

**2022 VANCOUVER OLYMPIC CLUB
ELEMENTARY & HIGH SCHOOL TRACK MEET**
presented by Nicola Wealth



Friday, April 22nd – Saturday, April 23rd, 2022
Swangard Stadium, Burnaby, BC

COMPLETE LIST OF EVENTS:

ELEMENTARY SCHOOL ATHLETES:

8 years old (2014)	Rascals 50m Fun Run (new event)
9-10-year-old (2013, 2012 B&G)	60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
11-year-old (2011 B&G)	60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
12-13 year old (2010, 2009 B&G)	100m, 200m, 300m, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2009 only), SP, 4x100m

HIGH SCHOOL ATHLETES

Grade 8, 9, 10, 11, 12 LJ, 100m, 200m, Mile

Note: All athletes will compete in their respective events, based on their age group, as per BC Athletics Junior Development Committee Manual. Athletes must compete in their age class except for Grade 7 students born in 2008 who may compete in the 2009 age class. They will be awarded separately.

IMPORTANT REGISTRATION INFORMATION

ENTRIES:

All entries are done through Trackie <https://www.trackie.com/online-registration/>

Entry Deadline:	April 17, 2022, midnight
Entry Fee:	\$10 per event for elementary students, \$12 per event for high school \$15 per relay team, Rascals 50m Fun Run \$8
Late fee:	\$15 per event, \$20 per relay team
Late registration Deadline:	April 19 th at 3:00PM contact dawn_driver@hotmail.com
BCA Membership:	\$3 for non-members of BC Athletics

INFORMATION:

- Late Entries will be accepted until April 19th 2022, at 3:00PM
- Entry fees will *not be refunded for any reason* (i.e. scratch, injuries etc.)
- For any other information please contact Tatjana Mece: voc.tatjana@gmail.com
- Age groups: determined by year of birth from 2013 – 2009.
- There is no restriction on the number of events entered by a single athlete including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must either be members of BC Athletics or school memberships can be purchased directly from BC Athletics, Sam Collier, BC Athletics, at 604-333-3556. Otherwise, each competing athlete must complete an individual "Day of Event Membership Form" at a cost of **\$3.00** in addition to the entry fees. This fee is for BC Athletics insurance to cover the athlete for the day of the meet.
- Any school that is registering athletes that do not have the individual BC Athletics membership number, but have school membership, can enter "SCHOOL" in the membership # field at Trackie.reg

TRACK EVENTS:

Competitors in each event must report to the designated marshalling area (at the west corner of Swangard Stadium) 30 minutes prior to the start of the event.

- Field events competitors will report for the check-in at the events area.
- All hurdles events will be timed finals.

- The 60m (9-11 years old), 100m events (9-12 years old), and the Rascals 50m Fun Run will be timed finals.
- The 100m for 13 years old (2009 G&B), will have finals for top 8 best times from qualifying rounds.
- The 200m, 300m, 4x100m relay, and all middle distances will be timed finals.
- High School Events 100m, 200m, Mile will be timed finals.

Some of the distance events may be run together (G&B) dependent upon the number of the competitors

FIELD EVENTS:

Long Jump, Shot Put (2013-2009), and Triple Jump 2009: each competitor will be allowed three attempts and only one practice run-up. Each High School athlete will have three qualification jumps and top eight final competitors will have 3 other attempts.

High Jump: each athlete will have three attempts at each height

Shot Put Weights:

2013-2011, Girls and Boys: 2 kg

2010-2009, Girls and Boys: 3 kg

STARTING HEIGHTS FOR HIGH JUMP:

AGE	2013	2012	2011	2010	2009
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

NOTE

Some high jump mats have a minimum height of 0.9 m so the lower starting heights are not possible if the athletes are to clear the pits.

Long Jump and Shot Put should start by flights depending on the number of competitors.

RULES

Ties in any event will be broken using IAAF/CTFA rules. Any other questions will also be resolved with IAAF/CTFA Rules.

NUMBERS

Numbers will be issued for each competitor and must be worn by that individual ONLY. For all the events the numbers must be worn on the front.

TEAM SCORING

Team score will be calculated based on athletes' points totals, calculated as follows:

1 st : 10 points	5 th : 4 points
2 nd : 8 points	6 th : 3 points
3 rd : 6 points	7 th : 2 points
4 th : 5 points	8 th : 1 point

AWARDS

- Team Champion for each age categories for Girls and Boys – Trophy
- Team Champion for Girls and Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For the school athletes, the awards will be given directly to teachers at the end of the meet.
- Other awards can be picked up 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eight in individual events, and 1st, 2nd & 3rd in relays.

RESULTS

Following the track meet, results will be available at www.vancouverolympicclub.ca

SCHEDULE

- A tentative schedule is posted, however there might be changes depending on number of competitors.
- Also note that event times may be up to 30 min earlier or later than listed due to the heats involved.
- Be mindful that athletes need plenty of time for proper warm up, so please come early. Coaches and teachers should also advise parents.

VENUE

- Bathrooms are available at the Swangard Stadium
- Parking is available at Boundary Road and Kingsway beside the Swangard Stadium (south side).

INFIELD

Only participating athletes are allowed in the infield.

The infield and the finish line area must be kept clear to enable the officials to do their job.

LOST AND FOUND

- Lost and found articles may be claimed e-mail: voc.tatjana@gmail.com after the meet
- Articles not claimed after 2 months will be donated to charity

VOLUNTEERS

Most volunteers are VOC athletes and families, however we might, at times, need additional help so we'd really appreciate if **each school could provide one volunteer**.

After your registration has been submitted, we will let you know how you can help.

ADDITIONAL INFORMATION

Vancouver Olympic Club Track Meet is open to any public, private, independent schools or clubs in BC.

- Elementary & Secondary Schools from across Lower Mainland are encouraged to participate
- Warm-up for teams and athletes must be done outside the track
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- Concession – will be open at Swangard Stadium
- Heat Sheets and the Results: will be posted besides the Concession wall and at the entrance A and B.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced.
- Athletes not complying with this specification will not be allowed to compete.

VOC sponsor, **Run Inn**, will be at the meet selling a limited selection of Track Spikes and accessories. For School Team orders or Athlete needs, please call or visit The Run Inn @ 2236 W 41st Ave Vancouver, tel 604-267 7866 or at: info@runinn.com

The Vancouver Olympic Club would like to thank Title Sponsor, **Nicola Wealth**, for its continued support for our annual track meet and commitment to youth sport.



2022 TRACK MEET SCHEDULE – FIELD EVENTS
(Draft, as of March 22, 2022)

Friday - April 22nd, 2022

Time	Long Jump			Triple Jump		High Jump	Shot Put
	Pit A	Pit B		Pit A	Pit B		
3:00 pm	2012 G	Flight 1	Flight 2			2011 G	2009 G
4:00 pm	2012 B	Flight 1	Flight 2			2011 B	2009 B
5:00 pm	2013 G	Flight 1	Flight 2			2010 G	2010 G
6:00 pm	2013 B	Flight 1	Flight 2			2010 B	2010 B
7:00 pm	2011 G	Flight 1	Flight 2			2009 B	2013 G

Saturday - April 23rd, 2022

Time	Long Jump			Triple Jump		High Jump		Shot Put
	Pit A	Pit B		Pit A	Pit B	Pit A	Pit B	
10:00 am	2009 G	Flight 1	Flight 2			2012 G		2012 G
11:00 am	2009 B	Flight 1	Flight 2			2012 B		2012 B
12:00 pm	2010 G	Flight 1	Flight 2			2013 G		2011 G
1:00 pm	2010 B	Flight 1	Flight 2			2013 B		2011 B
2:00 pm	2011 B	Flight 1	Flight 2			2009 G		2013 B
3:00 pm				2009 G	2009 B			
	High School Field Events							
3:30 pm	Gr 8-9-10 G	Gr. 8-9-10 B						
4:30 pm	Gr. 11-12 G	Gr. 11-12 B						

2022 TRACK MEET SCHEDULE – TRACK EVENTS
(Draft, as of March 22, 2022)

FRIDAY - April 22nd, 2022

Time	60mH	80mH	200mH	1000m	1200m	4x100m
3:00 pm	2013 G&B					
3:20 pm	2012 G&B					
3:40 pm	2011 G&B					
4:00 pm		2010 G&B				
4:20 pm		2009 G&B				
4:40 pm			2010 G&B			
4:55 pm			2009 G&B			
5:10 pm				2013 G&B		
5:20 pm				2012 G&B		
5:30 pm				2011 G&B		
5:40 pm					2010 G&B	
5:55 pm					2009 G&B	
5:10 pm						2013 G&B
6:20 pm						2012 G&B
6:30 pm						2011 G&B
6:40 pm						2010 G&B
6:50 pm						2009 G&B

2022 TRACK MEET SCHEDULE – TRACK EVENTS
(Draft, as of March 22, 2022)

Saturday - April 23rd, 2022

Time	300m	60m	100m	200m	600m	800m
10:00 am	2009 G					
10:03 am	2009 B					
10:06 am	2010 G					
10:10 am	2010 B					
10:15 am		2013 G				
10:30 am		2013 B				
10:45 am		2012 G				
11:00 am		2012 B				
11:10 am		2011 G				
11:20 am		2011 B				
11:30 am		Rascal 50m				
11:40 am			2010 G			
11:50 am			2010 B			
12:00 pm			2009 G			
12:10 pm			2009 B			
12:20 pm			2013 G			
12:55 pm			2013 B			
1:05 pm			2011 G			
1:15 pm			2011 B			
1:25 pm			2012 G			
1:35 pm			2012 B			
1:45 pm			2009 G Final			
1:50 pm			2009 B Final			
1:55 pm				2011 G		
2:05 pm				2011 B		
2:10 pm				2010 G		
2:20 pm				2010 B		
2:30 pm				2009 G		
2:40 pm				2009 B		
2:50 pm					2013 G	
3:00 pm					2013 B	
3:10 pm					2012 G	
3:20 pm					2012 B	
3:25 pm					2011 G	
3:30 pm					2011 B	
3:35 pm						2010 G
3:40 pm						2010 B
3:45 pm						2009 G
3:50 pm						2009 B

Saturday – April 23rd, 2022 High School Track Events

	100m	200m	Mile
4:00	Gr. 8/9/10/11&12 G		
4:25	Gr. 8/9/10/11&12 B		
4:50			Gr. 8/9/10/11&12 G & B
5:20		Gr. 8/9/10/11&12 G	
5:45		Gr. 8/9/10/11&12 B	