BC ATHLETICS

2026 JUNIOR DEVELOPMENT TRACK & FIELD CHAMPIONSHIPS

JULY 18-19, 2026 | Duncan, BC

ABOUT

The 2026 BC Athletics Junior Development Championships are the provincial track & field championship for athletes born between the years of 2013 and 2017. Athletes are invited to participate in as many events as they would like throughout the weekend, in consultation with their coach. BC Athletics thanks Cowichan Valley Athletics Club, BC Athletics Officials, and volunteers for supporting this event.

SPIRIT OF THE EVENT

This event promotes participation across multiple disciplines, where an athlete is encouraged to develop athleticism and technical skills in one or more events. This event promotes athlete development, friendly competition, sportsmanship and camaraderie. This event is made possible by the significant volunteer contribution of event organizers, officials and event volunteers. We encourage all participants and spectators to take a moment to thank these volunteers. As a reminder to all participants and spectators, we participate in sport because it is fun and can provide a healthy challenge to overcome hard things. Let's all do our part to uphold the spirit of the event!

COWICHAN SPORTSPLEX

The Cowichan Sportsplex, located in Duncan, British Columbia, is a versatile outdoor athletics and recreation facility that serves as a key hub for sport on Vancouver Island. Featuring a full-size track and field venue with an infield that supports multiple throwing and jumping events, the Sportsplex is designed to accommodate training, local competitions, and community programming. Its open layout, spectator viewing areas, and multi-use fields make it well-suited for track and field meets, soccer, and other outdoor sports, while its accessibility and strong community support have made it an important venue for developing athletes and hosting regional events.

ELIGIBILITY

To participate in the 2026 BC Athletics Junior Development Championships, athletes must:

- Be born in the years 2013 – 2017
- Have a valid 2026 BC Athletics Annual Athlete Membership or the equivalent from another Provincial Branch (e.g. Athletics Alberta) or World Athletics Federation (e.g. Athletics Australia).

Non-Member Event Licenses (NMEL) are not available or accepted for this event.

ENTRY STANDARDS

There are no entry standards for this event.

REGISTRATION

Participants can register online here.

EARLY ENTRY DEADLINE June 16, 2026 (11:59PM PST)	REGULAR ENTRY DEADLINE July 5, 2026 (11:59PM PST)	LATE ENTRY DEADLINE JULY 12, 2026 (11:59PM PST)
$20.00 for first event $10.00 for each additional event $20.00 for each relay team** + $5.00 ODF*	$20. 00 for first event $10.00 for each additional event $20.00 for each relay team** + $5.00 ODF	$30. 00 for first event $15.00 for each additional event $20.00 for each relay team** + $5.00 ODF
Championships T-Shirt Custom Competition Bib		

*Officials Development Fee
**Teams can register for relays up to 3 hours before the scheduled start of the relay event.

X NO REFUNDS AFTER LATE REGISTRATION IS CLOSED (SEE ABOVE). NO EXCEPTIONS
X NO REGISTRATIONS ACCEPTED AFTER LATE REGISTRATION CLOSES (SEE ABOVE). NO EXCEPTIONS

AWARDS

- BC Athletics Championship medals will be awarded for 1st to 3rd place for all events and age groups.
- Ribbons will be awarded for 4th to 8th place.
- Awards will be presented as scheduled or available for pick up at the awards table
- Unclaimed awards will not be mailed out.

MEDICAL & FIRST AID

Emergency first aid will be provided.

Please note that no performance services will be available, including taping

The closest hospital is:

Cowichan District Hospital
3045 Gibbins Road
North Cowichan, BC V9L 1E5

SOUVENIR MERCHANDISE & CONCESSION

A concession will be available onsite with refreshments and snacks.
BC Athletics merchandise will be available on site. Cash or card accepted.

ACCOMMODATIONS

1. Best Western Cowichan Valley | 6457 Norcross Road, Duncan, BC V9L 6C6
2. Best Western Plus Chemainus Inn | 9573 Chemainus Road, Chemainus, BC V0R 1K5

TECHNICAL INFORMATION

COMPETITION CATEGORIES

Athletes will compete in the following age groups: 9-year-olds (2017), 10-year-olds (2016), 11-year-olds (2015), 12-year-olds (2014) and 13 years olds (2013).

In certain events with limited field sizes, athletes may compete with multiple age categories but will still be awarded based on their year of birth.

Para Ambulatory athletes may register and compete in all events as outlined by the BC Athletics JD Para Guidelines.

ORDER OF EVENTS

Athletes will follow the published schedule

FACILITY INFORMATION

This year's event will take place at the Cowichan Sportsplex

ADDRESS: Cowichan Sportsplex | 5847 Chesterfield Avenue, Duncan, BC V9L 2X5

The facility includes:

- Cowichan Sportsplex Athletic Park track is an 8-lane urethane surface 400m track oval.
- The field events take place inside and outside of the oval.
- Washrooms and water fountains are available at the facility.
- There are uncovered bleachers for spectators.

Clubs are encouraged to bring tents for shade.
Athletes are not permitted to warm up on the infield.
Spectators must remain in spectating areas (outside of competition area).

SPIKE LENGTH

- The maximum spike length allowed is **7mm**
- Christmas Tree spikes are NOT permitted.

COMPETITION NUMBERS

Competitor numbers will be available for pick up at the registration tent starting at 9am **on Saturday July 18, 2026.**

Competition numbers must be work on the front of the athlete's competition top for all events. There will be a **$10.00 replacement fee** for athletes who require replacement bib numbers.

COMPETITION ATTIRE

- All Club athletes are encouraged to wear their club-issued uniform.
- Unattached athletes should wear appropriate athletics gear for their events.
- No past or present BC Athletics or Athletics Canada uniforms permitted.

MARSHALLING

- Athletes are advised to check in at least 15 minutes prior to the start of their event.
- Track Events: Athletes should check in at the marshalling tent.
- Field Events: Athletes should check in directly at the event. Athletes arriving late will not be allowed to delay competition to set marks or have practice jumps/throws.
- Athletes who leave a field event to participate in another event will forfeit the attempt that they miss.
- Schedule may run up to 15 minutes early.

THROWING IMPLEMENTS

All equipment will be supplied by the host.

ATHLETES WITH CONFLICTING EVENTS

- Be advised that there may be conflicts for some age groups between track & field events.
- To avoid missing an event, athletes should check-in for both conflicting events. Parents/coaches should help their athletes keep track of when their events are being run.
- Event officials will try to facilitate athletes doing both events. However, athletes cannot "catch up" on missed rounds of field events or change heats because of missed track events.
- Athletes who leave a field event to participate in another event will forfeit the attempt that they miss.

WA TECHNICAL RULE 4.4 – HONEST EFFORT RULE

This event will enforce the "honest effort rule" under World Athletics Rule 4.4

An athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays in cases where:

4.4.2 An athlete qualified in a qualification round of an event for further participation in that event but failed to participate further.

4.4.3 An athlete failed to compete honestly with a bona fide effort. (Note: the situation foreseen in Rule 4.4.3 of the Technical Rules will not apply to individual events within Combined Events.

QUALIFYING FOR FINALS

- Heats will be held in the 60m, 100m, 60m Hurdles, and 80m Hurdles.
- The fastest 8 times from the heats will advance to the final.
- All other Track events will be run as timed finals.
- If there are 8 or less athletes in a heat, the heat will run as a final at the time of the heat.

SEED PERFORMANCES

Athletes will be seeded for heats and timed finals according to the provided seed times at the time of online registration.

Timed finals will be seeded with the fastest seeds in the same section and the fastest section competing last.

PROTESTS

The protestor or individual representing the protester (coach or parent) has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within 30 minutes of the official announcement of that decision.

APPEALS TO THE JURY

A jury of appeals consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

NON-LANED EVENTS

Events 600m and up will use the curved/waterfall start lines.

4 X 100M RELAY

This relay is open to all age groups

1200M MEDLEY RELAY

This relay is for 2013, 2014, and 2015 age groups. Younger athletes may run up to fill teams.

Race format will be as follows:

- The relay will be run in the following order: 200m, 200m, 200m, 600m.
- The start line will be the 4x400m laned start lines.
- For the first two legs of the race, athletes will run in their lanes.
- The first and second handoff will use the 4x100m handoff zones at the 200m start and the finish line.

- The third 200m runner will cut in after they run the curve and then run in Lane 1.
- For the third handoff, the 600M athletes will line up 10m before Lane 1's 200m start line in the order their team is in 150m before the handoff.

RELAY ELIGIBILITY

Teams may be formed by:

- Individuals from various age groups, but the team must run in the age category of its oldest member.
- Members of the same club, and those athletes having second claim club status with that club. Athletes must run for their own club if possible.
- Unattached members.
- Combining members from different clubs who cannot field a four-member team. **Athletes must run with their primary club, if possible.**
- All teams are eligible for BC Athletics Championship Awards.

THROWS AND HORIZONTAL JUMPS

Each athlete is permitted up to 3 attempts. All fair attempts will be measured.

VERTICAL JUMPS

- The bar is to be raised by 5cm in High Jump and 10cm in Pole Vault.
- Three consecutive failed attempts will eliminate an athlete. This includes two failed attempts, a pass, then a failed attempt at the next height.

STARTING HEIGHTS

YOB	GIRLS	BOYS
2017	0.80m	0.80m
2016	0.90m	0.90m
2015	1.00m	1.00m
2014	1.10m	1.10m
2013	1.15m	1.15m

EVENT SPECIFICATIONS

This event will be observing the below technical specifications. All specifications can be found in the BC Athletics Events & Technical Specifications Manual

Sprint Hurdle Event Specifications*

AGE	SEX	DISTANCE	HEIGHT	START > H
9	G	60mH	21" | 0.533m	11.00m
	B	60mH	21" | 0.533m	11.00m
10 – 11	G	60mH	24" | 0.610m	11.00m
	B	60mH	24" | 0.610m	11.00m
12	G	80mH	27" | 0.686m	12.00m
	B	80mH	27" | 0.686m	12.00m
13	G	80mH	30" | 0.762m	12.00m
	B	80mH	30" | 0.762m	12.00m

Long Hurdle Event Specifications*

AGE	SEX	DISTANCE	HEIGHT	START > H
12	G	200mH	24" | 0.610m	20.00m
	B	200mH	24" | 0.610m	20.00m
13	G	200mH	27" | 0.686m	20.00m
	B	200mH	27" | 0.686m	20.00m

*This event will be using scissor/kick away hurdles

Throwing Event Specifications

EVENT	SEX	9	10	11	12	13
SHOT PUT	G	2.00K	2.00K	2.00K	3.00K	3.00K
	B	2.00K	2.00K	2.00K	3.00K	3.00K
DISCUS	G	-	750G	750G	750G	750G
	B	-	750G	750G	1.00K	1.00K
HAMMER	G	-	-	-	3.00K	3.00K
	B	-	-	-	3.00K	3.00K
JAVELIN	G	-	400G	400G	400G	400G
	B	-	400G	400G	500G	500G