



**NORWESTERS ELEMENTARIES MEET  
SATURDAY and SUNDAY  
MAY 6 and 7, 2023  
BURNABY CENTRAL TRACK**

**MEET INFORMATION**

**INTRODUCTION**

- **Event Order:** All track events will be run in the order of oldest to youngest. This allows the younger athletes to learn race procedures from the older athletes prior to being marshalled. Girls will go before boys in each age group track event.
- **Several para events have been added 100m, shot put and 600 or 800m for ambulatory and seated athletes. If athletes would like to compete in events other than these please contact the Meet Director. Events will be run at the time scheduled for other boys and girls of the same age.**
- **100m and 60m relays:** For the youngest athletes we have placed the 4x100m relays to run immediately following the 100 Meters. They also have their field events following each other, allowing them to leave earlier each day. Schools are not limited in the number of relay entries per School.
- We shall be providing finals for the 100m and the 60m races.
- **Age Categories For Distance Races:** The 600m and 1000m are available for those born 2012 to 2014, and the 800m and 1200m for those born in 2010 and 2011. 2000m is for 2010 athletes only.
- **Javelin is for 2010 to 2013 athletes.**
- **Hurdles are for all age groups. 200m hurdles are for 2011 and 2010.**
- **Racewalk is for all athletes. Proper racewalking form will be expected.**
- **Triple jump is for 2010 only. Other age groups will not be allowed to enter.**
- For safety reasons shot put competitors must put the shot correctly and not throw it.
- **Marshalling:** Only athletes will be allowed in the marshalling areas. **Marshalling for track events is at the start for each race. Field events marshal at the event.** After the athlete has entered the marshalling area, parents and coaches are required to leave. Athletes should warm up ahead of marshalling and keep warm clothing on until the start of the event. For track events, runners' clothes will be collected at the starting line and stored in a dry box until after the event should it be raining.
- **If Two Events Occur At The Same Time For An Athlete** the athlete or the parent/coach, should notify the field event head official and the track event marshall of the situation at the time that each event is marshalled. A **short** time before the track event is run the athlete must notify the field event officials and go to the race. The parent/coach must realize that **COMPETITION WILL NOT BE SUSPENDED UNTIL ATHLETES RETURN** (IAAF and JD rules.) The athlete will enter the competition at the point that it has reached when they return. **Sometimes athletes may decide to miss one of the events in order to do well in the one of their choice. This situation is a common occurrence at track and field meets and is according to IAAF and JD rules.**

**AGE CLASSES BY BIRTH YEAR:**

*2010(Boys/Girls) 2011(Boys/Girls) 2012 (Boys/Girls) 2013 (Boys/Girls) 2014 (Boys/Girls)*

## AGE RESTRICTIONS:

Athletes younger than those born in 2014 are not eligible to enter this meet. Athletes must compete in their own age class except for Grade 7 students born in 2009 who may compete with the 2010 age class. They will be awarded separately.

## RELAYS:

All relay teams must be made up of athletes from the same school or club. An athlete may compete for an older age class in a relay, but may not compete in more than one relay race of each kind or more than once in the same race. If a school enters a relay team, club athletes will run for their school. Clubs may enter relay teams of athletes whose schools are not entered.

On the meet day registrations will be taken from athletes for mixed teams. Any athlete who does not have a team to run with will be allowed to form a team with other athletes in the same situation. Priority must be given by all athletes to run with their school or club.

## TRACK EVENTS:

60m (2012 to 2014)  
100m (2010 to 2014) and Para  
200m timed finals (2010 to 2012 only)  
300m timed finals (2010 to 2011 only)  
600m timed finals (2012 to 2014) and para  
800m timed finals (2010 to 2011) and para  
1000m timed finals (2012 to 2014)  
1200m timed finals (2010 to 2011)  
2000m timed finals (2010 only)  
80m hurdles, timed finals, 10B (30"/8m), 10G (30"/7.5m), 11/B (27"/7m)  
60m Hurdles, timed finals 12 G/B (24"/6.5m), 13G/B (24"/6.5m), 14 G/B (21"/6.5m)  
200m Hurdles timed finals 10 G/B (27") 11G/B (24")  
800m Racewalk (2011-2014)  
1500m Racewalk 2010  
Sprint relay (4x 100m) timed finals (2010 to 2014)  
Shuttle relay (4x60m) timed finals (2012 to 2014)  
Medley relay (200/200/200/600) (2010 to 2012)  
**(Nine and ten year olds may not run up in events which include a 200m, 400m, 800m or 1200m)**

## FIELD EVENTS:

Long Jump (2010 to 2014)  
High Jump (2010 to 2014)  
Triple Jump (2010 only)  
Shot Put (2010 to 2014) and para  
Discus (2010 to 2013 only)  
Javelin (2010 to 2013 only)

Please note: NorWesters reserves the right to limit the number of entries in any jumps event in order to keep the meet running on schedule. Entries will be accepted in the order in which they are received. **Please number your athletes in your order of preference for inclusion in each event age group.**

## AWARDS:

Individual events: Medals: 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons: 4<sup>th</sup> to 8<sup>th</sup>

Relays: Ribbons: 1<sup>st</sup> to 3<sup>rd</sup>

Awards will be handed out after results have been posted for 30 minutes.

Awards will be handed out throughout the day. Please pick up as soon as event is announced. Do not leave to pick up all awards at the end of the day. Awards not picked up will not be mailed.

## RULES:

**EACH SCHOOL OR CLUB IS RESPONSIBLE FOR THE SUPERVISION AND CONDUCT OF THEIR ATHLETES. ON YOUR REGISTRATION FORM, PLEASE DESIGNATE THE ADULT OR COACH RESPONSIBLE FOR YOUR TEAM.**

Coaches, athletes and spectators are not allowed on the infield. All coaches and spectators must stay out of the areas designated as competition areas. Coaching must take place from an area

designated by the chief official. Seating will be provided. Athletes who are competing must stay within the competition area with the other competitors.

The sidelines in front of the track and the sidelines in front of the long jump must be kept clear to make it possible for officials and timers to carry out their duties effectively.

**Do Not Cross the Track, Discus, Javelin, High Jump, Long Jump, or Shot Put Area Except Under the Direction of an Official.**

**Dogs are not allowed in the School Grounds.**

This Meet will be run in accordance with IAAF and BC Junior Development rules. Failure to comply with meet rules may result in the disqualification of an athlete, team or coach from the competition.

**FIELD:**            *Long jump: 3 jumps each*  
                      *Triple jump: 3 jumps each.*  
                      *High Jump: Starting heights on schedule*  
                                  *5 cm increments until two athletes are left, then the athletes can choose.*  
*Shot put        3 throws each*  
                                  *2012 to 2014 boys and girls – 2k; 2011& 2010boys and girls - 3Kg)*  
*Discus:         3 throws each*  
                                  *2010 to 2013 girls - 750g;     2012 and 2013 boys 750g;*  
                                  *2011 – 2010 boys 1kg.*  
*Javelin         2010 to 2013 girls and 2012 to 2013 boys - 400gm javelin*  
                                  *2010 to 2011 boys 500gm*

**ACCELERATION OF EVENTS:**

***Events may be moved forward by 30 minutes at the Meet Director's discretion. Please listen carefully to announcements over the public address system.***

**IMPORTANT INFORMATION:**

***Please note that athletes born in 2014 are limited to 60m, 100m, 4x 100m relay, 600m, 1000m, hurdles, shot put, high jump and long jump. Do not enter athletes born in 2014 in any other events. They will not be accepted.***

If a coach enters an athlete from a school other than his/her own, that athlete must be entered as running for the school attended and pay all appropriate fees including day of race fees. All athletes must compete for the school that they attend.

CLUBS PLEASE NOTE: If a school enters a team, club athletes enter with their school.

**REGISTRATION & ENTRIES:**

**LINK TO TRACKIE ONLINE REGISTRATION:**

<https://www.trackiereg.com/norwesters-2023>

Meet Registrar: [John Millard john\\_w\\_millard@yahoo.ca](mailto:john_w_millard@yahoo.ca)

**ENTRY DEADLINE: Wednesday May 3rd at 10PM**

**ENTRY FEES:**

\$10.00/event    \$20.00/relay

**LATE ENTRIES WILL BE CHARGED \$15.00/event. Late entries are subject to availability and must be received at least 1 hour prior to the scheduled start of the event. All entries are final as of the entry deadline. No refunds will be given for any reason for events scratched or not attended after Wednesday May 3rd @10pm.**

**CORRECTIONS TO CLUB MISTAKES MAY BE MADE UP TO ONE HOUR PRIOR TO THE START OF AN EVENT.**

**Meet Entry Information will be available on line at [www.norwesterstandf.com](http://www.norwesterstandf.com) by 3pm, Thursday May 3rd.** The team coach must make all corrections to entries.

**REGISTRATION PACKAGES:** Registration packages, including athletes' numbers, will be available for pick up by coaches at 8.00.a.m. Please go to the table at the outside of the track at the finish line. Numbers must be worn on the front for all events. Athletes using another athlete's number will be disqualified from participating in the rest of the meet. Any scheduling changes will be announced. All changes to posted results will be made in consultation with the Track or Field Referees and the Meet Director.