



Athletics NS Warm Weather Training Camp

Athletics NS will begin hosting a provincially organized warm weather training camp. This will be the 4th year Athletics NS has organized a group of athletes travelling to Orlando for a warm weather camp. Clubs within the province have been taking advantage of this programming opportunity for over a decade. The positive impact of the training camp environment have been noted throughout the duration of the existence of these camps by both athletes and coaches. The impact of such camps has been noted in many other Nova Scotia sport associations as well, not just track and field.

Some of the major highlights of the warm weather training camp environment:

- Concentrated block of training – 2/day session in some instances
- Excellent training facility and environment with many other groups using the same facility.
- Introduction to the requirements of being a performance athlete and living in that environment for the duration of the camp
- Living and training with a group of like-minded athletes
- *Please note that the competitive opportunities previously attended during this camp have been discontinued. An alternative competitive opportunity is being explored but not guaranteed. *

In order for this initiative to move forward, we will need a minimum of 10 athletes and will be capped at 20 athletes. Athletes are expected to be in a year round training program leading into the warm weather camp. This camp targets athletes competing at the provincial and national level. Athletes must have met the minimum performance standard for entry into the Canadian Legion or Junior championships for their respective age class. Standards are listed below.

An overview of the camp details can be found below. Please that that costs are all inclusive (transport, meals, accommodations, training fees). The only additional expense would be spending money while in Florida which would be quite minimal.

Warm Weather Camp Details

- **Dates:** March 7-22nd 2017. This 2 week period spans either side of NS high school March break
- **Age Group:** Midget and older (01+)
- **Location:** Orlando, Florida
- **Training Location:** Clermont National Training Center
- **Cost:** \$1800-2200 (Final Cost TBC after Nov. 1st when group size is finalized)
- **Deposit:** \$700 Due November 1st, \$700 – December 15th, \$600 due March 3rd (Payments can be accepted via e-transfer, Paypal or check)
- **Contact:** Jonathan Doucette 902 220 3108 coach@athleticsnovascotia.ca

As shown above, the first team deposit is due on November 1st but please express your interest ASAP so group arrangements can continue to be arranged.

Midget and Youth Qualification Standards

Track Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
100m	11.95	13.15	11.50	13.00
200m	24.45	26.65	23.15	26.00
300m-U16	40.00	43.50		
400m-U18			51.40	60.00
800m	2:08.65	2:24.00	1:58.00	2:20.00
1200m-U16	3:30.00	3:56.00		
1500m-U18			4:08.00	4:55.00

2000m-U16	6:22.00	7:10.00		
3000m-U18			9:06.00	10:50.00
80m Hurdles-U16		13.45		
100m Hurdles-U16/U18	16.25			15.67 @ 0.762m / 30"
110m Hurdles-U18			16.00 @0.914m / 36"	
200m Hurdles-U16	28.50 @ 0.762m / 30"	31.00 @ 0.762m / 30"		
400m Hurdles-U18			1:03.44 @ 0.838m / 33"	1:08.14 @ 0.762m / 30"
Steeple Ch. 1500m-U16 2000m-U18	5:05.00 @ 0.762m - no water jump **5:20.00 with water jump	5:55.00 @ 0.762m - no water jump **6:10.00 with water jump	6:45.00	7:50.00

Field Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
Pole Vault	3.30 * see information on height progress chart below	2.60 * see information on height progress chart below	3.50 * see information on height progress chart below	2.80 * see information on height progression chart below
High Jump	1.65 *	1.45 *	1.85 *	1.55 *
Long Jump	5.65	4.90	6.35	5.10
Triple Jump	11.65	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg	13.00 - 5kg or 12lb	12.05 – 3kg OR 10.50 – 4kg
Discus	40.00 - 1kg	29.00	40.00 – 1.5kg or 1.6kg	33.00
Hammer	35.00 – 4kg	30.00 – 3kg	38.00	37.95 – 3kg OR 33.00 – 4kg
Javelin	40.00 - 600g	32.85 - 500g OR 30.00 - 600g	44.00 – 700g or 800g	37.25 – 500g OR 34.00 – 600g

Junior Qualification Standards

Women	Event	Men
12.25	100m	10.90
25.00	200m	22.20
57.50	400m	49.00
2:14.00	800m	1:54.00
4:42.00	1500m	3:58.00
10:20.00 (4:42 / 1500m)	3000m	
19:00.00 (10:20.00 / 3000m)	5000m	15:10.00 (8:40.00 / 3000m)
No standard	Racewalk	No standard
14.80	100mH	
	110mH	15.20 (0.991m)
1:04.00 (45.00 / 300mH)	400mH	57.00 (40.00 / 300mH)
12:00.00 (7:30.00 / 2000mSC)	3000m Steeplechase	9:50.00 (6:20.00 / 2000mSC)
1.65	High Jump	1.95
3.20	Pole Vault	4.00
5.45	Long Jump	6.75
11.40	Triple Jump	13.75
11.60 (4 kg)	Shot Put	14.50 (6 kg)
43.00 (4 kg)	Hammer	45.00 (6 kg)
40.00 (1 kg)	Discus	45.00 (1.75 kg)
38.00 (600 g)	Javelin	52.00 (800 g)