



**Junior Development Track & Field and Cross Country Manual
For Ages 9 to 13**

FOREWORD

The idea of an information manual for BC Junior Development [BCJD] Track & Field Meet organizers has been the dream of the Junior Development Committee for many years. This enormous task became reality when Diana Hollefreund took on this commitment. By sorting through previous manuals and minutes of meetings from 1985 to 1996, Diana came up with a first draft. With input from the members of the past and present JD Committees listed below who contributed information and suggestions, Diana has revised the original draft many times.

Through this manual and the BC Athletics Record, we [the JD Committee] hope that all Junior Development clubs will find these guidelines helpful in the implementation of their Junior Development programs and in organizing successful Junior Development meets.

Once again a big thank you to Diana Hollefreund

Sincerely,
Dawn Copping
Chair of the Junior Development Committee
January 2019

CONTRIBUTORS

1996 – 2019

Alwilda van Ryswyk	Kamloops Track and Field Club
Diana Hollefreund	Victoria Track and Field Club
Kathy Terlicher	Burnaby Striders
Ron Wichmann	Chilliwack Track and Field Club
Bob St. Andrassy	Valley Royals
Jennifer Woodcock	Coquitlam Cheetahs
Roger Price	Richmond Kajaks
Steve Boylan	South Fraser/Langley Mustangs
Sue Kydd	Langley Mustangs
Steve Read	Langley Mustangs
Mike O'Connor	Richmond Kajaks
Larry Neilson	Valley Royals
Dawn Copping	NorWesters Track and Field Club
Brian Foan	Nanaimo Track and Field Club
Brad Wallbank	Ridge Rockets Track and Field Club
Birgit Weaver	NorWesters Track and Field Club
Graeme Fell	Vancouver Thunderbirds Track Club
Dan Horan	Trail Track & Field Club

BC ATHLETICS**JUNIOR DEVELOPMENT MANUAL****TRACK AND FIELD MEET INFORMATION for Ages 9 to 13 inclusive***

SECTION	1.1	GENERAL INTRODUCTION	PAGE 5
SECTION	2.1	MEET REGISTRATION FORMS	PAGE 6
	2.2	REGISTRATION INFORMATION	PAGE 7
	2.3	FINANCES	PAGE 8
	2.4	ENTRY FEES FOR CHAMPIONSHIPS	PAGE 8
SECTION	3.1	SCHEDULE OF EVENTS	PAGE 9
	3.2	OFFICIATING	PAGE 10
	3.3	VOLUNTEER OFFICIATING	PAGE 10
		VOLUNTEER OFFICIATING FORM	PAGE 11
	3.4	AWARDS	PAGE 12
SECTION	4.1	MEDICAL REQUIREMENTS	PAGE 13
	4.2	SAFETY REQUIREMENTS	PAGE 13
SECTION	5.1	ATHLETES' REQUIREMENTS	PAGE 14
	5.2	AGE CATEGORIES AND EVENTS	PAGE 15
	5.3	COACHING REQUIREMENTS	PAGE 16
	5.4	FACILITIES AND EQUIPMENT	PAGE 16
	5.5	SEEDING	PAGE 17
SECTION	6.1	JURY OF APPEAL	PAGE 17
	6.2	PROTESTS	PAGE 18
	6.3	RESULTS	PAGE 19
	6.4	SCRATCHES	PAGE 20
	6.5	SPECTATOR CODE OF CONDUCT	PAGE 21
SECTION	7.1	60 METRES	PAGE 22
	7.2	100 METRES	PAGE 22
	7.3	200 METRES	PAGE 22
	7.4	300 METRES	PAGE 23
	7.5	600 / 800 METRES	PAGE 23
	7.6	1000 / 1200 METRES	PAGE 23
	7.7	2000 METRES	PAGE 24
	7.8	60 METRE HURDLES	PAGE 24
	7.9	80 METRE HURDLES	PAGE 24
	7.10	200 METRE HURDLES	PAGE 24
	7.11	HURDLE CHART	PAGE 25
	7.12	800 METRE RACEWALK	PAGE 26
	7.13	1500 METRE RACEWALK	PAGE 26
	7.14	4 X 100 METRE RELAYS	PAGE 26
	7.15	MEDLEY RELAYS	PAGE 27
SECTION	8.1	HIGH JUMP	PAGE 27
	8.2	LONG JUMP	PAGE 28
	8.3	TRIPLE JUMP	PAGE 28
	8.4	POLE VAULT	PAGE 28
	8.5	SHOT PUT	PAGE 28
	8.6	DISCUS	PAGE 29
	8.7	JAVELIN	PAGE 29
	8.8	HAMMER	PAGE 29
	8.9	THROWING IMPLEMENT CHARTS	PAGE 30

TRACK AND FIELD MEET INFORMATION, continued

SECTION	9.1	PENTATHLON	PAGE 31
	9.2	SAMPLE PENTATHLON SCHEDULES	PAGE 31/32
SECTION	10.1	CROSS COUNTRY RACES	PAGE 33

JUNIOR DEVELOPMENT RECOGNITION PROGRAMS

SECTION	11.1	BC JD ATHLETE RECOGNITION	PAGE 34	
	11.2	ELIGIBLE JD MEETS	PAGE 34/35	
	11.3	APPLYING FOR JD CRESTS	PAGE 36	
	11.4		JD CREST TABLES	
		•	GIRLS TRACK EVENTS	PAGE 37
		•	GIRLS FIELD EVENTS & PENTATHLON	PAGE 38
		•	BOYS TRACK EVENTS	PAGE 39
		•	BOYS FIELD EVENTS & PENTATHLON	PAGE 40
	11.5	APPLYING FOR A BCJD AWARD	PAGE 41	
	11.6		JD AWARD TABLES	
		•	GIRLS' STANDARDS	PAGE 42
•		BOYS' STANDARDS	PAGE 43	
SECTION	12.0	JD AWARDS BANQUET	PAGES 44/45	

SECTION 1.1 GENERAL INTRODUCTION

The Junior Development Ages are 9 to 13

The original purpose of this document was to co-ordinate all of the information about the three Junior Development Championship Meets [Track & Field, Multi-Events or Pentathlon, and Cross Country Championships].

As the Manual developed it was decided to expand the document to include information that could be used by any club hosting a Junior Development Track and Field, Cross Country or Multi-Event meet.

The information has been adapted throughout the years by the JD Committee and has been collected from the notes and minutes of this committee.

Note

All of the information contained in this manual can be used for Junior Development Track & Field Meets, Cross Country Races and Pentathlon Meets.

BC Athletics Junior Development Championships

Those sections in the Manual marked with a  apply specifically to Championship Events – Track & Field, Pentathlon and Cross Country.

Note: The rules governing the sport of Athletics are those of the IAAF, Athletics Canada, and BC Athletics. Some of the following rules have been amended to meet the philosophies of the Junior Development Age Group.

Original Version: February 1995

Latest revision: January 2019

SECTION 2.1 MEET REGISTRATION FORMS

- ⓪ Registration packages for Championship Meets are to be prepared by the host club in consultation with the JD Committee and reviewed by BC Athletics Staff prior to publishing.
- ⓪ Information on the methods and programs for the registration of athletes can be obtained by contacting the BC Athletics Office or the Chair of the Junior Development Committee.
- ⓪ The registration package must display the BC Athletics logo and that of any corporate sponsor or sponsors as required under any existing agreements.
- ⓪ A copy of the registration package is to be sent to BC Athletics for review and distribution to all clubs registered with BC Athletics. Host clubs are requested to submit the registration package **2** months prior to the event.
- ⓪ The BC Athletics Office will provide a link to the meet package to the clubs a minimum of **6** weeks prior to the event. The package will be posted on the BC Athletics web site with links from the BC Athletics Blog and other Social Media on the BC Athletics website.
- ⓪ Entry Deadline:
 - This is set by the Meet Director in discussion with Entries Coordinator and Host Organizing Committee.
 - The normal entry deadline is 10 to 7 days prior to the first day of competition.
 - After that deadline all meet entries shall be late meet entries and charged accordingly.Adjust font

Contact information for the Meet Entries Coordinator is to include an Email to assist clubs with late entries or changes in their registration information.

⓪ Performances – Times/Distances/Heights for seeding must be submitted for each athlete listed on the entry form.

Relay teams are to be listed separately and may be registered on the day of the meet. Relay fees may be deferred until teams are registered at the meet.

⓪ Late entries may be added before the deadline on each day of the meet as set out in the Meet Registration Package. Late entries will be allowed, as space permits.

SECTION 2.2 REGISTRATION INFORMATION

The registration process for a Junior Development Track and Field Meet should include the following information:

- Contact person for each club.
- Phone number and Email address for each club.
- Every athlete's BC Athletics registration number.
- Seed performance times for all track events and, as necessary, distance and heights for field events for each athlete.

Athletes holding a current BC Athletics Junior Development competitive membership may compete in any BC Athletics sanctioned meet where events are offered for their age group.

Athletes who attend a school that holds a valid School Club or School District membership may compete for their school in any Junior Development meet from Sept 1st to June 30th or the end of the Jack Brow Meet, whichever is later. School Club/School District and School Day of Event memberships are not valid and are not permitted in July and August.

BC Athletics Training memberships are not eligible for entry in BC Athletics sanctioned events. Athletes holding a Training membership can only compete in Junior Development meets from Sept 1st to June 30th as part of a school team that holds a valid BC Athletics School Club/School District membership, or, as an Unattached athlete by paying the BC Athletics "School Day of Event" membership. Athletes entering a meet using a School Club/School District membership for a School Day of Event membership must compete under their school name or as Unattached, they cannot compete for their club. Between July 1st and Aug. 30th, athletes holding Training memberships may compete for their club in "Twilight" and "All-Comers" meets only, with the purchase of a BC Athletics "Day of Event" membership.

In order to enter the BC JD Track and Field and Pentathlon Championships athletes must hold a BC Athletics competitive membership. If the JD Pentathlon is in June the athlete can entered with a Day of Event or School Club/School District membership.

The Meet Entries Coordinator must check that each athlete has a valid BC Athletics competitive membership. Individual clubs are to be notified by the Meet Entries Coordinator if any athlete does not have a valid BC Athletics competitive membership.

Each club is responsible for ensuring that their athletes hold current BC Athletics Competitive memberships. The Meet Entries Coordinator can request a list of current competitive members from BC Athletics for downloading to the club's meet registration program. This will allow all athletes to be automatically checked for valid BC Athletics Competitive memberships. Link: <http://www.bcatletics.org/main/hytekdownload.htm>

Any late entries must be accompanied by the athlete's current BC Athletics membership number. These must be checked as athletes are entered in the meet data base.

SECTION 2.3 FINANCES

- The Host Organizing Club/ Committee for the Track & Field and Pentathlon Championships retain 75% of the gross registration/entry fee revenue.
- 25% of the gross entry/registration fees collected for BC Championships by the host club is to be returned to BC Athletics.
- A hosting grant is provided by BC Athletics for BC Championships.
- BC Athletics arranges for and provides to the host club/organizing committee all the BC Championship Medals and Ribbons.
- Host clubs will be paid the hosting grant within one month of submitting the:
 - Financial statement for the championships;
 - Post Event Submission Form and Associated fees (see Event Directors Resources);
 - 25% of the Gross Entry Fees; and
 - All unused Championship Medals and Ribbons to the BC Athletics office.

SECTION 2.4 ENTRY FEES FOR CHAMPIONSHIP MEETS

- Fees for Championship Events are to be reviewed annually by the JD Committee and are to be revised when necessary. Approval is through the BC Athletics Board of Directors and/or Membership at the Annual General Meeting.

CURRENT ENTRY FEE STRUCTURE FOR CHAMPIONSHIP MEETS

BC Athletics Junior Development Track & Field Championships

Individual events are **\$8.00** per event / Late entry fees **\$15.00** * per event
Relays are to be **\$20.00** per team and can be paid on the day of the meet. *Relays are not subject to the late entry charge.

- Individual event fees are payable in advance and must be included with the registration forms.
- Entry fees are payable to the host club.

BC Athletics Junior Development Pentathlon Championships

- Entry fees for each athlete are **\$25.00** *. Late entry fees are **\$35.00** * per athlete.

BC Athletics Junior Development Cross Country Championships

- Entry fees are **\$7.00** per athlete. Late entry fees are **\$15.00** ** per athlete.

PLEASE NOTE: When entering competitions, Clubs and individuals must include the entry fee payment. Payment must be received before any athlete will be permitted to compete.

SECTION 3.1 SCHEDULE OF EVENTS

When creating a schedule for a meet, care should go into trying to minimize the impact on athletes and parents. This can be achieved by avoiding conflicts between popular events, limiting time between heats and finals and, when running a meet with multiple age groups.

- ⓘ The schedule of events is to be determined by the host club in consultation with the Junior Development Committee and the BC Athletics Introductory Programs Coordinator and Meet Officials Coordinator as appropriate. Only events approved as competition events for an age group may be included in the Championship (See Section 5.2).
- ⓘ Championship Meets start no earlier than 11:00 AM on the first day of competition to allow teams and clubs to travel to the event.

The host club needs to be able to adapt the schedule:

1. If too few or too many athletes register for a single event.
2. Based on the facility where the Championship is being hosted.

It is recommended that the more popular field events be divided into equal sections to avoid long waits and delays in those age categories which contain large numbers of athletes.

Example: If one age category in high jump needs to be divided into sections, then the officials at the event will divide the participants into two equal sections. The two groups may be formed based on random selections [divide the athletes into two random groups] or based on performances [lower performances in one group and the higher performances in the other group]. In both cases the two groups will agree upon a starting height and the advances shall be the same number of cm, as both groups must follow the same progression of heights. [For example, the starting height in both pits is 1.05 m and the bar is raised 5 cm at each increase.]

The schedule should be chosen carefully to avoid conflicts between track and field events for the same age groups.

In preparation for a track event, parents or a coach may stand in at the marshaling area for an athlete who is at a field event. This designated person can then notify the athlete as time nears for the track event. Athletes may, if at a field event, ask to compete first in a round and then last in the next round.

Both track and field events may proceed up to a maximum of 30 minutes ahead of schedule.

Announcements must be made if events are to be moved ahead of schedule.

- ⓘ Track events will proceed from oldest to youngest with girls first.

Heats are to be run as a final if there are not enough athletes for two heats. In this case the final will be run at the scheduled heat time.

SECTION 3.2 OFFICIATING

The host club is to contact the BC Athletics Officials Committee Regional Coordinator to arrange for qualified officials to be present at all meets.

- Both the BCJD Track & Field Championships and the BCJD Pentathlon Championship are required to use an electronic timing system. The system must include two cameras, one on each side of the track, and each system must be operated separately. If such a system is not available to the host club, the host club is to contact the BC Athletics office for contact information for photo-electronic timing systems and someone to run the system. The host club is to designate an Officials' Manager to be responsible for the meet and to consult with the BC Athletics Officials Committee.

At a Junior Development meet, the meet organizers are to be responsible for the total organization of the meet including providing the chiefs for each individual field event, who in turn are in charge of coordinating each field event.

- Both a Track Referee and a Field Referee are required for a Championship event.
- At a Championship Meet the meet organizers are to ensure that qualified officials are available to chief each field event.
- Individual clubs are responsible for officiating at individual events at Championship Meets. Clubs hosting JD Championships may choose to run all events themselves or may elect to have individual attending clubs put in charge of specific events. This must be communicated to participating clubs at least one month prior to the championships.

A check-in table for technical aides and officials should be set up at the meet. A list of scheduled officials and volunteers should be available at this site.

SECTION 3.3 VOLUNTEER OFFICIATING AT CHAMPIONSHIP MEETS

- Each club is to indicate on the separate volunteer form at which events it will be willing to assist. This form will be included in the registration package sent out to each club.
- Clubs that do not indicate a preference will be assigned an event by the host club.
- Clubs are to indicate the number of officials available and the number of athletes participating in the meet.
- The host club should consider the number of adults available and travel arrangements of each club when assigning events.
- Smaller clubs may be grouped together to cover an event.
- Larger clubs may be assigned two events.

 **VOLUNTEER OFFICIATING FORM**

It is a policy of Junior Development Championship Meets that each participating club provides help officiating at the meet.

Indicate below the three events at which your Club will be willing to help officiate.

NAME OF CLUB: _____

CLUB CONTACT: _____

EVENTS:

1. _____
2. _____
3. _____

**NUMBER OF OFFICIALS/ADULTS
ACCOMPANYING YOUR CLUB:** _____

**NUMBER OF CLUB ATHLETES
PARTICIPATING IN THE MEET:** _____

SECTION 3.4 AWARDS

- Medals are to be given for 1st, 2nd, and 3rd place finishes.
- Ribbons are to be given for 4th to 8th place finishes.
- Medals will be provided to the host club by BC Athletics.
- BC Athletics arranges for and provides all championship ribbons.
- Extra ribbons from the championships are to be returned to the BC Athletics Office.
- The BC Athletics logo is available through the BC Athletics Office.
- Medals are to be awarded for 1st, 2nd, and 3rd place finishes in the relay events.
- Separate award ceremonies for medal winners are encouraged whenever possible. With the number of announcements required at this type of meet, it is not always possible to announce all results.
- The host club should set up a separate awards booth away from the results room to avoid congestion in the results area. All athletes and coaches should be made aware of any awards ceremonies that will take place and/or where the Awards Booth is located. This information should be printed and distributed at the Technical Meeting prior to the Championship, included with the competition numbers and announced throughout the days of the Championships.

SECTION 4.1 MEDICAL REQUIREMENTS

Please Note: Medical and safety personnel must be trained in sports-aid and/or sport medicine in order to comply with BC Athletics regulations. Contact BC Athletics for more information.

St. John Ambulance personnel trained in sports medicine or someone with equal qualifications must be in attendance at all times during the competition. A doctor trained in sports medicine is not required but it is a definite advantage to have one present during the meet

A separate medical room or tent is to be set up for the athletes. This should be located near the finish line and outside the infield but visible from the track.

Ice and emergency medical supplies [full medical emergency kit] should be available at all times.

Water must be available at all track and field marshaling areas, at field events, and at the finish line.

SECTION 4.2 SAFETY REQUIREMENTS

BC Athletics, Athletics Canada, and IAAF safety rules and regulations must apply at this meet.

Emergency transportation [cars or ambulance] must be available at all times.

All throwing events must be clearly marked and roped off if possible to ensure that athletes or spectators don't wander into these areas by mistake.

Equipment is to be inspected for safety before each event by the officials at that event.

Field events should be located far enough away from other events so that areas do not conflict.

Long jump and triple jump pits must be dug, raked, and checked for foreign objects. Approaches are to be swept clean and jump lines are to be clearly marked.

High jump approaches are to be swept clean.

The track is to be checked and cleared of debris.

Liability Insurance is provided for the Host Organizing Committee and all volunteers.

Liability Insurance and Sport Injury and Accident Insurance is provided to all registered members of BC Athletics [i.e. official, coach, associate]

Liability Insurance is provided to facility owner(s) and sponsor(s) of the Championship under the BC Athletics insurance policy.

- Details of insurance coverage – limit and deductible is available by contacting the BC Athletics office

Athletes are covered by the insurance (liability and sport injury/accident) provided through their individual membership with BC Athletics.

SECTION 5.1 ATHLETES' REQUIREMENTS

Athletes holding a current BC Athletics Junior Development competitive membership may compete in any BC Athletics sanctioned meet where events are offered for their age group.

Athletes who attend a school that holds a valid School Club or School District membership may compete for their school in any Junior Development meet from Sept 1st to June 30th or the end of the Jack Brow Meet, whichever is later. School Club/School District and School Day of Event memberships are not valid and are not permitted in July and August.

BC Athletics Training memberships are not eligible for entry in BC Athletics sanctioned events. Athletes holding a Training membership can only compete in Junior Development meets from Sept 1st to June 30th as part of a school team that holds a valid BC Athletics School Club/School District membership, or, as an Unattached athlete by paying the BC Athletics "School Day of Event" membership. Athletes entering a meet using a School Club/School District membership for a School Day of Event membership must compete under their school name or as Unattached, they cannot compete for their club. Between July 1st and Aug. 30th, athletes holding Training memberships may compete for their club in "Twilight" and "All-Comers" meets only, with the purchase of a BC Athletics "Day of Event" membership.

- Ⓢ Prior to the start of a Championship Meet, all competitors must hold a BC Athletics competitive membership.
- Ⓢ Photo identification may be requested to verify the athlete and reference this to the BC Athletics Membership list of eligible athletes.

Current registration lists are provided to the host club by BC Athletics so that the meet registrar can check on the membership status of an athlete.

Club uniforms (singlets) must be worn during the competition.

If numbers are to be used at an event:

- Ⓢ Numbers must be worn on the front of athletes' singlets for the JD Championship Meet.
 - Photo finish timers may specify additional requirements – i.e. Hip Numbers. Meet directors should check with them well ahead of the meet.

SECTION 5.2 AGE CATEGORIES AND EVENTS

Single age categories are determined by the year of birth.

Athletes must compete in their own age class.

In the event of insufficient numbers of athletes registered in races, age groups may be combined at the discretion of the Meet Director following the BC Athletics guidelines for combining age categories. In B.C., athletes between the ages of 9-13 shall compete in single year age groups. Periodically, meet directors may decide to combine two consecutive age groups. However, awards must be determined by one year age groups. If an event is not offered for a particular age group an athlete shall not be allowed to move up in order to compete.

The following are the Track & Field Events that are contested in each of the age groups [9 to 13 years]. All age groups are calculated as of December 31st in the year of competition.

= indicates that the event is held for that gender and age class

RW = race walk

Medley Relay = 200/200/200/600

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13
60m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
100 m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
200 m					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
300 m							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
600m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
800 m							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1000 m	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
1200m							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2000 m									<input type="checkbox"/>	<input type="checkbox"/>

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13
60 m H	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
80 m H							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100 m H										
200 m H							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
800 m RW	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
1500 m RW									<input type="checkbox"/>	<input type="checkbox"/>
4 x 100 Relay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medley Relay					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13
High Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triple Jump									<input type="checkbox"/>	<input type="checkbox"/>
Pole Vault									<input type="checkbox"/>	<input type="checkbox"/>
Shot Put	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discus			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Javelin			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hammer							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	F 9	M 9	F 10	M 10	F 11	M 11	F 12	M 12	F 13	M 13
Pentathlon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please refer to the individual sections for the details of hurdles, throwing events, and pentathlon.

SECTION 5.3 COACHING REQUIREMENTS

Coaches or club representatives are required to accompany athletes whenever protests or concerns are raised.

Only coaches or club representatives are to approach the results area to seek clarification of results, seeding, schedules, etc.

A Coaches Technical Meeting is to be held each day prior to the start of competition.

Coaches or club representatives must accompany athletes if there are any problems concerning BC Athletics membership or an athlete's eligibility.

No coaching is permitted in the competition area. The meet director shall see that there are well-defined coaching areas set up away from the competition areas for the field events. No coaching will be permitted from the infield for the track events.

The officials at the Athlete Control Center (marshalling area) and the field events officials should be notified of any scratches by a coach or club official, not by the athletes.

SECTION 5.4 FACILITIES AND EQUIPMENT

⓪ Facilities for this meet should include the following:

- * 8 lane synthetic surface track.
- * Change rooms and washrooms.
- * Equipment storage area.
- * Concession stand.
- * Medical room or tent.
- * Results and records room / area.
- * Announcer's booth, tent / room or stand.

Equipment is to be provided by the host club. Exceptions include equipment for athletes in specialized events that require special individualized equipment [pole vault poles].

Athletes wishing to use personal equipment must have its use approved at least 1 hour prior to the event in which it will be used.

Any individual athlete's approved equipment may be used by other athletes competing in that event with the exception of pole vault poles.

The host club must provide an official capable of approving equipment.

Starting blocks are not used for the Junior Development Age Group 9 to 13 yrs of age.

SECTION 5.5 SEEDING

⚠ Seed times, if available, should be submitted for all athletes competing in JD Track Championship events.

- Seeding is done to provide an equal opportunity for all athletes entered in the event to advance to the final. The most current performance information should be provided so that the best performers from the heats and/or semi-finals reach the final.

Any athletes who do not have seed performances submitted with their registration will be:

- Spread evenly throughout the heats in events that have Heats and Finals – i.e. 60m, 100m, 200m
- Will be placed in the slowest section of Timed Finals – i.e. 300m, 600m, 800m, 1000m, 1200m, 2000m

Seeding will occur prior to the start of all track events up to and including the 800m races.

In the case of events run completely in lanes, IAAF rule 166 will be used. The number of qualifiers by place and the number of qualifiers by time will be based on the number of entries. For races with 9 to 16 entries, the top 3 plus the next 2 fastest times will qualify for the final. For races with 17 to 24 entries, the top 2 plus the next 2 fastest times will qualify for the final. For 25 to 32 entries, the top 1 plus the next 4 fastest times will qualify for the final.

In the case of a tie for the eighth position in a final event, IAAF rule of timing to 1/1000 and then by coin toss in the event of a further tie will be followed.

In the case of timed finals, the sections will be seeded with the fastest performances in the same section. The fastest section will compete last.

SECTION 6.1 JURY OF APPEAL

⚠ If a qualified Jury of Appeal is not available at a Championship Meet then one is to be set up by the host organization if it should become necessary. This jury shall consist of one official and two coaches.

Members of the Jury of Appeal must not work as officials at the meet.

SECTION 6.2 PROTESTS

Protests must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned.

Coaches should attempt to resolve the protest with the Head Referee or the Meet Director before presenting it as an official protest to the Jury of Appeal.

- Ⓞ A \$25.00 protest fee is to accompany all protests. This amount will be reviewed yearly by the Junior Development committee.

Athletes are not permitted to resolve conflicts on their own. They may work through the process with the official and their coach but are not to instigate protests with their parents or friends.

Any protest must be dealt with as soon as possible after it has been received.

If the protest is upheld then the protest fee will be returned.

SECTION 6.3 RESULTS

Results are to be posted as soon as possible after an event has been completed. Both heat and final results are to be posted.

Officials at field events are to send results in as each age category completes its event. Field event officials are not to hold on to results until their officiating shift is over.

Result sheets must include:

- * Method of timing - Photo-electronic or Hand Timing
Photo Timing – recorded in 100ths of a second (13.21)
Hand Timing – recorded in tenths of a second (13.3). See the IAAF Rule Book for hand timing rules and recording the time.
- * Weights of implements for each event.
- * Present years JD awards standard for the event (see SECTION 11.7)
Athletes listed by year, gender, and age.
- * Number of throws or jumps allowed per athlete.

Athletes competing in a track final are to be notified by announcement as well as on the results board following the qualifying round.

As soon as the meet has ended and results are finalized submit the following four files to BC Athletics and to the Junior Development Statistician: Submit only to BC Athletics.

Hy-tek Meet Backup

1. Athlete Roster List – sorted by gender
2. Athlete Roster List – sorted by club/school affiliation
3. Results.htm file
4. A direct link to where the results are posted on the host organizations website.

SECTION 6.4 SCRATCHES

The officials at the Athlete Control Center (marshalling area) and the field events officials should be notified of any scratches by a coach or club official, not by the athletes.

Coaches or club representatives are responsible for athletes withdrawing from an event.

If an athlete scratches for a medical reason, the athlete must receive a medical assessment from the medical staff before returning to the meet.

Pre-existing injuries requiring taping, braces, etc., must be checked prior to each day's events.

Athletes failing to show before the completion of Round 1 of an event are an automatic scratch and are not permitted into any further rounds of that event.

SECTION 6.5 SPECTATOR CODE OF CONDUCT

The Host Organizing Committee (HOC) of the competition is responsible for publishing and distribution of the BC Athletics Spectator Code of Conduct:

- In the competition information/technical package
- In published information on the Competition website or linked from the Competition Website
- Through any printed information made available to the spectators, parents, athletes and others watching the competition. This material is available from the BC Athletics Office. A request for a supply of information cards is to be made no later than 1 Month prior to the first day of competition. Please indicate the number needed and the name of the person they are to be sent to.

BC Athletics is committed to ensuring that all athletes have the opportunity to participate in a safe and enjoyable environment that is encouraging to all, enabling athletes to achieve personal best performances, and promoting overall development of our sport. We have strong values of fair play, integrity, mutual respect, safety, graciousness, and sportsmanship. Spectators are expected to conduct themselves in a manner which supports the values of our organization, and encourages the development of all athletes on and off the competition area.

Do:

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

Do Not:

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.

Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators

SECTION 7.1

60 METRES

This event is open to ages 9, 10 and 11 year olds.

Seeded heats are to be run based on times submitted at the time of registration using IAAF rules for seeding.

Any athletes who do not have seed performances submitted with their registration will be:

- Spread through the heats in events that have Heats to Semi-finals and/or Finals
- When reseeding is not possible - late entries are to be spread through all the heats.

Starting blocks are not to be used.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.2

100 METRES

This event is open to all age categories.

Seeded heats are to be run based on times submitted at the time of registration using IAAF rules for seeding.

Any athletes who do not have seed performances submitted with their registration will be:

- Spread through the heats in events that have Heats to Semi-finals and/or Finals
- When reseeding is not possible - late entries are to be spread through all the heats.

Starting blocks are not to be used.

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.3

200 METRES

This event is open to 11, 12 and 13 year olds

Timed finals are to be run for all age categories.

Each section will be seeded using times submitted at the time of registration with the fastest performances grouped together in the same section.

The fastest section will compete last.

Starting blocks are not to be used

Races are to be run in order from oldest to youngest with girls first.

SECTION 7.4 300 METRES


This event is open to 12 and 13 year olds

Timed finals are to be run for all age categories.

Starting blocks are not to be used

Each section will be seeded using times submitted at the time of registration with the fastest performances grouped together in the same section.

The fastest section will compete last.

 Races are to be run in order from oldest to youngest with girls first.

SECTION 7.5 600/800 METRES

600m is open to 9 to 11 age categories.

800m is open to 12 to 13 age categories

The maximum number of athletes per race is 16.

If there are more than 16 entries in one race then the athletes are to be split into two sections based on submitted times.

Timed Finals are to be run for all age categories.

The fastest section will compete last.

 Races are to be run in order from oldest to youngest with girls first.

SECTION 7.6 1000/1200 METRES

1000 meters is open to 9 to 11 year age categories.

1200 meters is open to 12 to 13 year age categories.

The maximum number of athletes in one section is 16.

If there are more than 16 entries in one race then the athletes are to be split into two sections based on submitted times.

Timed Finals are to be run for all age categories.

The fastest section will compete last.

 Races are to be run in order from oldest to youngest with girls first.


SECTION 7.7 2000 METRES

This event is restricted to 13 year-old athletes.

Timed Finals are to be run for all age categories.

The maximum number of athletes per section is 20.

See rule 166 <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

 Races are to be run in order from oldest to youngest with girls first.


- See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

MIDDLE DISTANCE RACES ARE TO BE RUN IN THE COOLEST PART OF THE DAY

SECTION 7.8 60 METRE HURDLES

This event is open to athletes aged 9 to 11 years female and male.

Seeded heats are to be run based on times submitted at the time of registration using IAAF rules for seeding.

 Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.12 for information.

SECTION 7.9 80 METRE HURDLES

This event is open to athletes' aged 12 and 13 years female and male athletes.

Seeded heats are to be run based on times submitted at the time of registration using IAAF rules for seeding.

 Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.12 for information.

SECTION 7.10 200 METRE HURDLES

This event is restricted to 12, and 13 year-old athletes.

Timed finals are to be run for this event.

The fastest section will compete last.

 Races are to be run in order from oldest to youngest with girls first.

See the Hurdle Chart in Section 7.11 for information on the hurdle heights and distances.

SECTION 7.11**HURDLE CHART**

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
9 years female and male	60 metre hurdles	6	21"	11 metres	6.5 metres	16.5 metres
10 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
11 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
12 years female and male	80 metre hurdles	8	27"	12 metres	7.0 metres	19 metres
13 years Female	80 metre hurdles	8	30"	12 metres	7.5 metres	15.5 metres
13 years Male	80 metre hurdles	8	30"	12 metres	8.0 metres	12 metres
12 years female and male	200 metre hurdles	5	24"	20 metres	35 metres	40 metres
13 years female and male	200 metre hurdles	5	27"	20 metres	35 metres	40 metres

Weighted hurdles are not to be used. Collapsible / training hurdles that are designed to roll and fall apart are to be set up so that they will fall forward.

Hurdles that have one short and one long foot and the crossbar on the long foot side: are to be placed on the track so that they have the short foot towards the finish line.

Hurdles that have equal length feet: should be set up so that the crossbar is on the finish line side of the leg. They are designed to be kicked off as the hurdles do not fall forward

Hurdles that have one foot and a curved leg are to be set up with the foot on the start line side of the crossbar. They are designed to fall forward.

Athletes should be able to see the black and white markings on the hurdle crossbar from the startline.

SECTION 7.12 800 METRE RACEWALK

Athletes aged 9 to 12 years will compete in the 800 metre racewalk.

Timed finals are to be run for this event.

Age groups may participate together but awards will be based on single age divisions.

⚠ Races are to be run in order from oldest to youngest with girls first.

See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

SECTION 7.13 1500 METRE RACEWALK

Athletes aged 13 will compete in the 1500 metre racewalk.

Timed finals are to be run for this event.

Age groups may participate together but awards will be based on single age divisions.

⚠ Races are to be run in order from oldest to youngest with girls first.

See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

SECTION 7.14 4 x 100 METRE RELAYS

Sprint relays are to be offered.

Teams may be formed with individuals from various age groups but the team must run in the age category of its oldest member.

Teams may be formed by:

- Members of the same club, and those athletes having 2nd claim club status with that club
- Unattached members
- Combining unattached and club members
- Combining members from different clubs who cannot field a four member team.
Athletes must run for their own club if at all possible.

⚠ All teams will compete together.

⚠ All teams are eligible for BC Athletics Championship Awards. Championship medals will be awarded to the top 3 teams in each age category. Championship ribbons will be awarded to those teams placing 4th through 8th in each age category.

⚠ Races are to be run in order from oldest to youngest with girls first.

Relay teams may register on the day of the meet.

SECTION 7.15

1200m MEDLEY RELAYS (200/ 200/ 200/ 600m)

Medley relays are to be offered.

Age group for medley relays are 11, 12 and 13 year old.

Teams may be formed with individuals from various age groups but the team must run in the age category of its oldest member.

Teams may be formed by:

- Members of the same club, and those athletes having 2nd claim club status with that club
- Unattached members
- Combining unattached and club members
- Combining members from different clubs who cannot field a four member team.

Athletes must run for their own club if at all possible.

⚡ All teams will compete together.

⚡ All teams are eligible for BC Athletics Championship Awards. Championship medals will be awarded to the top 3 teams in each age category. Championship ribbons will be awarded to those teams placing 4th through 8th in each age category.

⚡ Races are to be run in order from oldest to youngest with girls first.

Relay teams may register on the day of the meet.

SECTION 8.1

HIGH JUMP

This event is open to all age categories – 9 to 13 Junior Development.

⚡ Two high jump pits are required. A third pit is to be available in case of delays or large numbers of entries in certain age groups.

Each athlete is allowed 3 attempts at each height.

The bar is to be raised by 5 cm each time until one competitor remains in the competition. When there is only one competitor remaining, the bar should not be raised by less than 1 cm after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

Breaking ties for first place is not required for any JD competitions.

STARTING HEIGHTS FOR HIGH JUMP – Ages 9 to 13

AGE	9	10	11	12	13
GIRLS	H0.80 m	0.90 m	1.00 m	1.05 m	1.15 m
BOYS	H0.85 m	0.95 m	1.05 m	1.10 m	1.20 m

NOTE: Some high jump mats have a minimum height of .90 m so the lower starting heights are not possible if the athletes are to clear the pits when jumping.

SECTION 8.2 LONG JUMP

This event is open to all Junior Development age categories 9 to 13 yrs.
Each athlete in the 9 to 13 yr old age group is permitted 3 jumps.

SECTION 8.3 TRIPLE JUMP

This event is restricted to 13 yr old Junior Development athletes. Athletes aged 9 to 12 years may not compete in this event.

Each athlete is permitted 3 jumps from these **recommended takeoff boards**:

AGE	13	AGE	13
GIRLS	7 m	BOYS	7 m
	9 m		9 m
	11 m		11 m

SECTION 8.4 POLE VAULT

This event is restricted to 13 year old Junior Development athletes only.

Each athlete is permitted 3 attempts at each height.

The bar is to be raised by a minimum of 5 cm each time [10 cm is recommended]. When 3 competitors remain then the bar will be raised by 5 cm each time. When there is only one competitor remaining, the bar should not be raised by less than 2 cm after each round. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official.

The host organizing committee will determine the starting heights for pole vault.

SECTION 8.5 SHOT PUT

This event is open to all Junior Development age categories 9 to 13 yrs

Each athlete is permitted 3 throws.

	AGES	WEIGHT
GIRLS	9 to 11 years	2 kg shot
	12 to 13 years	3 kg shot
BOYS	9 to 11 years	2 kg shot
	12 and 13 years	3 kg shot

- See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

SECTION 8.6**DISCUS**

This event is restricted to Junior Development athletes 10 to 13 years old.

- Each athlete is permitted 3 throws.

	AGES	WEIGHT
GIRLS	10 to 13 years	750 gram discus
BOYS	10 and 11 years	750 gram discus
	12 to 13 years	1 kg discus

SECTION 8.7**JAVELIN**

This event is open to Junior Development athletes' ages 10 to 13 year olds.

- Each competitor is permitted 3 throws.

IMPLEMENTS

	AGES	WEIGHT
GIRLS	10 to 13 years	400 gram javelin
BOYS	10 and 11 years	400 gram javelin
	12 and 13 years	500 gram javelin

SECTION 8.8**HAMMER**

This event is restricted to Junior Development athletes 12 to 13 years old.

- Each athlete is permitted 3 throws.

	AGES	WEIGHT
GIRLS	12 to 13 years	3 kg hammer
BOYS	12 and 13 years	3 kg hammer

- See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>

SECTION 8.9**THROWING IMPLEMENT CHARTS****THROWING IMPLEMENTS ~ JUNIOR DEVELOPMENT GIRLS**

AGES	9	10	11	12	13
Shot Put	2 kg	2 kg	2 kg	3 kg	3 kg
Discus		750 g	750 g	750 g	750 g
Javelin		400 g	400 g	400 g	400 g
Hammer				3 kg	3 kg

THROWING IMPLEMENTS ~ Junior Development BOYS

AGES	9	10	11	12	13
Shot Put	2 kg	2 kg	2 kg	3 kg	3 kg
Discus		750 g	750 g	1 kg	1 kg
Javelin		400 g	400 g	500g	500 g
Hammer				3 kg	3 kg

- See IAAF Rules – <http://www.iaaf.org/about-iaaf/documents/rules-regulations>
- See <http://www.bcathletics.org/admin/js/elfinder/files/Sam/May-14-14%202014%20BCA%20Tech%20Standards.pdf> for technical specifications for all events

SECTION 9.1

COMBINED EVENTS [PENTATHLON]

- The Pentathlon Championships should be held in the latter part of the season.
- The JD Pentathlon Championship Meet is one of the three recognized championship meets as designated by the BCJD Committee and takes place as a one-day meet.

Pentathlon Points Tables are available on the BC Athletics Website in the JD Section.

Pentathlon events for Junior Development female athletes 9 to 13 and male athletes aged 9 to 13 years are:

- 60 m hurdles [ages 9 to 11 years], 80 m hurdles [ages 12 & 13 years]
- shot put
- high jump
- long jump
- 600 metres for 9 to 11 year olds
- 800 metres for 12 to 13 year olds.

- The event order may vary by age groups but the 800 m races for all age groups are always the final event in the competition.

- The starting time for this meet may be set earlier than 11:00 AM in order to move all age groups through all five events in a reasonable length of time with the approval of the Junior Development Committee.

- Entry Fees for this meet are to be reviewed yearly by the JD Committee.

SECTION 9.2

PENTATHLON FIELD EVENTS SCHEDULE SAMPLE SCHEDULE I

AGE	1ST FIELD EVENT	2ND FIELD EVENT	3RD FIELD EVENT
13 year male	Long Jump #1 11:30 - 12:15	High Jump #2 1:15 - 2:15	Shot Put 2:15 - 2:45
13 year female	Long Jump #2 11:30 - 12:15	High Jump #2 1:15 - 2:15	Shot Put 3:45 - 4:15
12 year male	High Jump #1 12:15 - 1:15	Shot Put 1:15 - 1:45	Long Jump #2 2:15 - 2:45
12 year female	Shot Put 11:30 - 12:30	High Jump #3 1:30 - 3:00	Long Jump #2 3:00 - 5:00
11 year male	High Jump #2 12:15 - 1:15	Shot Put 1:30 - 2:00	Long Jump #1 2:15 - 2:45
11 year female	High Jump #3 12:15 - 1:15	Long Jump #2 1:30 - 2:15	Shot Put 3:15 - 3:45
9 & 10 year male	Long Jump #1 12:15 - 1:15	High Jump #1 2:15 - 3:15	Shot Put 4:15 - 4:45
9 & 10 year female	Long Jump #2 12:15 - 1:00	High Jump #2 2:15 - 3:15	Shot Put 4:45 - 5:15

SECTION 9.2

**PENTATHLON FIELD EVENTS SCHEDULE
SAMPLE SCHEDULE II**

GIRLS 9 Years	GIRLS 10 Years	GIRLS 11 Years	GIRLS 12 Years	GIRLS 13 Years
Long Jump #1	High Jump #1	Shot Put #1	Hurdles	Hurdles
Hurdles	Hurdles	Hurdles	Long Jump #1	High Jump #1
Shot Put #1	Long Jump #1	High Jump #1	Shot Put #1	Long Jump #1
Break	Break	Break	Break	Break
High Jump #1	Shot Put #1	Long Jump #1	High Jump #1	Shot Put #1
600 metres	600 metres	600 metres	800 metres	800 metres

BOYS 9 Years	BOYS 10 Years	Boys 11 Years	BOYS 12 Years	BOYS 13 Years
Long Jump #2	High Jump #2	Shot Put #2	Hurdles	Hurdles
Hurdles	Hurdles	Hurdles	Long Jump #2	High Jump #2
Shot Put #2	Long Jump #2	High Jump #2	Shot Put #2	Long Jump #2
Break	Break	Break	Break	Break
High Jump #2	Shot Put #2	Long Jump #2	High Jump #2	Shot Put #2
600 metres	600 metres	600 metres	800 metres	800 metres

Please Note: All age groups end up with the 600m, or 800m races after their hurdles and field events are completed.

SECTION 10.1

CROSS COUNTRY RACES

U The following distances are recommended for the Junior Development Cross Country Championships ages 9 to 13 but these may vary depending on the location and the course available.

- 9 years 1500 metres male and female
- 10 years 2000 metres male and female
- 11 years 2000 metres male and female
- 12 years 3000 metres male and female
- 13 years 3000 metres male and female

U The Cross Country Championship Meet may not start before 11:00 AM for Junior Development age classes.

U Entry fees for the BCJD Cross Country Championships are \$7.00 per athlete. Late entry is \$12. Entry fees will be reviewed each year by the Cross Country Committee

SECTION 11.1 BC JD ATHLETE RECOGNITION

It is important that athletes are provided with incentive and encouragement to reach their own performance goals and be recognized for achieving those goals. While this occurs informally all the time on the training field as well as the competition area through parent, coach, officials and peer feedback, the BC JD Crest Program and BC JD Awards Program provides a more formal way in which to recognize athlete accomplishments.

Crest awards focus on personal improvement of performances in a variety of events while the JD Awards focus on outstanding performance in single events. Crest Awards tables are shown in Section 11.5, the BC JD Awards standards are shown in Section 11.7. These standards are reviewed each year and updated prior to the start of the season. To provide fairness performances must be recorded in a recognized JD Event. The list of JD events can be found in Section 11.2. This list is also reviewed and updated each year prior to the beginning of the track season.

SECTION 11.2 Eligible JD Crests and Annual JD Award Track & Field Meets 2019

The BC Athletics Junior Development Committee is pleased to announce the list of meets at which BC JD Athletes can achieve performances towards the Crest Awards and BC JD Awards. We look forward to seeing everyone at these meets and sharing a successful and fun season.

Apr 12-13	Valley Royals Vaisakhi Track & Field Meet	Abbotsford
Apr 12-13	VOC Elementary Track & Field Meet	Burnaby
April 14	Vernon All Comers Meet	Vernon
April 26	OAC Twilight Meet #1	Kelowna
April 27	Ultra JD Throws Festival	Langley
April 27	Sub Zero Meet	Prince George
April 27-28	Bob Dailey Memorial Meet (VIAA T&F Series)	Port Alberni
May 3-4	Dylan Armstrong Classic	Kamloops
May 4	West Kootenay Legion Meet	Trail
May 4-5	NorWesters Elementary Meet	Burnaby
May 11	Eagle Classic	Maple Ridge
May 11-12	Dogwood Invitational (VIAA T&F Series)	Victoria
May 17	Richard Collier Big Kahuna Throws Fest	Richmond
May 18-19	Junior Olympics	Surrey
May 24-26	BC Elementary Track & Field Championships	Richmond
May 25-26	Elwood Wylie Track Meet (VIAA T&F Series)	Nanaimo
June 8-9	Jesse Bent Memorial	Coquitlam
June 8-9	Spruce Capital Meet	Prince George
June 8-9	Garriock Meet (VIAA Series)	Duncan
June 14-16	Langley Pacific Invitational	Langley
June 21-23	Trevor Craven Memorial	Burnaby
June 22-23	Comox Solstice Meet	Comox
June 25	Ocean Athletics Summer Series #1	Surrey
June 28-30	Jack Brow Invitational	Kelowna

June 29-30	Universal Track & Field Meet	Surrey
July 9	Ocean Athletics Summer Series #2	Surrey
July 13	BC JD Pentathlon Championships	Maple Ridge
July 19-21	BC JD Track & Field Championships	Surrey
July 23	Ocean Athletics Summer Series #3	Surrey
August 24	Corry Holly Classic / Vernon Throws Challenge	Vernon
September 28	Bondarchuk Cup Throws Meet	Kamloops

SECTION 11.3

APPLYING FOR JUNIOR DEVELOPMENT CRESTS

Reward and motivate young athletes for their achievements with a keepsake crest that will be treasured for a lifetime. Reminiscent of the 1970's Canada Fitness crest program which helped many children strive for improved fitness levels, this program focuses on Track and Field competition---rewarding those who do well in a variety of events.

Crests are calculated on each athlete's best performances from the scoring tables which follow in Section 11.4

All Performances must be attained at track and field meets recognized by the BC Athletics Junior Development Committee. (Section 11.2)

An athlete must meet the standard for the award applied for in at least three events. By applying 3 for a gold standard, two for a silver standard and one for a bronze standard then the average of these scores must be 3 to achieve a gold crest, 2 for a silver crest, or 1 for a bronze. (i.e. if an athlete achieves a gold standard in two events (6) and a bronze standard in the third event (1), then the average will be 7 divided by 3 which is 2 1/3 so a silver crest will be awarded.

Only one crest may be ordered per athlete. Clubs should order for their athletes. Only unattached athletes should order as individuals.

Crests are rectangles, approximately 3.5" wide, with the BC Athletics logo. The colour of the side stitching indicates gold, silver or bronze.

Crests cost \$4.66 each (price includes tax + shipping)

Crests can be ordered through the online form on the BC Athletics JD page. Unattached athletes can order by contacting BC Athletics at RunJumpThrowWheel@bcathletics.org.

BC Athletics will send an invoice to the club once the crest order is processed.

SECTION 11.4

JUNIOR DEVELOPMENT CRESTS STANDARDS – GIRLS' TRACK

EVENT		9 Years	10 Years	11 Years	12 Years	13 Years
60m	G	10.54	10.05	9.61		
	S	11.14	10.66	10.20		
	B	11.91	11.36	10.87		
100 m	G	16.91	15.78	14.94	14.50	14.15
	S	17.94	16.74	15.85	15.39	15.01
	B	19.12	17.84	16.89	16.40	16.00
200 m	G			31.31	29.97	29.33
	S			33.21	31.79	31.12
	B			35.39	33.88	33.16
300 m	G				48.30	46.56
	S				51.24	49.40
	B				54.60	52.64
600 m	G	2.10.52	2.03.05	1.57.86		
	S	2.18.46	2.10.54	2.05.04		
	B	2.27.54	2.19.10	2.13.24		
800 m	G				2.40.10	2.36.40
	S				2.49.80	2.45.90
	B				3.01.00	2.56.80
1000 m	G	4.00.91	3.50.00	3.38.24		
	S	4.15.59	4.04.00	3.51.52		
	B	4.32.35	4.20.00	4.06.69		
1200 m	G				4.17.59	4.12.99
	S				4.33.27	4.28.39
	B				4.51.19	4.45.99
2000 m	G					7.34.20
	S					8.01.80
	B					8.33.40
		60m	60m	60m	80m	80m
Sprint Hurdles	G	12.64	11.90	11.44	14.52	14.05
	S	13.40	12.62	12.14	15.41	14.91
	B	14.28	13.45	12.93	16.42	15.89
200m H	G				33.20	32.82
	S				35.23	34.82
	B				37.54	37.11
		800 m				1500 m
Racewalk	G	5.39.50	5.09.70	5.12.80	4.48.50	9.14.40
	S	6.00.20	5.28.50	5.31.90	5.06.10	9.48.20
	B	6.23.80	5.50.10	5.53.60	5.26.20	10.26.80

SECTION 11.4

JUNIOR DEVELOPMENT CRESTS STANDARDS

GIRLS' FIELD EVENTS AND PENTATHLON

EVENT		9 Years	10 Years	11 Years	12 Years	13 Years
High Jump	G	0.96 m	1.09 m	1.16 m	1.24 m	1.27 m
	S	0.88 m	1.00 m	1.06 m	1.13 m	1.16 m
	B	0.80 m	0.91 m	0.97 m	1.04 m	1.07 m
Long Jump	G	3.04 m	3.46 m	3.67 m	4.00 m	4.25 m
	S	2.77 m	3.16 m	3.35 m	3.65 m	3.87 m
	B	2.55 m	2.90 m	3.07 m	3.35 m	3.56 m
Triple Jump	G					8.77 m
	S					8.00 m
	B					7.34 m
Pole Vault	G					2.02
	S					1.84
	B					1.69
		2 kg	2 kg	2 kg	3 kg	3 kg
Shot Put	G	4.16 m	5.52 m	7.00 m	6.56 m	7.84 m
	S	3.51 m	4.66 m	5.92 m	5.55 m	6.63 m
	B	2.88 m	3.82 m	4.85 m	4.54 m	5.43 m
			750 g	750 g	750 g	750 g
Discus	G		13.50 m	18.33 m	20.40 m	23.87 m
	S		11.41 m	15.49 m	17.24 m	20.18 m
	B		9.34 m	12.68 m	14.12 m	16.52 m
			400 g	400 g	400 g	400 g
Javelin	G		13.62 m	18.00 m	21.82 m	25.10 m
	S		11.51 m	15.21 m	18.44 m	21.22 m
	B		9.43 m	12.46 m	15.10 m	17.37 m
					3 kg	3 kg
Hammer	G				20.36 m	27.36 m
	S				17.21 m	23.13 m
	B				14.09 m	18.94 m
Pentathlon	G	1189	1568	1774	2182	2360
	S	1034	1363	1542	1897	2051
	B	810	1068	1208	1486	1607

SECTION 11.4

JUNIOR DEVELOPMENT CREST STANDARDS – BOYS' TRACK

		9 Years	10 Years	11 Years	12 Years	13 Years
60 m	G	10.39	9.89	9.54		
	S	11.03	10.49	10.12		
	B	11.75	11.18	10.78		
100 m	G	16.29	15.47	14.98	14.36	13.33
	S	17.29	16.41	15.89	15.23	14.14
	B	18.42	17.49	16.93	16.23	15.07
200 m	G			30.69	29.05	27.26
	S			32.56	30.82	28.92
	B			34.70	32.85	30.82
300 m	G				46.61	43.93
	S				49.44	46.60
	B				52.69	49.66
600 m	G	2.07.54	2.00.06	1.54.99		
	S	2.15.30	2.07.37	2.01.98		
	B	2.24.17	2.15.72	2.09.99		
800 m	G				2.34.30	2.24.90
	S				2.43.60	2.33.70
	B				2.54.40	2.43.80
1000 m	G	3.52.29	3.39.18	3.31.74		
	S	4.06.43	3.52.52	3.44.63		
	B	4.22.59	4.07.77	3.59.36		
1200 m	G				4.07.25	3.54.60
	S				4.22.30	4.08.88
	B				4.39.50	4.25.20
2000 m	G					7.10.50
	S					7.36.80
	B					8.06.70
		60 metres			80 metres	
Sprint Hurdles	G	12.32	11.70	11.37	14.27	13.61
	S	13.07	12.41	12.07	15.13	14.44
	B	13.93	13.22	12.86	16.13	15.38
200m H	G				32.51	30.77
	S				34.49	32.64
	B				36.75	34.78
		800 m				1500 m
Racewalk	G	5.59.00	5.14.40	4.53.90	4.42.50	9.23.10
	S	6.20.90	5.33.60	5.11.80	4.59.70	9.57.30
	B	6.45.80	5.55.50	5.32.20	5.19.30	10.36.50

SECTION 11.4

JUNIOR DEVELOPMENT CREST STANDARDS

BOYS FIELD EVENTS AND PENTATHLON

		9 Years	10 Years	11 Years	12 Years	13 Years
High Jump	G	1.01 m	1.11 m	1.19 m	1.27 m	1.37 m
	S	0.92 m	1.01 m	1.08 m	1.16 m	1.25 m
	B	0.85 m	0.93 m	0.99 m	1.07 m	1.14 m
Long Jump	G	3.13 m	3.43 m	3.63 m	4.01 m	4.55 m
	S	2.85 m	3.12 m	3.32 m	3.66 m	4.15 m
	B	2.62 m	2.87 m	3.04 m	3.36 m	3.81 m
Triple Jump	G					9.23 m
	S					8.42 m
	B					7.73 m
Pole Vault	G					2.14 m
	S					1.95 m
	B					1.79 m
		2 kg	2 kg	2 kg	3 kg	3 kg
Shot Put	G	4.90 m	6.70 m	7.81 m	7.63 m	9.54 m
	S	4.14 m	5.66 m	6.60 m	6.45 m	9.07 m
	B	3.39 m	4.64 m	5.40 m	5.28 m	6.60 m
			750 g	750 g	1 kg	1 kg
Discus	G		15.86 m	19.89 m	21.51 m	26.82 m
	S		13.40 m	16.81 m	18.18 m	22.67 m
	B		10.97 m	13.77 m	14.89 m	18.56 m
			400 g	400 g	500 g	500 g
Javelin	G		17.22 m	21.03 m	24.51 m	32.05 m
	S		14.55 m	17.77 m	20.72 m	27.09 m
	B		11.92 m	14.55 m	16.96 m	22.18 m
					3 kg	3 kg
Hammer	G				26.06 m	33.08 m
	S				22.03 m	27.96 m
	B				18.04 m	22.90 m
Pentathlon	G	1434	1796	1914	2333	2869
	S	1246	1561	1664	2028	2494
	B	976	1223	1304	1589	1964

SECTION 11.5 APPLYING FOR A BCJD AWARD

JD awards are earned by athletes that surpass a high standard that is based upon the best performance of all time by JD Athletes. (See standards in Section 11.8) Athletes that achieve these awards are recognized at the annual JD Banquet held each year in late October.

In order to receive this honor a nomination form must be completed and sent to BC Athletics. Once received, the information will be verified and a list of award winners will be announced and invited to attend the JD Banquet.

Nominations can be done online using the form published by August 1st each year.

NOMINATION DEADLINE: The nomination form MUST be completed and received by the BC Athletics office no later than August 31st of the current year.

ADDITIONAL INFORMATION: Contact the BC Athletics office for more information about the awards.

Requirements

If an athlete in the 9 to 12 year age category meets the criteria of attending 3 recognized BCJD meets (at least one of which is a JD Championship Meet), participates in a throw, jump, and run/walk, and meets the standard set for this year, he or she is eligible to be nominated for a JD award. A nomination form MUST be completed before any athlete will be considered for an award.

If an athlete in the 13 year age category competes in 3 recognized BCJD meets (one of which is a JD Championship meet), and meets the standard set for this year, he/she is eligible to be nominated for a JD award.

Full information regarding criteria for awards is available from BC Athletics office.

Please Note: **All athletes nominated must be competitive JD members of BC Athletics.**
School, Supporting and BC Summer Games membership members do not qualify for BC Junior Development awards.

SECTION 11.6

BCJD AWARDS GIRLS' STANDARDS

		9		10		11		12		13
		Year Old		Year Old		Year Old		Year Old		Year Old
Event		F10		F09		F08		F07		F06
60m		9.59		9.15		8.75				
100m		15.39		14.36		13.60		13.20		12.88
200m						28.49		27.27		26.69
300m								43.95		42.37
600m	2	00.35	1	53.46	1	48.68				
800m							2	27.64	2	24.24
1000m	3	42.15	3	32.08	3	21.23				
1200m							3	57.52	3	53.28
2000m									6	58.84
60H		11.32		10.66		10.25				
80H								13.01		12.59
200H								29.74		29.40
800RW	5	13.10	4	45.58	4	48.48	4	26.07		
1500RW									8	31.26
Long Jump		3.49		3.97		4.21		4.59		4.87
High Jump		1.12		1.27		1.35		1.44		1.48
Triple Jump										10.05
Pole Vault										2.34
Shot Put		5.75		7.63		9.68		9.07		10.84
Discus				18.65		25.32		28.18		31.85
Javelin				18.82		24.87		30.14		34.68
Hammer								28.13		37.80
Pentathlon		1327		1750		1980		2435		2633

Tentative values in red since event is fairly recent (last ten years)

Awards committee may choose slightly different values

SECTION 11.6

BCJD AWARDS BOYS' STANDARDS

		9		10		11		12		13
		Year Old		Year Old		Year Old		Year Old		Year Old
Event		M10		M09		M08		M07		M06
60m		9.46		9.00		8.68				
100m		14.83		14.08		13.63		13.07		12.13
200m						27.93		26.44		24.81
300m								42.41		39.97
600m	1	57.60	1	50.71	1	46.03				
800m							2	22.28	2	13.65
1000m	3	34.19	3	22.10	3	15.24				
1200m							3	47.98	3	36.32
2000m									6	37.03
60H		11.04		10.48		10.19				
80H								12.78		12.19
200H								29.12		27.56
800RW	5	31.07	4	49.97	4	31.02	4	20.51		
1500RW									8	39.21
Long Jump		3.59		3.93		4.17		4.60		5.22
High Jump		1.18		1.29		1.38		1.48		1.59
Triple Jump										10.58
Pole Vault										2.48
Shot Put		6.77		9.26		10.79		10.55		13.19
Discus				21.91		27.48		29.72		37.01
Javelin				23.79		29.05		33.86		44.28
Hammer								36.00		45.70
Pentathlon		1600		2004		2136		2603		3201

Tentative values in red since event is fairly recent (last ten years)

Awards committee may choose slightly different values

SECTION 12.0 JUNIOR DEVELOPMENT AWARDS BANQUET

The Junior Development Awards Banquet is held on the Sunday after the Junior Development Cross Country Championships in October of each year.

BC ATHLETICS STAFF SUPPORT

- BC Athletics staff will send out letters to the awards winners notifying them of their selection and outlining the banquet information.
- BC Athletics staff will post the awards winners names on the website.
- BC Athletics staff order the plaques and the awards programs.
- The JD Committee will need to make arrangements to bring the award plaques and the programs from the BC Athletics office to the banquet site.
- BC Athletics pays the bill for the event.
- All funds are to be submitted to the BC Athletics Office along with a signed Income statement for the Junior Development Awards Banquet.

BANQUET TEAM

- Master of Ceremonies ~ organizes the evening program and introduces the guest speakers. The Master of Ceremonies is often the Chair of the Junior Development committee.
- Award Announcer ~ announces the award winner's name
- The Power Point Presenter prepares the testimonials from the information sheets submitted by the recipients and presents the power point.
- Guest Speakers /presenters~ can be youth or older athletes from the host club, or can be well-known older athletes from the track and field community. The recommended length of their speech is about 10 minutes. The guest speakers can also assist with the award presentations to each athlete and can shake their hands.
- Photographers ~ will take photographs of each age group. They escort each group away from the podium area, and take the group photograph while the next group is on stage or close by. The film and a list of the athletes in each photo are sent to the BC Athletics Office.
- BC Athletics Representatives ~ often the CEO and/or the Chair of the Board of directors will attend the banquet. They can also be invited to speak at the banquet. Guests of honour who are seated at the head table do not pay for their tickets. Invited guests also do not pay.

TICKETS

- The price of tickets is set by the Junior Development Committee. The price is subject to change.
- The deadline for ordering tickets is the Monday before the event. The caterers need a definite number of guests by this date. This deadline needs to be firm.
- Selling extra tickets after the JD Committee has ordered the meals causes overcrowding and/or shortage of food and is not permitted.
- Tickets can be ordered by fax or e-mail so the host club will have a record of each request. It is important to keep careful records of telephone orders.
- Name one person within the host club to be responsible for ticket orders.
- People ordering tickets are expected to pay for all of the tickets ordered.

BUFFET MENU

- As the celebration is for the athletes, be sure to included food which they enjoy such as pasta and chicken.
- Try to have two buffet tables with both sides available to keep things moving quickly.

- Remind the caterer that athletes have good appetites. Make sure there will be plenty of food.
- Ask for punch and coffee/tea to be available for the social hour and during the meal.

DRAW PRIZES

- Each club with athletes attending the banquet is requested to send **at least** two draw prizes for the banquet.
- The master of ceremonies or awards presenters can draw the prizes during the dinner or during the awards presentations.

LOCATION

- Book a facility that is close to the freeway or on a major route that is easy to locate for people from out-of-town.
- Provide a map and/or written directions.
- Be sure the facility is large enough for the numbers expected and that there is adequate parking.
- If there are any additional costs such as parking, inform people when they book their tickets.

CHARGES

- Ask if there are any hidden costs, or if the price per plate is the total. Does the charge include taxes? The tip? Parking charge?
- Aim for the banquet to be self-supporting and to break even.
- BC Athletics will send a deposit for the dinner and will pay the final bill.
- All funds collected from ticket sales are turned over to BC Athletics.

BANQUET EVENT

- Set up a table near the door for ticket sales. Have a cash box and a float.
- Have two people assist with the ticket sales at this point.
- People will start arriving around one hour prior to the published time.
- Have the programs distributed at the door or set out on the tables.
- Monitor entry in and out of the event so that only paying guests are allowed.

SETUP AND CLEANUP

- Arrive early to set up the trophies and awards.
- Display the awards on a large table.
- Organize your group to cover setup and cleanup jobs.
- Ask about tablecloths, flowers for the tables, and other details.
- Reserve tables for the guests and speakers at the front of the room.
- Arrange for screen and computer equipment for power point.
- Arrange for BC Athletics signs.