

A Guide to Track Meets

All athletes, no matter the age, are strongly encouraged to compete in track meets over the course of the season. Track meets are just a like a game or competition; they allow the athlete to show off all of the skills that they have learned during practices. While some may think that track meets are too intense or not for them that is quite the opposite. The atmosphere at the track meet is fun and exciting. Events are organized for the athletes and everyone has a great time.

Locations:Indoor track meets - Oromocto and Moncton:

CFB Gagetown Athletics Centre (The Base) Oromocto

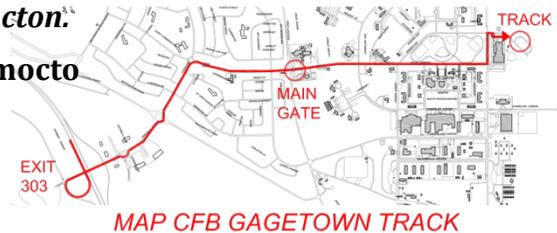
Located on Camp Gagetown military base

Hosts: ANB

Moncton CEPS Facility

Located on UdeM Campus - 18 Antonine-Maillet Ave, Moncton, E1A 3E9

Hosts: UdeM, ASEA, and/or ANB



Locations:Outdoor track meets - Saint John and Moncton.

Saint John Canada Games Stadium

Located on the UNBSJ Campus - 100 Tucker Park Road, Saint John, NB E2K

Hosts: Saint John Track Club and/or Athletics New Brunswick

Moncton 2010 Stadium

Located on UdeM Campus - 18 Antonine-Maillet Ave, Moncton, E1A 3E9

Hosts: ASEA and/or Athletics New Brunswick

When are the Track Meets held?

Track meets are primarily held on weekends (Saturday). However, on occasion there are twilight meets in the evening of a weeknight. All events held in New Brunswick can be found on the Athletics New Brunswick website under Calendar.

<http://www.anb.ca/Calendar/index.php>

Approximately 1-2 weeks before the registration deadline, an email will be sent from the club (saintjohntrack@yahoo.ca) reminding everyone of the upcoming deadline.

Registration deadline is normally the Tuesday or Wednesday the week of the track meet (3-4 days prior).



How to Register

99% of all track meet registrations across Canada take place online through an online registration system called Trackie, which was designed and implemented in New Brunswick for New Brunswick. This system allows for a very easy way to register and pay for entries alleviating long line-ups and other administrative tasks at track meets.

The website where this happens is <http://www.trackie.com/online-registration/>. This site allows users to either search through current events until they find their specific event or click on a specific web link that takes them directly to the specific meets registration page. From there it is as simple as entering the following:

Step 1 of 3: Contact Information - usually the parent

First Name - Last Name

Email - Phone Number - Fax (fax number not required)

Step 2 of 3: Registration Information - the athlete taking part.*

First Name:

Last Name:

Gender:

Birthdate:

Hometown:

Team: Saint John Track Club (either scroll through the list or click on "find" and type in Saint John Track Club (SJTC))

Member ID: This is your ANB number which can be found on ANB under member list <http://www.anb.ca/General/member-list.php>; simply find your specific #.

*If more than one athlete is taking part, simply change the "number of individuals to register" box accordingly and then fill in the details for each athlete.

Step 3 of 3: Click on "register for this event".

This will take you to a simple payment process page. Input your information in this safe and secure format and once done, print off your confirmation page and that is it. You are now registered for the meet. Price is determined by the host of the meet but usually are \$10 per event. Multi events – triathlon, etc are only \$10 so a great deal).

Events

At most track meets the events available to the athletes are linked to their year of birth (YOB) which is then linked to a two year age group. So it does not matter if an athlete is born on January 1st or December 31st as both have the same YOB and in the same age group.

Age groups are broken down into the following:

Pee Wee - 11 and under	Midget - 14 and 15	Senior/Open - 20+
Bantam - 12 and 13	Youth - 16 and 17	Masters - 35+
	Junior - 18 and 19	

ex 1) If an athlete is presently 12 but turning 13 on July 5th, they are Bantam.

ex 2) If an athlete is 15 but turning 16 on December 5th, they are a Youth.

So ask the question "how old is the athlete turning this year (2014, 2015, etc.)" and match the age from this year to the age group.



Through these age groups, athletes take part in events that have been determined to be the best for the athletes. These can change between indoors and outdoors and then by who is hosting the track meet. For a detailed list you can check out the ANB Event Specifications Page <http://www.anb.ca/documents/uploads/ANBSpecs.pdf>

However, with the online registration system, once an athlete's birthday is entered in the system, it will show ALL available events that the athlete can do. So if you only see a few events, that is because that is all that is offered for that specific age.

Why do the younger athletes (peewee and bantam) compete in a triathlon or tetrathlon?

These multi-events are designed to give young athletes a chance to compete in all event areas (run - jump - throw). This has been designed because our Long Term Athlete Development system tells us that young athletes (13 years of age and under) do not know what they will be good at post puberty and we want them to try everything. The bigger the base of support and experiences that they have taken part in then, the greater long term potential they have.

For example if a younger athlete loves to just run long distance but after a few years of puberty develops into a very muscular and strong individual, they might have potential in the throws, sprints, or multi-events. Having competed and practiced across all event areas during their youth, they now have many skill sets and experiences to rely on.

Why then do they have the option of competing in hurdles and/or a longer distance?

This is simply to provide more options for the athletes. We encourage all of our peewee and bantam athletes to do the multi-event (tri or tetr) but if they want to do hurdles (great); if they want to do the 150m, 600m, and/or 1000m (awesome). The most important thing is that they are happy, eager, and excited to take part. We want smiling faces for all - athletes...and parents :)

Schedules

Found in the information packages in the days and weeks leading up to the competition will be a tentative schedule. This schedule is more like a preliminary order of events that usually features some general times. This is simply used for planning. Depending on the deadline for registrations a FINAL schedule will come out one to two days before the meet. This schedule will be emailed out by the club when it is made available but parents are encouraged to look online in the calendar portion of the ANB website so they are aware: <http://www.anb.ca/Calendar/index.php>



How early should we show up before the event?

Having looked at the final schedule we normally ask athletes and parents to be at the track a minimum of 45 to 60 minutes before the event start time. This will give them lots of time to find parking, get into the venue, collect their number, talk to their coach, go to the bathroom, and warm up accordingly.

Where do we go when we get to the track?

The first thing to do is take a deep breathe and relax. Next up will be going to the registration desk and getting your competitors numbers.

Saint John – either in the middle of the stadium or near the front entrance of the track (subject to weather)

Moncton – usually on the lower level of the track near the garage doors by the finish line (south side near the main entrance)

In most cases look for a large Athletics New Brunswick tent but when in doubt don't be afraid to ask someone. Volunteers at the registration table will be able to give you your number and answer any questions you may have.

Where can I find results?

All track meets will post paper copies of results. In Saint John this happens in the middle of the inside of the stadium while in Moncton it happens on the second floor near the finish line. As well, all results are posted online at <http://www.anb.ca/Results/index.php>

What should I bring for clothing?

Depending on if the meet is indoors or outdoors will determine how much you will need. Make sure to have your SJTC singlet or T-Shirt to wear during the race and some sort of darker shorts (blue or black). Also NB weather can be harsh at times so extra warm clothing and rain gear should be close at hand.

Should I bring food?

You should always bring a water bottle, some sports drink (Gatorade), and a few healthy snacks (granola bars, trail mix, sliced fruit) as depending on the meet schedule there may not be enough time to leave for a bigger meal (such as a Subway sandwich). The trick is to learn what the athlete likes and does not like, what makes the stomach feel good, what gives them simple, easy to digest energy. But this is more trial and error than anything.

Will my coach be there?

As most of our coaches are volunteers sometimes they may not be able to make the meet due to other commitments but SJTC always has coaches present and they will go out of their way to help out when needed.



What can I do to make sure my coach can coach at the meet?

Organizing a track meet takes lots of help and many small jobs. When the meets are hosted in Saint John many of our coaches get stuck organizing and doing small jobs to make sure the meet runs smoothly. The more parent volunteers we have to assist, the more time that is available for our coaches to coach your son/daughter. Plus this gives you a chance to learn more about the sport, give back, and view from the closest seat possible. For more information on volunteering at the track contact our volunteer coordinator Peter Shanks (506) 659-3323 or peter.shanks@ryerson.com.

Where do the athletes warm up?

In Saint John the majority of warm ups take place around (gravel path) or behind the stadium while in Moncton they take place on the warm up track located outside of the stadium near the 100m start line.

If you have any questions at all related to track meets in particular or anything related to the club please do not hesitate to contact your athletes' group coach or any of our coaches or board members in the club. <http://www.sjtc.ca/General/contact.php>

2014 List of Events

Date	Name	Location
May 19	Saint John Spring Meet	Saint John
June 10	Saint John Hershey & Twilight Meet #1	Saint John
June 17	Saint John Twilight #2	Saint John
June 21	NB Championships	Saint John
June 29	NB Hershey Championships	Moncton
July 5	Maritime Hershey Championships	Saint John
July 12 &13 (2 days)	NB Legion & Open Meet	Moncton
July 17	**Club BBQ/Fun night**	Quispamsis
July 22	SJTC Twilight #3	Saint John
August 2	Atlantic Championships	Dartmouth, NS