

2018 Canadian Track and Field Championships



Athletics NS will be organizing a group of athletes interested in attending the National Junior and Senior Championships. These championships will take place on July 3-8 in Ottawa, Ontario. The complete schedule is available here: [Championships Schedule](#)

To be eligible for this opportunity, you must have met the minimum entry qualifications for the event. This does not apply to Para athletes as there are no entry standards for this event. All Para athletes competing at these championships will be eligible. Performances must be achieved outdoors between May 1, 2017, and June 27, 2018. They are listed below.

There will be up to 4 coaches selected to assist athletes at these championships. Athletes will be representing their club at the championships.

Athletes must express interest by Monday, June 18 by registering on Trackie. Confirmation of transportation needed before meet registration deadline of June 25, 2018.

Approximate Costs

Entry Fee: Athletics NS will cover the entry fees for all NS athletes!

Flight: \$350-\$400 (Athlete's Responsibility)

Accommodations: \$95/night based on double occupancy. Most athletes will require 3 nights accommodations. (Athlete Responsibility) FREE venue shuttle available from the hotel to Terry Fox Stadium.

Food: \$150-250 (Athlete's Responsibility)

Transportation from the Airport: UBER – approx. \$30 each way; Taxi approx. \$45 each way. (Athlete Responsibility)

Total: \$800-900 (approximate)

Entry Standards

JUNIOR (U20)

Women	Event	Men
12.10	100m	10.90
24.75	200m	22.10
57.00	400m	49.00
2:13.00	800m	1:53.50
4:38.00	1500m	3:57.00
10:10.00 (4:38 / 1500m)	3000m	
19:00.00 (10:10.00 / 3000m)	5000m	15:10.00 (8:35.00 / 3000m)
No standard	Race walk	No standard
14.80	100mH	
	110mH	15.30 (0.991m)
1:03.50 (45.00 / 300mH)	400mH	57.00 (40.00 / 300mH)
11:50.00 (7:25.00 / 2000mSC)	3000m steeplechase	9:55.00 (6:20.00 / 2000mSC)
1.65	High jump	1.95
3.25	Pole vault	4.10
5.60	Long jump	6.75
11.50	Triple jump	13.50
12.00 (4 kg)	Shot put	14.50 (6 kg)
47.00 (4 kg)	Hammer throw	48.00 (6 kg)
41.00 (1 kg)	Discus throw	43.00 (1.75 kg)
39.00 (600 g)	Javelin throw	52.00 (800 g)

OPEN

Women	Event	Men
11.80	100m	10.45

24.15	200m	21.30
55.00	400m	48.00
2:06.00	800m	1:50.00
4:24.00	1500m	3:46.00
16:40.00	5000m	14:15.00
No standard	Race walk	No standard
13.90	100mH	
	110mH	14.80
1:01.00	400mH	54.50
11:20.00	3000m steeplechase	9:10.00
1.75	High jump	2.05
4.00	Pole vault	4.80
5.90	Long jump	7.40
11.90	Triple jump	14.70
14.00	Shot put	16.00
57.00	Hammer throw	59.00
45.00	Discus throw	48.00
47.00	Javelin throw	63.00

*All Para athletes attending these championships will be eligible. There are no entry requirements for these championships. *