



“INSPIRING LIFELONG EXCELLENCE THROUGH ATHLETICS”

ABOUT

The 2025 BC Athletics Junior Development Pentathlon championship is the provincial championship for athletes born between the years of 2012 and 2016.

Five events are contested in one day for all Junior Development age groups 9 (2016), 10 (2015), 11 (2014), 12 (2013), 13 (2012) year olds. Points are assigned to each event performance. At the conclusion of all five events, athletes will be given an overall score to determine their overall placing.

BC Athletics would like to thank the Golden Ears Athletics Club, BC Athletics Officials, and volunteers for supporting this event.

SPIRIT OF THE EVENT

The BC Athletics Junior Development Pentathlon Championships is an annual provincial championship event for athletes aged 9-13. This event promotes participation in multi events, where an athlete is encouraged to develop athleticism and technical skill in five of the fundamentals of track & field (sprinting/hurdling, jumping, throwing, and running). 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!



EVENT INFORMATION

| | |
|----------------|---|
| Event: | 2025 BC Athletics Junior Development Pentathlon Championship |
| Host: | BC Athletics and Golden Ears Athletics |
| Date: | Saturday June 14, 2025 |
| Location: | Maple Ridge Secondary School / Merkey Park 21911 122 Avenue Maple Ridge, BC V2X 3X2 |
| Venue: | Rotary Track |
| Age Groups: | Junior Development (Athletes born between 2012-2016) |
| Sanctioned: | BC Athletics |
| Meet Director: | Phil Pitzey |
| Meet Manager: | Doug Evans |
| Meet Entries: | Nicola Pitzey |
| BC Athletics: | Kala Stone (kala.stone@bcathletics.org) |
| Website: | |
| Registration: | https://www.trackie.com/event/2025BCAPentChamps |

EVENT ELIGIBILITY

Participating athletes must be:

- Born in the years 2012-2016
- Participating athletes must hold a current competitive athlete membership with BC Athletics or another Athletics Canada member branch.
- No Day of Event Memberships are permitted.

ENTRY STANDARDS

- No entry standards apply for this event.

EVENT REGISTRATION + FEES

Regular Entry Deadline
June 8 by 11:59 PM PST
\$35.00

Late Entry Deadline
June 10 by 11:59 PM PST
\$45.00

NO REGISTRATIONS ACCEPTED AFTER LATE ENTRY DEADLINE
NO REFUNDS AFTER June 10 @ 11:59 PM

REGISTRATION PACKAGES

- Bib numbers will be available for pick up on Saturday June 14th starting at 9am.
- Clubs are encouraged to pick up all bibs for participating athletes for distribution.
- Athletes must wear their assigned competition bib throughout the competition.
- Replacement bibs can be purchased for a fee of \$10.00

TECHNICAL COMPETITION RULES

COMPETITION CATEGORIES

- Athletes will compete in the following age groups: 9 year olds (2016), 10 year olds (2015), 11 year olds (2014), 12 year olds (2013), 13 year olds (2012).
- 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 schedule listed below.

FACILITY INFORMATION

- The event will take place at Rotary Track, located Maple Ridge Secondary School and Merkley Park.
- Facility amenities include:
 - Washrooms (no change rooms)
 - Water fountain and bottle filling station
 - Uncovered grand stand for spectator seating
- Clubs are encouraged to bring tents to provide a shaded area for athletes.
- No club tents permitted on track or infield.
- Athletes can use the infield and park trails for warm up.

SPIKE LENGTH

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

COMPETITION NUMBERS

- Competition numbers must be worn on front of the athlete's competition top for all events.
- There will be a fee of **\$10.00** 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 athletic gear for their event(s).

MARSHALLING

- Athletes must check in at least 15 minutes before the start of each event, at the event site.

THROWING IMPLEMENTS

- All throwing implements will be supplied by the host club.

PARTICIPATION RULES

- In exceptional circumstances where an athlete does not start an event (DNS), they may continue to compete in the remaining events; however, their results will NOT be included in the final point standings. Athletes who do not finish an event (DNF) will receive a score of zero for that event, but may continue competing, and will be included in the final standings.

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 3cm in High Jump.
- Three consecutive failed attempts will eliminate an athlete. This includes two failed attempts, a pass, then a failed attempt at the next height.
- The starting heights will be determined at the start of the event by the official in charge.

HIGH JUMP STARTING HEIGHTS

| YOB | GIRLS | BOYS |
|------|-------|-------|
| 2016 | 0.80m | 0.80m |
| 2015 | 0.90m | 0.90m |
| 2014 | 1.00m | 1.00m |
| 2013 | 1.10m | 1.10m |
| 2012 | 1.15m | 1.15m |

QUALIFYING FOR FINALS

- All events will be run as a timed / measured final.

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

- An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A \$50.00 deposit shall accompany an APPEAL TO THE JURY.
- The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

AWARDS

- BC Athletics Championship medals will be awarded for 1st to 3rd place in all age groups.
- Ribbons will be awarded for 4th to 8th place.
- Awards will be presented as scheduled, at the conclusion of the pentathlon.
- Unclaimed awards will not be mailed out.

MEDICAL & FIRST AID

- Emergency first aid care will be provided by Empire Sport and Health Inc.
- Please note that no performance services will be available, including taping.
- The closest hospital is:

Ridge Meadows Hospital
11666 Laity St, Maple Ridge, BC V2X 7G5

MERCHANDISE + CONCESSION

- Championship merchandise will be available for pre order online and limited amount merchandise will be available on site. Cash or card will be accepted.
- A concession will be available on site with refreshments and snacks.

ACCOMMODATIONS

- **Best Western Plus Pitt Meadows Inn & Suites**
19267 Lougheed Highway, Pitt Meadows BC V3Y 2J5
- **Sandman Hotel Langley**
8855 202nd Street Langley BC V1M 2N9
- **Sandman Signature Hotel Langley**
8828 201 St Langley Twp BC V2Y 0C8

***TENTATIVE* PENTATHLON SCHEDULE**

- Track events will run male than female, oldest age groups to youngest age groups.
- Please note that schedule is dependent on previous events finishing on time and the schedule may run up to 15 minutes ahead of schedule.
- A FINAL SCHEDULE will be posted, [HERE](#) on Thursday June 12.
- Schedule is subject to change. Athletes must stay with their group and be ready to compete.

| | 2012 | | 2013 | | 2014 | | 2015 | | 2016 | |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | BOYS | GIRLS | BOYS | GIRLS | BOYS | GIRLS | BOYS | GIRLS | BOYS | GIRLS |
| 11:00 AM | 80mH | 80mH | 80mH | 80mH | | | SP #1 | SP #2 | HJ #1 | HJ #2 |
| 11:15 AM | | | | | | | | | | |
| 11:30 AM | | | | | 60mH | 60mH | | | | |
| 11:45 AM | SP # 1 | | | | | | | | | |
| 12:00 PM | | SP # 2 | | LJ #1 | | LJ # 2 | 60m H | 60mH | | |
| 12:15 PM | | | HJ #2 | | | | | | 60m H | 60mH |
| 12:30 PM | | | | | | | | | | |
| 12:45 PM | | | | | SP # 1 | | | HJ # 1 | | |
| 1:00 PM | | LJ # 2 | | SP # 2 | | | LJ # 1 | | | |
| 1:15 PM | HJ #2 | | | | | | | | | |
| 1:30 PM | | | | | | | | | | |
| 1:45 PM | | | | | LJ # 2 | HJ # 1 | | | SP # 1 | |
| 2:00 PM | | | | | | | | LJ # 1 | | SP # 2 |
| 2:15 PM | | | | HJ # 2 | | | | | | |
| 2:30 PM | | | | | | | | | | |
| 2:45 PM | | HJ # 1 | LJ # 2 | | | SP # 1 | | | | |
| 3:00 PM | | | | | | | | | | LJ # 1 |
| 3:15 PM | | | | | | | HJ #2 | | | |
| 3:30 PM | | | | | | | | | | |
| 3:45 PM | | | SP #2 | | HJ # 1 | 600m | | 600m | LJ # 2 | |
| 4:00 PM | LJ #1 | | | 800m | | | | | | |
| 4:15 PM | | | | | | | | | | |
| 4:30 PM | | 800m | | | | | | | | |
| 4:45 PM | | | 800m | | | | | | | |
| 5:00 PM | 800m | | | | | | | | | |
| 5:15 PM | | | | | 600m | | 600m | | 600m | 600m |
| 5:45 PM | AWARDS | | | | | | | | | |