



2023 GREYHOUNDS MASTERS MULTI-EVENTS MEET

Hosted by Greyhounds Masters Track and Field Club

Sanctioned by BC Athletics

DATE: Friday and Saturday, September 8-9, 2023

VENUE: South Surrey Athletic Park, 14600 20 Avenue, SURREY, BC, V4A 2C8

Meet Director: Harold Morioka 604-589-9034 isaohmorioka@gmail.com

HOC Chair: Urith Hayley 604-209-9646 greyhoundspres@gmail.com

Entries/Registration: Gary Silvester gary@thesilvesters.net

* REGISTER ONLINE at TrackieREG www.trackiereg.com/BCMCEC2023

Additional individual/relay events: (on Saturday, Sept 9) Sub-Masters (30-34) welcome.

* 100M, 400M, 1500M, 1500M Race walk (Register on Trackie)

* 4 x 100M (Registration with payment at meet, at least one hour before race)

Eligible Athletes:

- * All Masters athletes who are 2023 Competitive members of BC Athletics.
- * Canadians from outside of BC who are members of their Provincial Branch of Athletics Canada
- * Residents from outside of Canada who are members of their National Affiliate.
- * SUB-MASTERS, Age 30-34, who are members of their national athletics association
- * Age determined as of Friday, September 8, 2023.

Entry Fees:

- * Mens Decathlon - \$100, Womens Heptathlon - \$70, Mens & Womens Throws Pentathlon - \$50
- * **MAXIMUM ENTRIES:** Maximum of 10 athletes in the Multi-events.
- * All Individual events: \$15 per event
- * Relay events: \$40 per team (Can register your team and pay on the day of competition)
- * **ENTRY DEADLINE: FRIDAYDAY, SEPTEMBER 1, 23:59.** (Except relays)
- * **LATE ENTRY DEADLINE: TUESDAY, SEPT 5.** (No late entries accepted at the meet)
- * **LATE ENTRY FEES:** Extra \$25 for the Multi-Events, Extra \$10 for the individual events.

Awards:

Greyhounds Club medals for the Multi-Events, Individual events and Relays.

Medals will be given out in 5-year age groups.

Track Events:

All individual running events will be run as Finals.

Age groups will be combined to maximize lanes but no athlete will be separated from his/her age group.

Women will compete first, oldest to youngest. Followed by the men, oldest to youngest.

Field Events:

Athletes will be given practice time as time permits.
All throws and jumps will be allowed 3 trials in the multi-events.

Weigh In/Measurement of Equipment:

Competition grade implements will be provided for all throwing events.

Athletes who wish to use their own equipment must have them certified at least one hour prior to the start of the competition. All approved personal equipment become part of the competition equipment pool. Please address any questions or concerns regarding throwing equipment to alan_essex@hotmail.com

Spike Length:

Maximum is 7mm for all track events, horizontal jumps and pole vault.
For the high jump and javelin, 9mm spikes will be allowed.

Acceleration of Events:

The starting time of events may be moved up by 30 minutes at the discretion of the meet director or Multi-events referee.

Marshalling:

All multi-event athletes will check in at the start of their first event. The athletes then will move as a group along with the officials. Permission to leave the group is at the discretion of the officials.

For the individual track events and relays, marshalling/clerking will be done at the start of the race.

Registration Pickup:

Registration packages with competitor numbers may be picked up at the South Surrey Athletic Park, starting at 8 am on Friday, September 8.

Competition Numbers:

Competition numbers must be worn on the Front for all track events, and Front or Back for the field events (at the discretion of the officials).

Electronic Timing:

All running events will be timed electronically. Wind readings will be provided for the sprints and long jump.

Protests:

Protests must be submitted to the relevant referee (Track or Field). Protests must be submitted no later than 30 minutes after results are posted. The referee's decision may be appealed in writing to the Jury and must be accompanied by a \$25 fee. An appeal must be received within 30 minutes of the referee's decision being announced. If the appeal is successful, the fee will be returned. All Jury of Appeal decisions will be final.

Records:

- * For BC Masters records – must complete a BC Masters record form.
- * For Canadian Masters records – must complete a CMA record form and include a copy of the Zero Gun Test and a photo-finish for a track record, or a copy of the official event sheet for a field record.
- * For World Masters records – A WMA record form must be completed. For a track record, a Zero Gun Test plus a copy of the photo-finish is also required. For a field record, a copy of the official event sheet is also required. Your birth certificate must be on file with the CMA.

TENTATIVE SCHEDULE:

NOTE: All events will follow World Athletic (WA) rules, except where different from the WMA rules.

The first event for all multi-events will start each day as indicated. The following events will start at the discretion of the officials.

MENS DECATHLON:

FRIDAY, SEPTEMBER 8

100M – 9:00
Long Jump – 10:00
Shot put – 11:30
High jump – 1:00
400M – 3:10

SATURDAY, SEPTEMBER 9

HURDLES – 9:30
Discus – 10:45
Pole vault – 12:15
Javelin – 2:15
1500M – 3:40

WOMENS HEPTATHLON:

FRIDAY, SEPTEMBER 8

Hurdles – 9:45
High jump – 11:15
Shot put – 1:15
200M – 3:00

SATURDAY, SEPTEMBER 9

Long jump – 10:45
Javelin – 12:15
800M – 1:45

THROWS PENTATHLON:

FRIDAY, SEPTEMBER 8

MEN

Hammer – 9:00
Shot put – 10:30
Discus – 12:15
Javelin – 2:00
Weight – 3:30

FRIDAY, SEPTEMBER 8

WOMEN

Hammer – 10:45
Shot put – 12:15
Discus – 1:45
Javelin – 3:15
Weight – 4:30

OTHER INDIVIDUAL EVENTS AND RELAY(S):

SATURDAY, SEPTEMBER 9

(SUB-MASTERS, age 30-34 welcome to register)

2:00	1500M Race Walk	(Women and Men together)
2:15	100M	Women first, followed by Men
3:00	1500M	Women and Men together
3:20	400M	Women first, followed by Men
3:40	NOTE:	<i>Mens Decathlon 1500m run at this time</i>
4:00	4 x 100M	Women and Men relay teams.
4:15	4 x 800M	Tentative