



**Saturday, February 4<sup>th</sup>, 2023**

## **Meet Information Bulletin**

Last reviewed ~ December 18, 2022

***JD (BORN 2010-2011-2012-2013-2014), U16 (born 2008 or 2009),  
U18 (born 2006 or 2007), Masters & Open Divisions ~ Men & Women***

This is the eleventh year that this event offers the opportunity to compete on the indoor track and field complex at the Richmond Olympic Oval. The facility accommodates a level, 5-lane, 200-meter oval running track plus room for shot put and high jump. In addition, a separate 100m straightaway offers a safe, 5-lane environment for up to 60m sprints and 60m hurdles events.

**Co-sponsors:** The Richmond Kajaks Track & Field Club and The Achilles International Track & Field Society



**Location:** Richmond Olympic Oval ~ 6111 River Road, Richmond, BC – [www.richmondoval.com](http://www.richmondoval.com)

**Events:** **JD (born 2010-2014):** 60m - 600m - 4X200m Mixed Relay (2G/2B)  
**JD (born 2010-2011): Shot Put (Boys/Girls)**  
**U16, U18, Masters, Open:**  
 60m – 60mH – 300m – 600m – 1000m – **1200m\*/1500m** - 4x200m Relay - HJ – SP  
 \* 1200m is the official distance event for U16 W/M

**Awards:** **CO-ED RACE-WALK EVENTS 1500m U16-U18-Open: 800m JD (born 2010-2011)**  
**Medals** to top 3 finishers in **ALL DIVISIONS!**  
**The Pacific World Cup** for the University team aggregate point winner. Scoring: 6-4-3-2-1  
**The Eaton Cup** for the Club team (U16-U18-Open) aggregate winner. Scoring: 6-4-3-2-1  
**Awards** for best individual performance in U16 W/M; U18 W/M, Masters W/M, Open W/M

**Entry Fees:** **Early Bird \$17.50 per person per event; \$35.00 per relay team** – by January 29<sup>th</sup> 11:59pm  
 Athletes will be eligible to have their names on their bibs if registered in early-bird section  
**Late Online Registration \$17.50 per person per event; \$35 per relay team** – by February 1<sup>st</sup>, 11:59pm  
 Athletes will not have names on their bib in late online section  
**Day of Event registration \$25 per person per event; \$35 per relay team**  
 There is no guarantee that all events will be open for day of event registrants  
**Large Team Entry Fee Ceiling: \$500** per gender team.

**BC Athletics Membership Requirements:**

All participants in the meet must hold a 2023 BC Athletics or equivalent membership in order to take part in the meet. More BC Athletics information at: <http://www.bcatletics.org/main/index.htm>

Eligible memberships are:

- 2023 Competitive BC Athletics membership
  - 2023 Competitive membership with another province or IAAF Federation
  - 2023 Team Roster membership with a 2023 BC Athletics affiliated Post-Secondary Club
  - 2022/2023 BC Athletics School Club (Elementary through High School) membership
- Elementary through High School aged athletes who are not with a 2022/2023 BC Athletics School Club are permitted to take out a \$3.00 **Day of Event** membership in order to participate in the meet.  
**Note: Day of Event memberships are not permitted for any other age group.**

For the latest meet and entry information check: <https://www.harryjerome.com/events>



## Oval Track Schedule - Sectioned Timed Finals

(DRAFT) as of December 8, 2022

10:00	JD 12-13-U16-U18-Open	M	Shot Put
10:00	U16	W	600m
10:05	U16	M	600m
10:15	U18	W	600m
10:20	U18	M	600m
10:30	Open	W	600m
10:35	Open	M	600m
10:45	JD 9-13	W	600m
11:10	JD 9-13	M	600m
11:30	JD 12-13-U16-U18-Open	W	Shot Put
11:30	U16, U18	W	1000m
11:40	U16, U18	M	1000m
11:45	Open	M	1000m
11:50	U16	W	300m
12:10	U16	M	300m
<b>12:25</b>	<b>Track Oval Closed for 60m OM</b>		
1:10	<b>Opening Ceremonies</b>		
1:20	U16-U18-Open	W	High Jump
1:20	JD 12-13/U16-U18-Open	M/W	Race Walk 800m/1500m
1:35	U18	W	300m
1:45	U18	M	300m
2:05	Open	W	300m
2:10	Open	M	300m
2:45	U16	W	1200m
2:50	U16	M	1200m
3:05	<b>Track Oval Closed for 60m OM</b>		
3:15	U16-U18-Open	M	High Jump
3:15	JD 9-13	G/B	4x200m Mixed Relay
3:35	U18, Open	W	1500m
3:45	U18, Open	M	1500m
3:55	U16	W	4x200m Relay
4:00	U16	M	4x200m Relay
4:10	U18	W	4x200m Relay
4:15	U18	M	4x200m Relay
4:25	Open	W	4x200m Relay
4:30	Open	M	4x200m Relay



### Straightaway Schedule

(Draft) Last reviewed December 11, 2022

9:45	U16	W	60mH-Prelim
9:50	U16	M	60mH-Prelim
10:00	U18	W	60mH-Prelim
10:05	U18	M	60mH-Prelim
10:15	Open	W	60mH-Prelim
10:20	Open	M	60mH-Prelim
10:25	U16	W	60mH Final
10:30	U16	M	60mH Final
10:35	U18	W	60mH Final
10:40	U18	M	60mH Final
10:45	Open	W	60mH Final
10:50	Open	M	60mH Final
11:00	U16	W	60m-Prelim
11:20	U16	M	60m-Prelim
11:35	U18	W	60m-Prelim
11:50	U18	M	60m-Prelim
12:15	Open	W	60m-Prelim
12:30	Open	M	60m-Prelim
1:10	<b>Opening Ceremonies</b>		
1:20	JD 12-13	G	60m-Prelim
1:45	JD 12-13	B	60m- Prelim
2:00	JD 9-11	G	60m-Section Final
2:10	JD 9-11	B	60m Section Final
2:25	JD 12-13	G	60m- Final
2:30	JD 12-13	B	60m- Final
2:45	U18	W	60m Final
2:50	U18	M	60m Final-
2:55	Open	W	60m Final-A+B
3:05	Open	M	60m Final-A+B
3:15	U16	W	60m Final
3:20	U16	M	60m Final
3:25	Masters	W	60m-Final
3:30	Masters	M	60m-Final

## Important Changes & Reminders:

- We are excited to be back on track for 2023 Jerome Indoor Games!
- The meet will continue to incorporate the straightaway adjacent to the oval for all 60m and 60mHurdle events. Events will run simultaneously on both the oval and the straightaway.
- Please Note: Avoid time conflicts with events by reviewing this bulletin and schedule before completing entry applications. Events will not be delayed for athletes who are participating in another event at the same time.
- The ordering of pin spikes is integrated into the online event registration process at trackie.reg! \* See notes below about the only eligible spikes for use inside Richmond Olympic Oval.
- The Pacific World Cup (University) and Eaton Cup (Club) aggregate team winners as well as awards for the outstanding individual performance in each division (U16; U18; Open; Masters) will be presented at the conclusion of the meet.

## Technical Notes:

- Events for U16 – U18 – Open – Master (born 2008 and older): 60m+, 60m Hurdles\*, 300m 600m, 1000m, 1200m\*\*, 1500m, 4X200mR, High Jump, Shot Put\*, + = Masters sections; \* = age adjusted; \*\* = the 1200m is the official distance event for U16 W /M).
- Events for JD (born 2010-2014) Girls and Boys: 60m-600m-4x200m **Mixed (2G/2B) Relay.**
- **Continued Events in 2023 for JD (born 2010-2011) Girls/Boys: Shot Put (3 kg) will again be available.**
- **Continued Events in 2023 for U16 – U18 – Open: 1500m co-ed Race Walk will again be available.**
- Separate 'Masters-only' sections of the 60m are available if numbers permit.
- Junior-aged and Masters-aged athletes may apply to compete in the Open division.
- Open Women and Open Men 60m B-finals will only be run if size of field warrants.
- **All athletes, especially relay team members, are encouraged to wear club jerseys during their competition.**
- SPIKES note: if spikes are worn, only the following pin spike will be allowed for use on the Pulastic flooring. Omni-Lite 5mm Ceramic Indoor Pyramid spike and Omni-Lite 7mm Ceramic Indoor Pyramid spike the use of any other type or longer length of spike is prohibited and will be strictly enforced. **Spikes may be purchased through the meet – \$9 per set, available through online registration, or in person at bib pick up. Limited quantities are available.**
- The Track Zone starting blocks will be the only ones utilized.
- **We endeavor to ensure that the appropriate shot weights and sizes and hurdle heights and spacing are available during the competition.**
  
- **High Jump**
  - Opening or Starting Heights for High Jumps has been established.
  - Women - 1.20m (all ages)
  - Men - 1.35m (all ages)
  - Increments will be 5cm until the last remaining athlete (includes all age groups)

- **Specs for 60m Hurdles:**

- Age Classes: U16 Women/Men; U18 Women/Men; U20 Women/Men; Open Women/Men; Masters Women/Men

	Men				Women			
	Height	To 1 <sup>st</sup> H	Spacing	To Finish	Height	To 1 <sup>st</sup> H	Spacing	To Finish
U16	.840m/33"	13m	8.5m	13m	.762m/30"	12m	8m	16m
U18	.914m/36"	13.72m	9.14m	9.72m	.762m/30"	13m	8.5m	13m
U20	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
OPEN	1.067m/42"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 35-39	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 40-49	.991m/39"	13.72m	9.14m	9.72m	.762m/30"	12m	8m	16m
M: 50-59	.914m/36"	13m	8.5m	13m	.762m/30"	12m	7m	20m
M: 60-69	.840m/33"	12m	8m	16m	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
M: 70-79	.762m/30"	12m	7m	20m	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
<del>M: 80+</del>	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>

As in previous years this event will be available for Masters Men 79 years and younger, Masters Women 59 years and younger. The stadium does not have 27" Hurdles and this will remove the necessity of our having to borrow or rent them from elsewhere and then transport them to the stadium.

- **Specs for Shot Put:**

- Age Classes: JD B/G (born 2010-2011); U16 W/M (14/15); U18 W/M (16/17); U20 W/M (18/19); Open W/M; Masters W/M. Throwing Implements are provided. JD weight is 3 kg.

MEN	U16	U18	U20	Open	M 35-49	M 50-59	M 60-69	M 70-79	M 80+
				(16#)	(16#)				
	4 kg	5 kg	6 kg	7.26 kg	7.26 kg	6 kg	5 kg	4 kg	3 kg

  

WOMEN	U16	U18	U20	Open	W 35-49	W 50-59	W 60-69	W 70-74	W 75+
	3 kg	3 kg	4 kg	4 kg	4 kg	3 kg	3 kg	3 kg	2 kg

- **Start Lines & Stagers: (\* = run on straightaway)**

- 60m\*, 60mH\*, 300m – run in lanes all the way (300 has 3-curve staggered start)
- 600m – 2-curve staggered start; break in after second curve
- 1000m – start on single or double curved line; break in when clear; 8 runners max
- 1200m and 1500m - start on single or double curved line; break in when clear; 9 runners max
- 4 x 200m Relay – 3-curve staggered start: break in after third curve; 20m exchange zone
- 1500m Race Walk – start on single or double curved line; break in when clear; 24 runners max
- 800m Race Walk – start on single or double curved line; break in when clear;



## Early Bird Entry Deadline: January 29<sup>th</sup>, 11:59pm

**\*\*see details of late reg & day of event reg on page 2, Entry Fees**

### Entry Process:

- All entries are entered online : <https://www.trackie.com/online-registration/event/harry-jerome-indoor-2023/484964/#.Y5Z0XHbMKM8>
- Please review carefully BC Athletics membership requirements: <https://www.bcathletics.org/Membership/> (If membership is required, please set aside time to complete this membership process as it can take several days, please contact BC Athletics for more information)
- Relay Teams: When entering relay teams, all members must be identified by first selecting number of relay teams and then entering the names of members (section 2 of 3).
- Entry Fees CAP: Teams meeting the required \$500.00 entry fee total per gender per team (not including spike fees or day of meet BC Athletics Fee – outlined on page 2) can contact Dawn Driver for details on the process for uploading entries.
- There are no refunds for scratches that occur after the entry deadline. Groups claiming the \$500 cap must adjust their entry online to account for scratches up to Entry Deadline and will be charged for scratches received after the deadline to time of on-site payment of fees owing.
- Technical meeting at 8:45 am on meet day is last opportunity to scratch from events.

**Inquiries re Entries:** Direct your questions to Entry Chairperson: [dawn\\_driver@hotmail.com](mailto:dawn_driver@hotmail.com)

**Start List and Final Schedule:** will be posted on Friday February 3<sup>rd</sup>

<https://www.harryjerome.com/events>

## Seeding and Finals:

- Athletes will be placed into sections or heats based on submitted **best 2022 OUTDOOR performances**.
- All track events with the exception of the 60m, and 60m Hurdles are **sectioned timed finals**.

## Athlete Accreditation (Bibs) & Spectators:

- Athlete and spectator access to the Track Zone is available after **8:30 am**.
- Registered athletes may pick up their numbers at the **Athlete Check-in** table at the second level entrance to the Oval from **8:30 am**.
- General Admission tickets: \$5.00. Children under 13 accompanied by an adult are free.

**Meet Program:** Our PAPERLESS PROGRAM will be available at [www.harryjerome.com/events](http://www.harryjerome.com/events)

## Check-in Times & Locations:

- Check-in **for all Oval track events** will be located at the northwest corner of the Track Zone (left end of the window wall). Check-in **for all 60m or 60m hurdle** will be located at the northeast corner of the Track Zone (at the start line) Check-in must occur **no later than 15 minutes before the posted start times**. The athlete control clerks will escort competitors to the start of their event when it is time.

## Parking:

- Covered pay parking (\$2.25 per hour capped at \$20) is available at the Oval. West Park is a multi-level parking lot with access off River Road just east of the Lobby entrance to the Oval and with 40 parking stalls available also at \$2.00 per hour. With large groups at special events (like ours) parking becomes quite limited. We suggest you plan ahead with car-pooling or drop off plans.
- **Check this link for up-to-date overflow pay-parking options as of November 14, 2022**

[https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022\\_OverflowParking-Map-with-Legend.pdf](https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022_OverflowParking-Map-with-Legend.pdf)

