



1500m Night June 17, 2023 Vancouver, BC

BC Athletics Sanctioned. World Athletics Sanctioned (Category F). Hosted by the Vancouver Thunderbirds.

GENERAL INFORMATION

Race Location: Rashpal Dhillon Track & Field Oval, 2329 Wesbrook Mall, Vancouver, BC, V6T 1Z3

Parking: There is street parking available along Wesbrook Mall and East Mall. Thunderbird Parkade is the closest parkade. Visit [UBC Parking](#) for more information.

Tentative Schedule:

6:00pm - Open 1500m

9:00pm - HP 1500m

Sections will run Slow to Fast and start every 10 minutes. We will alternate between Mens and Womens sections to provide comparable focus under late-evening conditions conducive to high performance racing.

Final Schedule and Sections will be sent to all entries at least 24 hours in advance of the meet.

Athletes, please report to the start line 15 minutes prior to the official race time to check in.

REGISTRATION

Entry Restrictions

*Minimum age: open to athletes aged 14+ (year of birth 2009 or earlier)

*Entry into HP sections requires performances under 4:45 (Female) and 4:00 (Male), including proof of performance, since March 1, 2022. See 'HP Sections & Seed Times' below for more details.

Online registration: TrackieReg.com/1500mNight2023



| Deadline | Date | Price |
|-----------------|-----------------------|--------------|
| Regular | June 12 @ 11:59pm PST | \$20* |
| Late | June 15 @ 11:59pm PST | \$40* |

*Additional \$2 insurance fee if not registered with Athletics Canada.

Scratches/DNS

Athletes and coaches, please do your best to inform the race director of scratches by June 15th; this helps when organizing sections. We are aiming to send out a final schedule and sections by June 16th, approximately 24 hours out from the meet.

Age Categories

All races will be run as Open events.

Request a Song

During registration, all HP 1,500m participants will be asked "What song would you like to hear played during the meet?" Request a song and we will most likely play it during the meet; please do not request inappropriate songs.

HP SECTIONS & SEED TIMES

The cut-off between Open and HP sections is 4:45 (Female) and 4:00 (Male). Open seed times should be 4:45.00/4:00.00 and slower, using real performances or reasonable estimates. Athletes that register for 1,500m Night and then run a time faster than their seed can request to have their seed time updated.

Entry into HP sections requires performances under 4:45 (Female) and 4:00 (Male), including proof of performance, since March 1, 2022. Seeds will be checked automatically online, using the Athletics Canada database and, if necessary, will be checked manually.

Mile conversions will be accepted; please notify the meet director by email if you are using a mile conversion (use [Mercier score calculator](#)).

If using an indoor performance, use the actual 1,500m result; do not use a converted time.

Seed Time Exceptions

If an athlete was unable to compete in a 1,500m race since March 1, 2022, but feels they are capable of running under 4:45/4:00, the athlete can '[Mercier](#)' their best performance and add 3-5 seconds as follows:

*3,000m and 5,000m times - convert to 1,500m time and add 3 seconds

*800m and 3,000m Steeplechase - convert to 1,500m time and add 5 seconds

If your converted time is over 4:45/4:00, register for the Open section.



Please notify [Leslie Sexton](#) by email if you are using a conversion.

Athletes with legitimate HP seed times are allowed to request to be entered at a slower time, ex. if they are returning from injury.

PACING

Pacers for the HP sections will receive \$100-\$300, depending on which section they pace and how far they go; ideally, we are looking to provide pacers for the top-3 sections of both men and women. Pacers should always be coordinated with the meet director, in part to ensure all participants in a given race have access to the same information.

Athletes interested in pacing should contact [Steve Weiler](#).

PRIZING

Prizing for the winner of each section provided by New Balance and Forerunners. Section winners will be invited to the New Balance lounge after their race to be interviewed by the announcers and to claim their prize! Open section winners will receive New Balance merchandise (to be announced), HP section winners will receive New Balance footwear.

ACCOMMODATIONS

Accommodations on-campus, ~2k from the track. Studio, one bedroom, two bedroom hotel suites starting at \$135 per night.

Visit suitesatubc.com for more information and bookings.

CONTACT

Meet Director

Leslie Sexton, leslie.sexton@gmail.com

Pacing Coordinator

Steve Weiler, steve.weiler@ubc.ca