

## SECTION 5.1      ATHLETES' REQUIREMENTS

- ⓪ All athletes must be Junior Development Athlete members of BC Athletics prior to the start of a Championship Meet.
- ⓪ BC Athletics membership cards must be available as proof of membership at any time during the competition.

Current registration lists are provided to the host club by BC Athletics so that the meet registrar can check on the membership status of an athlete.

Club colours [singlets] must be worn during the competition.

- ⓪ Numbers must be worn for the JD Championship Meet.
  - Sprinters [100 m, 200 m, 400 m] will wear the numbers on the back.
  - Middle distance runners and walkers [800 m, 1500 m, 3000 m] will wear the numbers on the front.
  - Jumpers and throwers will wear the numbers on the front.
  - Pole vault competitors will have the option of wearing the numbers on the front or the back.

## SECTION 5.2 AGE CATEGORIES AND EVENTS

Single age categories are determined by the year of birth.

Athletes must compete in their own age class.

In the event of insufficient numbers of athletes registered in races, age groups may be combined at the discretion of the Meet Director following the BC Athletics guidelines for combining age categories.

Athletes are not permitted to compete in events not offered for their age categories.

The following track events are provided:

- 60metres 9 to 11 year olds
- 100 metres All Ages
- 200 metres 11 to 14 year olds
- 400 metres 11 to 14 year olds
- 800 metres All ages
- 1500 metres All ages

The following track events are restricted:

- 1500 metre steeplechase [14 years only]
- 3000 metres [13 to 14 years only]
- 60 metre hurdles [9 to 11 years only]
- 80 metre hurdles [12 & 13 years and females 14 years only]
- 100 metre hurdles [males 14 years only]
- 200 metre hurdles [12 to 13 years only]
- 300 metre hurdles [14 years only]

The following field events are open to all ages:

- high jump
- long jump
- shot put

The following field events are restricted:

- triple jump [11 to 15 years]
- discus [10 to 15 years]
- pole vault [13, 14 & 15 years only]
- hammer [12 to 15 years]
- javelin [10 to 15 years]

- **Please see individual event sections for more details about age restrictions for specific events.**

## BC ATHLETICS TRACK & FIELD EVENTS BY AGE CLASS

The following are the Track & Field Events that are contested in each of the age groups [9 to 15 years]. All age groups are calculated as of December 31<sup>st</sup> in the year of competition.

✓ = indicates that the event is held for that gender and age class

SC = steeplechase

RW = racewalk

Medley Relay = 200 m, 200 m, 400 m, 800 m

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13	F 14	M 14
60m	✓	✓	✓	✓	✓	✓						
100 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 m					✓	✓	✓	✓	✓	✓	✓	✓
400 m					✓	✓	✓	✓	✓	✓	✓	✓
800 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 m									✓	✓	✓	✓

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13	F 14	M 14
60 m Hur.	✓	✓	✓	✓	✓	✓						
80 m Hur.							✓	✓	✓	✓	✓	
100 m Hur.												✓
200 m Hur.							✓	✓	✓	✓		
300 m Hur.											✓	✓
1500 m SC											✓	✓
800 m RW	✓	✓	✓	✓	✓	✓	✓	✓				
1500 m RW									✓	✓	✓	✓
3000 m RW											✓	✓
4 x 100 Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Medley Relay					✓	✓	✓	✓	✓	✓	✓	✓

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13	F 14	M 14
High Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump					✓	✓	✓	✓	✓	✓	✓	✓
Pole Vault									✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hammer							✓	✓	✓	✓	✓	✓

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13	F 14	M 14
Pentathlon	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Please refer to the individual sections for the details of hurdles, throwing events, and pentathlon.

**BC SUMMER GAMES:** The Track and Field Competition held as part of the BC Summer Games is for 14 and 15 year old athletes only. These athletes compete as one age class [MIDGET]. Athletes are selected at Games Trials for each of the 8 Provincial Zones and compete together as part of a zone team.

## **SECTION 5.3            COACHING REQUIREMENTS**

Coaches or club representatives are required to accompany athletes whenever protests or concerns are raised.

Only coaches or club representatives are to approach the results area to seek clarification of results, seeding, schedules, etc.

Coaches are required to attend the coaches meetings that are to be held on all days of the meet.

Coaches or club representatives must accompany athletes if there are any problems concerning BC Athletics membership or an athlete's eligibility.

No coaching is permitted in the competition area. The meet director shall see that there are well-defined coaching areas set up away from the competition areas.

Scratches must be taken to the marshaling area or to an official at a field event by a coach or club official and not by the athlete.

## **SECTION 5.4            FACILITIES AND EQUIPMENT**

- ⓪ Facilities for this meet should include the following:
- 8 lane synthetic surface track.
  - change rooms and washrooms.
  - equipment storage area.
  - concession stand.
  - medical room or tent.
  - results and records room.
  - announcer's booth or stand.

Equipment is to be provided by the host club. Exceptions include equipment for athletes in specialized events that require special equipment [pole vault poles, throwing implements, etc.].

Athletes wishing to use personal equipment must have its use approved at least 45 minutes prior to the event in which it will be used.

Any individual athlete's approved equipment may be used by other athletes competing in that event with the exception of pole vault poles and starting blocks.

The host club must provide an official capable of approving equipment.

Starting blocks may only be used by 14 year-old athletes.

## **SECTION 5.5            SEEDING**

Times are to be submitted for all athletes so that seeding can be completed by the host club.

Seeding will be done to ensure that the fastest athletes compete in the final and are not eliminated in the heats.

Any athletes who do not have times submitted with their registration will be grouped together in unseeded heats and will be at a disadvantage.

Seeding will occur prior to the start of all track events up to and including the 800 metre races.

In the case of heats, the winner of each heat plus the next fastest times needed to fill eight lanes will proceed to the final.

In the case of a tie for the eighth position in a final event, the highest-placed athlete in the slowest heat of the tied athletes will proceed to the final.

In the case of timed finals, the sections will be seeded with the fastest performances in the same section. The fastest section will compete last.

It is the responsibility of the coaches to see that seeding times are included in the registration information and that seeding times are accurate.