty officials at all times. Athletes, coaches, parents, friends may risk disqualification of competing athletes and may be barred from the facility. All officials' working areas, whether inside or outside the track, are off limits to everyone but designated officials.

Coaching areas for all field events shall be designated by event officials. This will be the only location where coaches will be allowed to communicate with athletes during a competition. Any coach not obeying the instructions of officials may be required to leave the event area or the facility.

Starting Blocks: Official starting blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used. Starting blocks are optional.

Throwing Implements: All throwing implements will be supplied by the meet organizers. The Technical Manager shall be the sole authority regarding implements and the only person allowed to authorize the use of an implement. The Technical Manager will be located in the equipment area located at the south west end behind the bleachers.

Sportsmanship: Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.

Protests: All protests must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final.

Cost: \$25.00 to be returned if the protest is not considered frivolous.

Sweatsuit Rule: To help the meet stay on schedule athletes must have removed their sweatsuits, leggings, etc. and be ready to run by the time they are called to the start line. Please convey this information to the athletes.

Events:	
Bantam:	80m, 150m, 800m, 1200m, 80m Hurdles, 200m Hurdles, 800m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin
Midget:	100m, 200m, 300m, 800m, 1200m, 2000m, 80m Hurdles (Girls), 100m Hurdles (Boys), 200m Hurdles, 1500m Steeplechase (no waterjump), 1500m Walk, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin
Youth:	100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles (Girls), 110m Hurdles (Boys), 300m Hurdles, 1500m Walk, 2000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin
Junior:	100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles (Women), 110m Hurdles (Men), 400m Hurdles, 3000m Walk, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin
Senior:	100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles (Women), 110m Hurdles (Men), 400m Hurdles, 5000m Walk, 3000m Steeplechase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin

Specifications for Hurdling Events and Steeplechase Events and Throwing Implements:
All events will be to current APEI Specifications.

Seed Times: In track events only accurate seed times from the 2010 outdoor season will be accepted. Performances achieved in approved high school competitions will be accepted. In the new age group events (150m, 300m, 1200m, 2000m) seed times from the standard events will be accepted and converted.

Vertical Jumps Starting Heights:
Starting heights will be decided at the event by the Officials and competitors.

2010 Atlantic Championships Meet Schedule August 14 – 15, 2010

(The FINAL Schedule will be posted on www.athleticspei.ca on Thursday, August 12th)

SATURDAY, August 14, 2010

TRACK

- 12:00 80m BG, BB Qualifying
100m MG, MB, YG, YB, JW, JM, SW, SM Qualifying
- 1:00 1200m BG, BB, MG, MB Timed Finals
1500m YG, YB, JW, JM, SW, SM Timed Finals
- 2:45 300m MG, MB Timed Finals
400m YG, YBJW, JM, SW, SM Timed Finals
- 3:30 – 4:00 Lunch Break
- 4:00 200mH BG, BB, MG, MB Timed Finals
4:20 300mH YG, YB Timed Finals
400mH JW, JM, OW, OM Timed Finals
- 5:00 80m BG, BB Finals
100m MG, MB, YG, YB, JW, JM, SW, SM Finals
- 5:45 4 x 400m All Groups Timed Finals
- 6:15 1500mSC MG Final
1500mSC MB Final
2000mSC YG, JW Final
2000mSC YB Final
3000mSC JM, SM Final

SUNDAY, August 15, 2010

TRACK

- 9:00 2000m MG, MB Timed Finals
9:20 3000m YW, JW, YM Timed Finals
- 10:00 5000m JM, SM
- 10:30 800m Walk BG, BB Finals
- 10:50 1500m Walk MB/YG & MB/YB Finals
- 11:05 80mH BG, BB, MG Qualifying
- 11:20 100mH YG, JW, SW, MB Qualifying
- 11:40 110mH YB, JM, SM Qualifying
- 12:00 150m BG, BB Qualifying
200m MG, MB, YG, YB, JW, JM, SW, SM Qualifying
- Lunch Break 1:00 – 1:45
- 2:00 80mH BG, BG, MG Finals
2:15 100mH YG, MB, JW, SW Finals
2:30 110mH YB, JM, SM Final
2:50 800m All Groups Timed Finals
3:30 150m BG, BB Finals
200m MG, MB, YG, YB, JW, JM, SW, SM Finals
4:00 4 x 100m All Groups Timed Finals

SATURDAY, August 14, 2010

FIELD

- 12:30 Long Jump BB+MB+YB+JM+SM
Discus MG+YG+JW+SW
- 2:00 Long Jump BG+MG+YG+JW+SW
Javelin BB+MB+YB+JM+SM
- 3:30 Discus MB+YB+JM+SM
High Jump BG+MG
- 4:15 High Jump YG+JW+SW
- 5:15 Javelin BG+MG +YG+JW+SW
High Jump BB+MB
- 5:45 High Jump YB+JM+SM

SUNDAY, August 15, 2010

FIELD

- 9:30 Triple Jump BB+MB+YB+JM+SM
Shot Put BG+MG+YG+JW+SW
- 11:00 Triple Jump BG+MG+YG+JW+SW
Hammer BB+MB+YB+JM+SM
- 12:30 Discus MB+YB+JM+SM
Pole Vault BG+MG+YG+JW+SW
- 2:00 Hammer BG+MG +YG+JW+SW
Pole Vault BB+MB
- 3:00 Pole Vault YB+JM+SM
Shot Put BB+MB+YB+JM+SM