



BC ATHLETICS 2004 JUNIOR DEVELOPMENT TRACK AND FIELD CHAMPIONSHIPS

JULY 23, 24, 25, 2004

Hosted by

KAMLOOPS TRACK & FIELD CLUB

Entry Deadline, July 19, 2004, 10:00pm. (No Phone Entries)

Facility: Hillside Stadium, Kamloops, BC (UCC Campus)

Meet Director: Judy Armstrong Phone 250-579-8142 email: j2armstrong@shaw.ca

Send Entries To: Brian Beck, 842 McArthur Dr, KamlooV2B 7L5
Electronic entries using Team Manager would be much appreciated. Please email Brian Beck to find out procedure for doing this. E-mail: wbrianbeck@shaw.ca
Fax: 250-851-2516
Otherwise, please fax, mail (postal) or email entries using form provided in this package. Athlete confirmation will be emailed to all clubs providing an email address on Entry Form. **It is the coach's responsibility to confirm accuracy of entries.**

Eligibility: ALL ATHLETES MUST BE JUNIOR DEVELOPMENT MEMBERS OF BC ATHLETICS. No Fitness, Day of Event, or School Members are eligible

Entry Fees: \$7.00 per event \$10.00 per relay. Late Fees, \$14.00 per event. **NOTE: Changes to entries will not be done within 1 hour of event start times. No refunds will be given once entries are received.**

Cheques payable to: Kamloops Track & Field Club.

Age Divisions: 1995-9 yrs. 94-10 yrs. 93-11 yrs. 92-12 yrs. 91-13 yrs. 90-14 yrs. 89-15 yrs.

Officiating: It is the policy of JD Championship meets that **EACH PARTICIPATING CLUB** provides volunteers to help at the meet. Clubs will be expected to have enough volunteers to help a BCA Official run an event **IF** they have 10 or more athletes entered in the meet. Small clubs will be paired with other small clubs.

Package Pick-up: Packages will be available for pick-up on Friday evening, July 23rd at 5:00 p.m. and 8:00 a.m. Saturday July 24th at the track. **Entries must be fully paid before club packages are handed out. To avoid package pickup problems, please mail cheque as soon as entries are made. Otherwise, arrive early.**

Coaches Meeting: To be held Friday, 5:30 p.m. Saturday and Sunday, 8:30 a.m. at the track by the 100 m start line.

Awards: BC Athletic Medals for 1st, 2nd, 3rd. Ribbons for 4th to 8th

- Medical: Certified First Aid Attendants.
- Concession: Club runs full concession with hot dogs, popcorn, drinks, etc.
- Results: Results in a Team Format and Officially Posted results will be emailed to all clubs and unattached athletes who give us an email address. Full results will be posted on the Web. One paper copy will be forwarded to each club with at least 10 athletes entered if it is absolutely necessary. Copies may be purchased for \$5.00.
- Age Specifications: Blocks may be used by 14 and 15 year old athletes only.
3000 M: Ages 13 to 15. Steeplechase: Ages 14 & 15.
Discus: Ages 10 to 15 Triple Jump: Ages 11 to 15
Hammer: Ages 12 to 15 Pole Vault: Ages 14 to 15
Javelin: Ages 10 to 15 Other events open to all ages groups
- Conflicting Events: To avoid missing jumps or races, athletes should report to BOTH event Officials. The officials will **TRY** to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of throws/jumps, nor move into different races and compete with other age groups.
- Meet Rules: IAAF rules with Athletics Canada and BC Athletics variations.
- Protests: Protest shall be in writing accompanied by a cheque for \$25.00 and received within 30 minutes of the posting of the results of the event. If the protest is upheld, the fee will be returned. Coaches, not athletes or parents should attempt to resolve the protest with the chief official before presenting it as an official protest.
- Department: The infield is OUT OF BOUNDS. Athletes and officials only, are permitted in the competition area. Club colours (uniforms) must be worn during competition.
- Track Events:**
- Seeding: Athletes will be seeded for heats and timed finals up to and including the 800M according to seed times. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. **IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS or CLUB COACHES TO FILL OUT SEED TIMES ON THE ENTRY FORM, AND THAT SEED TIMES ARE ACCURATE.** Athletes without seed times will be placed in unseeded heats.
- Track Events: All Track Events will be run Oldest to Youngest with Females going first. The exception will be with the 100m to 60m Hurdles. These will follow the heights and distances of the hurdles so there will be a minimum of moving hurdles. Age groups for the 3000 Meters and the 1500 Steeple Chase may be combined. There **will** be a 1500 Steeplechase for females.
- Preliminary Heats: Heats will be held in the 100M and 200M events for all the age categories. Heats for 14 and 15 year old athletes will be held in 80M and 100M Hurdles. The winner of each heat, plus the next fastest times to fill eight lanes will proceed to the final. In case of a tie for the 8th position in the final, the highest placed athlete in the slowest heat of the tied athletes will proceed to the final. All other Track events will be run as timed finals.

Relays: Clubs may form teams from various age groups but the team must run in the age category of the oldest member. Medley relays are 200, 200, 400, 800.

Field Events

Throws: Each athlete is permitted 3 throws. The top 8 athletes in the 14 and 15 year old category will have 3 additional throws.

Horizontal Jumps: Each athlete is permitted 3 jumps. The top 8 athletes in the 14 and 15 year old category will have 3 additional jumps. There shall be no more than 2 boards in any age category in Triple Jump

Vertical Jumps: Each athlete is permitted 3 consecutive failed attempts. The bar is to be raised by 5 cm in HJ and 10 cm for PV after each round. If there are less than two competitors remaining in HJ and three in PV before the competition has been won, the bar shall not be raised by less than 1 cm in HJ and 5 cm in PV after each round. There will be a jump-off if there is a tie for first place. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

Directions to Hillside Stadium (note: track parking lot has limited parking, please park in lots above track at west end of stadium):

From #1 Freeway / #5 Coquihalla Hwy Eastbound (i.e. from Vancouver or Cache Creek), take the #368 exit, turn left at top of the exit ramp , go across overpass and go to Hillside Drive, turn off right on to Hillside and follow down hill past Wal Mart and Home Depot. At lights past Home Depot (track is straight in front of you) go straight to access track (park in parking lots above track).

From Yellowhead Hwy, as you come into Kamloops, stay on hwy until you see signs for turn off to Vancouver, once on hwy #1 to Vancouver, follow directions below re: long hill, exit #370

From #1 Freeway Westbound (i.e. from Salmon Arm, Revelstoke), take the #370 exit (1st exit after the long climb up hill), turn right at lights on to Summit Drive. Follow Summit until you almost pass Superstore, turn left at lights (McGill Ave – UCC is to the left). Follow McGill westbound until you see the track (just over hill past lights). Either turn into track to park or go past track and turn right at next lights and park in lots above track (see note above re: parking).

Motels / Campsites

For Accommodation Information email Judy Armstrong, meet director at: j2armstrong@shaw.ca

For more hotel info, visit the following page (follow the “sports and tournaments” link)

www.adventurekamloops.com

BC JUNIOR DEVELOPMENT TRACK & FIELD CHAMPIONSHIPS

July 23rd, 24th, 25th, 2004

BC ATHLETICS 2004 BCJD T&F CHAMPIONSHIPS DRAFT SCHEDULE JUNE 14th

NOTE: This is a first draft schedule only; the final schedule will be posted on the Kamloops Track and Field Website www.members.shaw.ca/kamloopstfc no later than Wednesday, July 19th, 2004. Any adjustments to the schedule will be minor (i.e. we will not change the days events are contested, only start times)

Track	Time	Field					
Friday July 23 rd , 2004		HJ	LJ	TJ	SP	Jav	Dis
Coaches Meeting	5:30 PM						
400M Finals	6:00 PM	93 F	93 M	92 F	89 F	94 M	89 M
	7:00 PM		90 M		92 M	90 F	91 M
	7:45 PM						91 F
1500SC Finals (14/15 M & F)	8:00 PM						

Saturday July 24 th , 2004	Time	HJ	LJ	TJ	SP	Jav	Dis	Ham	PV
Coaches Meeting	8:30 AM								
1500M	9:00 AM	91 F	94 M	89 M	92 F	89 F	90 M		
	9:45 AM						93 M		
	10:00 AM	90 F	94 F	91 M	95 F	92M			89/90 F
	10:30 AM						93 F		
200M Heats	11:00 AM	95 M	89 F		89 M	90 M			
	11:15 AM							92 F	
	12:00 PM	94 M	92 M	90 F	91 M	93 M		89 M	89/90 M
100/80MH Heats (14/15 M/F)	1:00 PM	94F	95 F	91 F	95 M				
80/60 MH (9 - 13 M/F)	1:30 PM								
200M Finals	2:00 PM	91 M	92 F	90 M	93 F	91 F	92 M		
1500M Race Walk	2:45 PM								
800M Race Walk	3:00 PM	93 M					90 F		
100/80 MH Finals (14/15 M/F)	3:15 PM								
Medley Relay	3:45 PM						94 M		
	4:30						89F		

Sunday July 25 th , 2004	Time	HJ	LJ	TJ	SP	Jav	Dis	Ham
Coaches Meeting	8:30 AM							
3000M Finals (13 - 15 M/F)	9:00 AM	90 M	89 M	93 F	90 F	94 F	92 F	
	9:45 AM							92 M
100M Heats	10:00 AM	89 F	91 M	93 M	91 F			
	11:00 AM	95 F	95 M		94 F	92 F		90 F
800M Finals	11:30 AM							
	12:00 PM	92 M	93 F		93 M	91 M		90 M
	1:00 PM			89 F	94 M	89 M		91 F
100M Finals	1:15 PM							
300 MH Finals (14/15 M/F)	1:45 PM	92 F	90 F				94 F	
200 MH Finals (11 - 13 M/F)	2:30 PM			92 M	90 M	93 F		91 M
4X100 Relay	3:15 PM	89 M	91 F					89 F

Note: Schedule may run ahead by as much as 30 minutes

Races with heats that have less than 8 competitors will be run as a final at the scheduled heat time

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Club Volunteer Sign-Up

Return this form with Registration

The success of this competition depends on clubs contributing volunteers to help run events.

Entry Deadline, July 16th, 2004, 10:00 PM. (No Phone Entries)

- BC Athletics Officials will be in charge of all events.
- It is a policy of the Junior Development Championship Meets that each participating club take responsibility for organizing enough volunteers at their assigned event to work with the BCA Official.
- Clubs will be expected to have enough volunteers on their own **IF** they have 10 or more athletes entered in the meet.
- Small clubs will be paired with other small clubs and will share the duties of their event. They should organize their volunteers to cover the event for the entire Championships.
- It is required that Volunteers should be scheduled at events by age groups, not a certain amount of time. ***Volunteers must not leave an event in progress.***

PLEASE PRINT CLEARLY

Name of Club: _____

Club Representative in Charge of Volunteers at the Meet: _____

Club Representative Telephone: _____ Fax: _____

Club Representative E-mail: _____

Number of athletes from your club participating in the meet: _____

Please list below the names of BCA Certified Officials from your club coming to the meet.

Name: _____ Level/Discipline: _____

Name: _____ Level/Discipline: _____

Name: _____ Level/Discipline: _____

Name: _____ Level/Discipline: _____

