What You Need to Know about Hosting a Meet but were Afraid to Ask
A Manual for Host Organizing Committees

Developed by the Officials’ Committee of BC Athletics

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Introduction

This Manual is intended for the use of Clubs and other organizations which have taken on the worthwhile job of organization and hosting a sanctioned track meet in British Columbia. The editors will address the different requirements of local, Club and Provincial Championship meets. The technical rules for these levels of meets are essentially the same, but there are varying organizational practices, according to the level of formality and the scale of the event. Organization of a National Championship or International meet is beyond the scope of this Manual. The editors have collected check-lists, descriptions of procedures, and tips on “best practices” from experienced members of Host Organizing Committees, (HOCs) and technical officials. It should be read in combination with:—

- The IAAF Technical Competition Rules
- The BC Junior Development Handbook
- The BC Athletics Technical Specification
- The WMA World Master Athletics

Acknowledgements

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Athletics Alberta
BC Athletics
The Coquitlam Cheetahs Track and Field Club
Langley Mustangs Track and Field Club
Kevin Kydd, Langley Mustangs Track and Field Club
Planning (The First Steps)

Hosting a meet can be a costly and time-consuming project. HOCs that begin their planning phase early increase their chances of success. Many committees hold a “de-brief” meeting within a month after their even, and make basic decisions, and an organizational plan for the following year. As you will see from the material to follow, there are some key steps to be taken 6 months or even 12 months before the event.

Establish a Committee (Host Organizing Committee, HOC)

Your Committee may be the same as your Club executive, or share some of the same members. However, it is important that the HOC take on a life of its own, with its own Chair and meeting schedule. Leave your Club executive free to manage the other important programs without fighting for time on the Agenda. The important functional areas (roles) on the HOC are listed below. Each person on the HOC may be responsible for one or more roles.

The Committee Chair (may also be the Meet Director and/or Manager, if the event is fairly small in scale). The role of this person is to:-
- Organize and schedule meetings
- Ensure that minutes are kept and distributed
- Report to the host organization (Club) as needed

The Meet Manager is responsible for running the administrative part of the competition, e.g.
- Apply for sanctioning from BC Athletics. (Refer to the Sanction Policy for specific deadlines).
- Prepare a budget for the operation of the meet.
- Keep financial records of all meet transactions and to prepare a final financial statement
- Approve all expenses within the budget
- Secure sponsors for the meet
- Provide guidance to the Committee areas: meet program, advertising, media relation, awards and protocol, product sales, hospitality

The Meet Director is responsible for organizing the competition, e.g.
- Technical guidance to the Committee on rules and practices, advancement and qualification procedures
- Preparation of the meet schedule
- Development of technical information package
- Must be present at the meet and available to make decisions regarding competition matters.

Entries and Registration is responsible for receiving and processing entries. Please be aware that results can go directly to BC Athletics and then BC Athletics forwards to Athletics Canada for National ranking. Only electronic results from Hy-Tek will be accepted.

Results (Competition Secretary) is responsible for supervising and posting of results during the meet, and preparation of the final package. Entries and Results are frequently treated as a single responsibility, and are sometimes “contracted out.” Knowledge and skill with the Hy-Tek Meet Manager program is required.

Technical Manager is responsible for planning and supervision of the set-up of the stadium and its equipment.

Officials’ Coordinator works with the representative of the BCA Officials’ Committee to select and contact officials for the event.
Volunteer Coordinator recruits and assigns volunteers from the Club and Community.

Determine the Date

It is a good idea to make sure that the date of choice does not conflict with another event that has been organized for many years. The amount of athletes that can attend and the number of officials that will be available will all be impacted by the date that is chosen. The date for a Provincial Championship will be determined in consultation with BC Athletics staff. Your local facility may have specific time periods for renting the facility.

Determine the site

There is often a great demand for athletic facilities. As soon as the committee has decided on a venue, a committee member should contact the recreational department that owns the facility to ensure that the facility will be available. For some facilities, this check should be made from six (6) to twelve (12) months prior to the event. This facility should have adequate wash room facilities, a concession stand and an area that can accommodate computer equipment.
**Determine the scale and scope of the meet**

If the meet is not a Championship, then basic decisions should be made early regarding the nature of the competition:

- Age groups
- Inclusion of "specialty events" such as Race Walk, Pole Vault, Steeplechase
- Events that may include athletes with a disability

If you would like to have your meet considered for top ten performances please refer to the JD Manual.

**Note:** Championships shall include ALL events authorized for the relevant age group(s). Other meets may choose to eliminate events from the list. Authorized events are to be found on the BC Athletics website at [https://www.bcathletics.org/admin/js/elfinder/files/Documents/17-09-11%20%20BCA%20Events%20and%20Technical%20Specifications%20corrected%20Sept%202017.pdf](https://www.bcathletics.org/admin/js/elfinder/files/Documents/17-09-11%20%20BCA%20Events%20and%20Technical%20Specifications%20corrected%20Sept%202017.pdf)

Now you are ready for the Committee members to start their work.
Preparation (Development)
This phase of the Committee’s work continues up until the first gun is fired. Tasks are listed under the functional headings. Tasks are listed in sequential order as much as possible.

Meet Manager (Chair)
The Meet Manager may also be responsible for communications, which involves media and media relations. This person can contact the local papers or local media to advertise the event.

Booking a Timing System
It might be necessary to contact another Club that has an electronic timing system. This should be done at least six (6) months before the date of the event. This will be a cost item.

Apply for a BC Athletics Sanction for the Event
What sanctioning with BC Athletics does for your event!
- Provides insurance coverage for your event to cover all participants, organizers, sponsors, facility/road/park owners and volunteers with 5 million dollars in general liability.
- Provides technical advice and support for your event where needed.
- Gives you access to certified BC Athletics officials to officiate your event.
- Increases your base of potential entrants by opening up your event to 80,000 club and school members of BC Athletics.
- BC Athletics sanctioning ensures that your event is run under the rules of BC Athletics and Athletics Canada.
- Ensures that performances achieved by your participants are recognized for rankings, team selection and financial assistance to athletes where appropriate.
- Gets your event identified in the Calendar section of our web site and in the annual BC Athletics Calendar of Events as a BC Athletics sanctioned event. The BC Athletics Calendar of Events is produced each year and lists all Road Running, Cross Country, Marathon, Road Relay, Ultra, Racewalk and Track & Field events in British Columbia.

How the Sanctioning process works
There are five (5) Steps to Sanctioning
1. Gather information
2. Submit application form three (3) months prior to event
3. Two (2) weeks to one month prior to the event, the Club will receive insurance documents
4. Use the online event calendar to ensure that the event is listed at least a year prior to the event
5. Prepare the event submission forms.

Event Entry Forms
All entry forms and promotional brochures are to include the appropriate BC Athletics Division logo (Track & Field, Race Walking, Cross Country, Road Running), which is available from the BC Athletics web site [http://www.bcathletics.org/main/resources.htm](http://www.bcathletics.org/main/resources.htm) and must state that the event is sanctioned by BC Athletics. For those organizations new to hosting events, the BC Athletics office is always available to help you in the technical requirements of Entry Forms and promotional materials.
Membership Requirements
All BC Athletics sanctioned events require that all the participants/entrants be annual athlete members of BC Athletics or the equivalent from another provincial, state or national athletics association. Those who are not can become BC Athletics members for the Day(s) of the event. 
http://www.bcathletics.org/main/resources.htm

Insurance Coverage
After checking with your local municipality, civic offices and departments, Ministry of Highways, local law enforcement or Parks Boards etc. fill out and submit to B.C. Athletics the B.C. Athletics Sanction form indicating any parties who must be named for insurance coverage. Be sure to get the exact wording required.

BC Athletics Sanction Form
Once the BC Athletics Sanction Form is completed, submit it to the BC Athletics office with the appropriate fee, a draft of the entry form and drafts of any additional promotional material for your event. Sanction forms are to be submitted 3 months prior to your event wherever possible. See the link below for appropriate forms. https://www.bcathletics.org/Resources/event-directing/60/

Approval of Sanction
Once the BC Athletics office has received all of the above information your sanction request will be processed. You will be contacted with any additional questions. You will be sent notification from BC Athletics.

Update Lists
No later than 2 days prior to your event, BC Athletics will send via e-mail or fax you a list of any additional BC Athletics members who have signed up since the original membership list was sent to you. You will also need to check the updated list even on the day of the event. If you have any further questions please contact Sam Collier - Manager, Registration & Membership Services at (604) 333-3550 or sam.collier@bcathletics.org.

Post Event
Results files are to be sent in to sam.collier@bcathletics.org and once verified will be forwarded to the Athletics Canada. Use the “post event submission form” (below).

Prepare a Preliminary Budget
Identify probable revenue and cost items as each committee member progresses in his work. If the meet is a BC Championship, then consult BC Athletics’ office staff regarding responsibilities for costs of awards, entry fees, available funding support etc. Some basic questions will be: -

- Potential number of athletes
- Cost of awards
- Potential for sales of souvenirs, revenue from concessions, advertising in printed program. A sample budget outline is included in the Appendix for reference.
Contact potential sponsors
A sample letter is included in the Appendix 11.

Develop a plan for medical services at the meet
Basic services at a Club meet must include:-
• St. John’s Ambulance or another first aid attendant (make your booking early)
• Tent or room with shade, water and ice
• Higher level meets may arrange for Physiotherapy and/or Massage therapists to be in attendance

Order awards (ribbons and medals), and athlete numbers
• Two months before the meet
• Two numbers per athlete (front and back). Numbers should be black on a white background.
Organize the awards process. Awards may be presented in a “podium ceremony” or simply announced and picked up at a table.

Meet Director
Draft a meet schedule
Kevin Kydd’s tips on planning a schedule (time guidelines):
• 60m. (8 lanes) 8 second running time, 1.5 minutes start to start
• 200m. (8 lanes outdoors, 6 indoors), 32 seconds running time; 2.5 minutes start to start
• 400m. (8 lanes outdoors, 6 indoors) 62 seconds running time; 3.5 minutes start to start
• 800m. Younger athletes – 12/race; older ones 8 to 10; 5 minutes start to start
• 1500m. 12/14 per race, 9 minutes start to start
• 3000m. 15 minutes start to start

Hurdle races should be scheduled in a sequence which provides the least number of adjustments (see Hurdle Chart Appendix 14)

General rule of thumb for scheduling horizontal jumps and throws
• Allow 15-20 minutes for warm-up
• Estimate the number of athletes
• Allow 1 minute per trial
• If javelin runway intersect the track try to avoid scheduling with track events
• Check throwing area before making up the schedule to see how many throwing events can run at one time
For implement weights for different age groups (see Throwing Implements Appendix 15)

General rule of thumb for scheduling high jumps
• Allow 90 minutes unless you are certain that it will be a small group of athletes.
Develop procedures for seeding, draws, and qualifications in Track Events

The basic procedures are outlined in Rule 166 of the IAAF Competition Rules. The modified rules for Junior Development athletes are in the JD Manual. Due to time restrictions, it is very rare to have more than one round of qualifying, irrespective of the number of athletes. Seeding for qualifying heats will be done to ensure that the fastest athletes compete in the final and are not eliminated in the heats (heats are as “equal” as possible). The winner of each heat plus the next fastest times needed to fill eight lanes will proceed to the final. At Club meets, Hurdles, and events longer than 200 metres are usually held as timed finals or sections. Timed finals (timed sections) will be seeded with the fastest performances in the same section. The fastest section will compete last. Athletes who do not submit reliable seeds will be placed

- In an unseeded heat (qualifying rounds)
- In the slowest sections (Timed final)

The procedures must be spelled out in the technical information package, and communicated to the Competition Secretary.

Developing procedures for field event competitions

Standard procedure is for athletes in the 13 and under age category to receive 3 trials only in horizontal jumps and throws. Athletes 14+ receive 3 trials, with the top 8 receiving an additional 3 trials. The Meet Director may decide to reduce the number of trials to 4, to save time, in any meet except a championship. Starting heights for High Jump events for Junior Development athletes are listed in the JD Handbook. Starting heights and increments for other age groups should be discussed with coaches or BC Athletics staff. Decisions on any of these matters should be noted in the Technical Information package.

Develop the technical information package

The information package should contain the following:-

- The words “sanctioned by BCA” and should contain the BC Athletes logo
- The name of the host organization
- The date, place and time of event
- A description of the venue, including the name, exact location, facility description (track surface, number of lanes, type of runways and circles, change rooms, washrooms etc.) and/or other facility rules and restrictions (i.e. maximum spike lengths)
- The name and address of entries secretary and meet director
- How to receive entries either by paper, E-mail, Fax, Hy-Tek or Trackie
- The entry deadline and procedure for late entries
- The entry fee (including late entry fee)
- Entry forms
- Information on meet, noting the link where information can be obtained on line. Also inform the Clubs that results will be available in electronic format from BC Athletics.
- An indication as to whether or not telephone entries will be accepted
- The registration procedure at the meet
- The final schedule of events, the schedule may change and should be checked prior to the day of the meet
- Procedures for seeding, draws and qualification
- Procedures for field event competitions’ number of trials, starting heights etc.
• Award information
• Accommodation information
• How packages will be distributed
• **Note:** see Appendix 12 for an example of a package

**Develop the athlete control procedure**

Championships and other formal meets use a Call Room for both track and field events. Athletes are checked in to the Call Room at a fixed interval prior to competition. The Call Room acts as a “staging area” where the athletes are verified, assembled into heats, and held for entry into competition. Athletes who are in a conflicting event (very common at JD meets) are checked in for both events, and released to the first one scheduled. Club meets may use a Call Room for track and field events, for track events only, or not at all. If a Call Room is not used, then athletes are checked in at the venue. Your decision on the Call Room will affect your “paper flow”...the numbers and distribution of start lists (heat sheets). The table below gives a sample Call Room schedule. Times given are “minutes prior to the start of the event.

<table>
<thead>
<tr>
<th>Event</th>
<th>Call Room Open</th>
<th>Call Room Closed</th>
<th>Arrival at Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurdles</td>
<td>30</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Other Track</td>
<td>30</td>
<td>20</td>
<td>7</td>
</tr>
<tr>
<td>High Jump</td>
<td>55</td>
<td>45</td>
<td>35</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>75</td>
<td>60</td>
<td>50</td>
</tr>
<tr>
<td>Other Field Event</td>
<td>50</td>
<td>50</td>
<td>30</td>
</tr>
</tbody>
</table>

**Entries and Registration**

**Key Planning Decisions**

1. How the entries will be received either by paper, fax, E-mail, Hy-Tek or Trackie? The best way of receiving entries is if the Clubs or individual use Hy-Tek or Trackie because the entries will import directly into Meet Manager making it easier for the person setting up the meet and less chances for errors. If you are using Hy-Tek the club or individual must have Team Manager or Team Manager Lite. Using Trackie the club or individual goes to the following site and enters the meet at [http://www.trackie.com/online-registration/](http://www.trackie.com/online-registration/). Trackie is now the only way to entry Canadian National Meets. Also using Trackie is free and you can setup the payment methods (Credit Card, Cheque or pay that the meet). To learn more about Trackie go to the following site: [http://www.trackie.com/online-registration/tutorials.php?tut=2](http://www.trackie.com/online-registration/tutorials.php?tut=2). Are we accepting Late Entries? Decide upon the late entry deadline. This deadline would be set in consultation with the person who is to process the entries.

2. Decide with the Meet Director if someone will sell BCA Day-of-the-Meet Registration.
Tasks prior to the meet

- E-mail Clubs and Coaches with the link to information on the Meet. Also give the link to the site where results will be posted.
- Post the Technical information package and entry forms on the Club or Meet website.
- Review physical requirements for the personnel working at registration, e.g. that there are enough tables and chairs etc. Here is a quick list of equipment and supplies:
  - Late entry/Correction/Scratch forms
  - Pens, paper, white out, pencils, sharpener, stapler, folders, tape, binders
  - Extra pins, extra competition numbers
  - Receipt book, money box with change
  - Extra schedules and programs
  - See Update List
  - Association Membership/Day-of-Event forms
- Receive entry forms along with entry fees
- Check if sufficient money has been sent with each entry (make a note of those owing money). Also, check that complete information about the athlete/club is supplied, and check Association membership status with BCA
- Assign competition numbers to each athlete, plus any other code if processing entries by computer
- File all entries for safekeeping and easy access if needed. Once the entries have been entered and the money is received, the money is given to the Meet Manager.
- Establish a list of competitors in each event as entries are received and present a final ranked-by-performance list; an alphabetical list of all athletes, and a listing of all athletes by their number, for the Meet Director and Results Chairperson (if Results and Registration People are separate).
- See that the envelopes include the club’s receipt, competitors’ numbers and sufficient pins. The envelope should contain a list of the competitors’ numbers and the corresponding name of the athletes. It is a good idea to record on the Club’s envelope any amount owing. If the Meet Organization wishes to include athlete meet passes or other items of information in the athletes’ envelopes, the Committees or Chairpersons need to get them to the Registration Chairperson.
- Turn over all monies received during registration, along with an accounting of the monies, to the Meet Manager.

Results (Competition Secretary)

- Draft a budget for the production and mailing of results.
- Obtain a copy of the standard club abbreviations for use in results, and to ensure proper compilation and distribution or results. (See Association Directory)
- Determine and arrange all details for a meet results system to be used. Contact (or hire) computer operator(s) to enter results - if necessary. Hy-Tek users wanting to ensure their results are eligible for inclusion in provincial and national results and rankings must set up their meets in a specific way. Instructions for setting up a meet in Hy-Tek are available here
  
  http://www.bcathletics.org/main/pdf/meetmgr_setup_export.pdf (860 KB)  
  
  Once the meet is set up a Hy-Tek download file is available from BC Athletics containing the required information for all BC Athletics competitive members. In order to receive the download
Please contact sam.collier@bcathletics.org. The download file will be updated every week leading up to your meet.

- Develop a title page for the results and ensure the proper format for presenting the results is followed.
- Ensure a complete and current list of Provincial and National records is available to check if records have been broken. (This list may be obtained from BCA). Records information should be entered into the database, so they appear on start lists.
- Draft a system to distribute the complete set of results. This includes sending an electronic copy of the results to BCA for posting its website.
- Make a plan for the Technical Information Centre (TIC, Results area), including power requirements, seating and tables. In general, it is best to have the office/results room as far away from the track as is possible and in an area away from unnecessary interruptions. The room should be set up so the checkers, computer operators, photo copiers have as little contact with the public as possible. In some stadiums the TIC includes the Photo timing equipment and operators...in others, they are physically separated. Here's a typical checklist of equipment and supplies:

<table>
<thead>
<tr>
<th>Computers</th>
<th>Printers</th>
<th>Photo copier</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra toner for copier</td>
<td>Clip boards</td>
<td>Staples and stapler</td>
</tr>
<tr>
<td>3 hole punches</td>
<td>Paper clips, pens, pencils, felts, black and hi-liters</td>
<td></td>
</tr>
<tr>
<td>Binders</td>
<td>Envelopes</td>
<td></td>
</tr>
<tr>
<td>Plastic sheets to cover clipboards or weather writers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thumb tacks</td>
<td>Coloured paper or cardboard for signs</td>
<td></td>
</tr>
</tbody>
</table>

**Technical Manager**

- Review stadium booking contract (agreement), ensuring:
  - Access to the stadium at all the required times
  - Access to washrooms, and service to washrooms during the event
  - Stadium lighting is available if required
  - Electrical power is available
  - Contact with stadium attendant is available during the event
  - Water is available (turned on) for long jump pits and steeplechase
  - Field sprinkler systems are turned off
  - Long Jump pits are filled with sand
  - Grass will be cut in the week before the meet, and clippings removed
  - Concession will be functioning throughout the meet
  - Negotiate rental agreement and delivery for tents, tarps, and any scaffolding. Shelter is required for athletes and officials at each field venue, at the Finish line, and possibly for Call Room and Registration. Review requirements with the Committee
  - Review technical requirements for each of the events regarding set-up and equipment. A comprehensive list by event is posted on the BC Athletics Web page. [http://www.bcathletics.org/main/officials_tech.htm](http://www.bcathletics.org/main/officials_tech.htm) - site
  - Test and certify the Club’s throwing implements. Contact a member of the BCA Officials Committee if you need help with this.
  - Arrange to borrow, rent or purchase any missing equipment. Contact a member of the BCA Officials Committee if you need help with this. **Hot tips:**

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- Borrow a lot of extension cords from Club members
- Borrow a lot of picnic coolers for ice and water
- Borrow a lot of E-Z up tents (and spike them down)
- Borrow a lot of camp chairs from Club members
- Ensure that you have facilities and equipment (and personnel) for certifying personal throwing implements during the event. Contact a member of the BCA Officials Committee if you need help with this.
- Review plans from other committee members for areas like Registration, Call Room, TIC, to ensure that necessary equipment is available (tents, chairs, extension cords etc)

  - Obtain the surveyors plan for the stadium, showing the starting lines, hurdle placements etc.
  - Make instruction cards for your hurdle and block crews.

**Officials Coordinator**

The Officials coordinator should work closely with the BCA officials’ committee regional development coordinator throughout the planning phase, and provide a meet schedule as early as possible. Ensure that the rdc is kept up to date with logistics, accommodation, technical information, and any changes in the schedule. The rdc has up-to-date contact information for officials in your zone. Keep in mind that officials are unpaid volunteers, and are “invited” to meets, rather than assigned. Their experiences at meets largely determine whether they will return the following year. An effective meet schedule, effective equipment management, and well-coordinated volunteers are key factors.

  - Ensure that your Committee is prepared to meet the basic standards for hosting officials (and other volunteers), e.g.
    - Complementary meals every 4 hours
    - Hot beverages or cold beverages (according to the season)
    - Registration table, with Information for officials, including relevant parts of the Technical information package, schedule, event feedback form (see Appendix 3), etc,

  - Discuss other ideas for recruiting and retaining volunteers and officials. The following suggestions have been shown to be effective for recruiting and retaining volunteers and officials for your event.
    - P.A. announcements during the event thanking BC Athletics Officials for volunteering. (see sample text on Page 23)
    - Personal contact. Some Hosts have a Committee member visit officials at each site during the event and welcome or thank them. If the Host is providing t-shirts or other gift items to volunteers, then this is a good time to ensure that officials also receive them. Gift items are nice, but the contact is the more important part.
    - Offering a social event on one of the nights (barbeque or picnic or pub night), or a “wrap up party” after the event is over
    - Raffle gift items for officials and other volunteers

  - Review the list of recommended officials in Appendix 17 and make your list
    - Eliminate any which will not be required for your meet (events not offered etc)
    - Determine which of the remaining positions can be filled by members of your organization (e.g. Club)
    - Discuss the remaining unfilled positions with the regional contact

  - Discuss officials’ expenses with the regional contact. Mileage allowances for local officials will normally be paid by the BC Officials Committee. Travel expenses for “outside” officials at a Provincial Championship may also be covered. See Officials Committee Handbook.
• Determine physical requirements for the Officials and Volunteers “registration” table, and, if possible request a rest area (tent) for officials, and a “lock-up” for personal belongings.

Volunteers Coordinator

The Volunteers Coordinator should work closely with the Officials Coordinator throughout the preparation phase. There are a range of technical positions which can be handled by volunteers, when certified officials are not available, and there is a lot of “flow” between the two categories. Develop your list of volunteer opportunities. Try to provide “stability”, keeping volunteers in the same position for a substantial part of the meet. Many tasks require learning on the job, and frequent changes undermine efficiency. Try to match the volunteer with the requirements of the task. For instance, Long Jump rakers require physical strength. Discuss requirements with the Officials Coordinator.

• Review the list of recommended officials in Appendix 17. Volunteers required appear in the right hand column.
• Prepare a “volunteer board” (display board) showing the positions to be filled for each day.
• Set up your display board at Club events and practices, and encourage members to sign up.
• Communicate with volunteers and potential volunteers by letter and/or e-mail. See the sample letters and forms in Appendices 5-7. Keeps the flow of information going.
• Review expectations:
  • early arrival, at least 1 hour prior to start of the assigned event or area
  • completion of a full shift, generally a session (4 hours)
The Meet
This section describes the responsibilities of the HOC Members during the physical set-up and the days of competition. Physical set-up may, in some circumstances, be started on the day preceding the meet. This will increase the cost of the booking, but may be a worthwhile expenditure. It has the additional benefit of increasing volunteers’ familiarity with the site, and their responsibilities.

Meet Manager (Chair)
The Meet Manager has minor responsibilities during the meet, turning over the major executive responsibilities to the Meet Director during this phase. Items in this list can be delegated to other Club members if available.

- Trouble shoot any problems with rental equipment or orders or security
- Trouble shoot any problems with registrations, late entries etc.
- Trouble shoot any problems with sales (if any)
- Supervise the distribution of awards
- Supervise any fund-raising activities (50/50 draws etc)
- Receive and record any cash from registration, concessions, sales etc.
- Ensure that any sponsors are acknowledged (banners, display boards etc)
- Organize the social event

Meet Director
The Meet Director represents the HOC at the Meet, and is responsible for any communication with outside bodies (Sport organization or media or dignitaries). Almost all matters relating to application of Rules may be left to the field of play officials, referees and Jury. Principal responsibilities of the Meet Director include:

- Decisions on eligibility, and competition categories (age class etc)
- Authorizing any changes to the schedule
- Trouble-shooting any problems in advancement or qualifying
- Manage the Protest procedure (see Rule 146)

Note: The protest fee in Canada is $50. The responsibility of the Meet Director is to receive the protest (must be within 30 minutes of posting of the disputed results), and notify the Referee, or ultimately the Jury. He may also arrange for copying and distribution of decisions.

Entries and Registration
The Registration table should be up and running at least one hour before the first event. Registration packages for Clubs and individuals may be split alphabetically, to allow for 2 or more volunteers to work simultaneously. Some issues may be referred to the Competition Secretary or Meet Director, e.g. late entries for lane events. Radio communication is highly desirable.

- Distribute packages
- Receive any money owing, and issue receipts (should be marked on package)
- Accept any late entries (if permitted)

Late entry procedures
There should be a check done to see if the athlete is a current BCA member. The Meet Entries Secretary shall reject any entries from non-registered athletes, or sell a day of event registration (under appropriate circumstances). A List of competitive BCA members is posted on the BCA
website and is updated once per week. Information is available from http://www.bcathletics.org/main/resources.htm

- For late entries on the day of the meet, one person must first check Association registration and/or accept the Day-of-the-Meet Registration, while another person fills out Late Entry/correction/scratch form and takes the late entry fee
- Fill out an "ADD" form. Copies of the "ADD" form are sent to the Competition Secretary, and to the ACC or marshalling area with the athlete. "Add/Scratch" forms are available in the Appendix of this manual.
- Correct any problem entries (wrong sex, age class, or event). Fill out an Add/Scratch form as above

**Protests and Appeals**

For protest and appeal procedures see Protests and Appeals Quick Guide Appendix 20.

For Protest & Appeal Form see Appendix 21.
Results (Competition Secretary)
The Competition Secretary manages the Technical Information Centre (Office) during the event,

- Ensures the timely printing, copying and distribution of the start lists.
- Communicates all changes to the Call Room, announcer, timers/judges, and event chief.

Paper Flow for Track Event Start Lists
There should be six copies of start lists (heat sheets). Each list should contain the name of the event, the time of the event and meet and national records.

- one copy (original) should be kept in the office
- one copy goes to the Call Room (or marshalling area) for the Starter’s Assistant
- one copy should be posted
- one copy should be given to the Announcer.

Process
1. The Call Room sends/gives a copy to the Starter’s Assistant, noting any DNS athletes
2. The Announcer should have a copy of the start and be notified of any scratches/additions via a runner from the Starter's assistant before the race (or by radio).
3. After the athletes have been placed in lanes by the Starter’s Assistant, a runner takes the heat sheet to the finish line. Alternatively, the finish line can be given its own set of start lists, and changes may be sent by radio.

Paper Flow for Field Event Start lists
There should be 5 copies of the start lists for each field event. In a Championship meet, athletes will be checked in to the Call Room. In this situation, two additional copies are required.

- Original Copy kept in the office
- 2 copies for Field event officials (sometimes 3 for Horizontal jumps)
- 1 copy posted
- 1 copy for Announcer

Paper flow for track event results
- Judges, timers and wind gauge information sheets are stapled to start list and sent to Competition Secretary
- Chief Photo Judge verifies photo finish information
- Results are printed and posted (posting time is noted on the sheet)
- Keeps the master official results in a secure file with all other pieces of information, (i.e. judges’ reports, wind readings).
- Copy of results sent to Awards

Paper flow for field event results
- Results and placing verified by chief judge and referee
- Wind gauge information (Horizontal Jumps) is attached
- Results are sent to Competition Secretary

Reviewed September 30, 2019
• Results are entered in Hy-Tek
• Results are printed and posted
• Keeps the master official results in a secure file with all other pieces of information, (i.e. judges’ reports, wind readings).
• Sends a copy of results to Awards
The Technical Manager is an early riser on the day of the meet. Set up for all the areas should be complete 2 hours prior to the first event. Lists of equipment and information on site preparation are posted on the BCA Officials web site. Rental equipment, including tables and chairs should arrive early; or if possible the night before the meet. Are some of the Technical Manager and their team’s duties on the day of the meet.

Track Crew Volunteers

- Move starting blocks on and off the track
- Place and replace and adjust hurdles (see Hurdle Chart in Appendix 14) and steeple chase barriers
- Move lane markers
- Move starters stand and cable
- Fill steeplechase water pit

Field Crew Volunteers

- Lay out throws landing areas, using Kevin’s Quick Guide to Throws
- Assemble flagging or other barriers around competition area(s)
- Assemble listed small equipment in crates and transport to venues
- Dig and level long jump pits
- Install and level long jump take-off boards
- Assemble vertical jumps pits and uprights
- Weigh and measure athletes throwing implements (BCA official or skilled volunteer)
- Transport throwing implements to venues.
- Remove and store equipment as soon as event is concluded

Note: Field of Play volunteers for assistance during competitions are separate

Officials Coordinator

The Officials Coordinator is mostly free to act as a Field of Play official during the meet. He/she should be available on the first day, to help check in officials and trouble-shoot any problems in assignments.

Volunteers Coordinator

The Volunteers coordinator should be available through the meet to manage volunteers, and act as a problem solver. He/she should have a radio.

- Check in volunteers for their shifts
- Swap and re-schedule as required
- Check in with Track and Field Referees and Competition Secretary periodically to ensure that requirements are being met.

The Announcer

The role of the Announcer is to make the meet interesting. This person should be reasonably knowledgeable about track and field. His or her focus should be to keep spectators and officials
informed on the events on the track as well as broadcasting results from the field and giving any other related information on activities around the stadium.

The Announcer needs a full detail of events and the competition. He/she should be able to call a race on the track, draw attention to field events as well as to be able to promote sponsors that might be contributing to the success of the meet.

Like all good sporting events, the Announcer should add some excitement to the meet. He/she should know when to speak and when to be quiet. It is important when announcing to ensure that the spectators know who won the race, from which Club or whether the person was unattached, the time of the win and the distance jumped or thrown. He/she should definitely announce if the event was a record.

The Announcer must have radios or cell phones for two-way communication so that he/she can be contacted at any time throughout the day.

**The Announcer(s) Text**

It would be useful if the Announcer(s) could recognize the work of the Officials at the Meet. A suggested text could be:-

Dear Announcer

Please repeat this announcement several times, on each day of the event. On behalf of ____________ (insert club/event name) I would like to thank the many BC Athletics Officials who are with us today. It is because of the expertise and high level of commitment demonstrated by this group of volunteers, that we enjoy the quality of athletics we experience in British Columbia. Athletes, you will see many of these people, volunteering their time, at events throughout your competition season, be sure to give them your thanks. Again, the ________________ (insert club/event name) sends appreciation to the BC Athletics Officials for the good work they do. These events would not happen without you.

**Hospitality**

The ability to provide good service to officials throughout the course of a day at a track meet is crucial. The day for most officials usually start around 8 A.M. and ends at 5 to 6 P.M. Here are some tips that will help to make their day more enjoyable.

- 1 litre of juice makes approximately five drinks. Allow 2-3 drinks per official per day.
- Juice or water is preferred over pop
- Try to get sponsors for meals, but contact them months in advance
- Plan for coffee and muffins at the beginning of the day
- Juice or fruit would be great around 10 to 10:30 A.M.
- Lunch of sandwiches or pizza around 1 to 2 P.M.
- An afternoon stack of cookies and fruit would also be helpful
- Remember that some officials are not always able to come in for lunch. Therefore, having someone take a cart around to field events or at the finish line would be useful.
After the Meet
This section describes the responsibilities of the HOC Members when the meet is finished.

Meet Manager (Chair)
- Organize a committee meeting 2-3 weeks after the meet
- Present a final budget report
- Collect and review feedback forms (see Appendix 3)
- Identify any changes for the following meets, or following year.
- Arrange for distribution of awards which were not claimed at the event
- Get your date for next year
- Send a digest of results for local athletes to community newspapers
- Acknowledgements (thank you letters or equivalent) to sponsors, donors, dignitaries

Meet Director
The Meet Director may not have any duties after the meet except to fill out the Meet Director’s Post-Meet Debriefing form (see Appendix 22)

Entries and Registration
Generally have no duties after the meet unless they were assisting with other duties.

Results (Competition Secretary)
- Submit a complete set of results to BC Athletics
- Mail or e-mail a complete set of results to participating Clubs
- Publish results on the Club or HOC web page

Technical Manager
- Arrange for return of all borrowed or rented equipment.
- Make recommendations on changes or purchases for the following year.

Officials Coordinator
- Review Officials Feedback forms, and communicate the highlights to the Meet Manager and the BCA regional representative.
- Conduct follow-up survey (debriefing) of officials and volunteers, if resources permit. Solicit verbal and/or written (e-mail) feedback for future meets.
- Send e-mails or letters of thanks to participating Officials.

Volunteers Coordinator
- Send e-mails or letters of thanks to participating volunteers
# TIMELINE FOR MEET ORGANIZATION

## Prior to the Meet

<table>
<thead>
<tr>
<th>Tasks</th>
<th>Person Responsible</th>
<th>Milestone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book stadium</td>
<td>Meet Manager</td>
<td>9 months</td>
</tr>
<tr>
<td>Apply for sanction from BCA</td>
<td>Meet Manager</td>
<td>9 months</td>
</tr>
<tr>
<td>Book timing system</td>
<td>Meet Manager</td>
<td>9 months</td>
</tr>
<tr>
<td>Check Equipment. Order or arrange to borrow missing items.</td>
<td>Technical Manager</td>
<td>4 months</td>
</tr>
<tr>
<td>Contact BCA Officials regional representative</td>
<td>Officials Coordinator</td>
<td>4 months</td>
</tr>
<tr>
<td>Contact sponsors and donors</td>
<td>Meet Manager</td>
<td>3 months</td>
</tr>
<tr>
<td>Revise and finalize technical information package. Check hotels for prices.</td>
<td>Meet Director</td>
<td>3 months</td>
</tr>
<tr>
<td>Contact stadium manager to confirm technical arrangements, access etc.</td>
<td>Technical Manager</td>
<td>3 months</td>
</tr>
<tr>
<td>Post Technical Information Package</td>
<td>Meet Director</td>
<td>2 months</td>
</tr>
<tr>
<td>Order Medals, Ribbons and Safety Pins, Bib Numbers</td>
<td>Meet Manager</td>
<td>2 months</td>
</tr>
<tr>
<td>Contact Volunteers by email; create sign up board</td>
<td>Volunteer coordinator</td>
<td>2 months</td>
</tr>
<tr>
<td>Call and book Security if tents and equipment left overnight</td>
<td>Meet Manager</td>
<td>1 month</td>
</tr>
<tr>
<td>Organize Concession; purchases</td>
<td>Meet Manager</td>
<td>3 weeks</td>
</tr>
<tr>
<td>Follow-up letter to volunteers</td>
<td>Volunteer coordinator</td>
<td>1 month</td>
</tr>
<tr>
<td>Finalize volunteer schedule</td>
<td>Volunteer coordinator</td>
<td>1 week</td>
</tr>
<tr>
<td>Enter names into computer for meet</td>
<td>Competition Secretary</td>
<td>1 week</td>
</tr>
<tr>
<td>Review stadium with stadium manager; confirm access, power, water etc</td>
<td>Technical Manager</td>
<td>1 week</td>
</tr>
<tr>
<td>Cash floats for concession and registration</td>
<td>Meet Manager</td>
<td>1 day</td>
</tr>
<tr>
<td>Set up Field event areas</td>
<td>Technical Manager</td>
<td>1 day</td>
</tr>
<tr>
<td>Set up tarps, tents, Flags, Speakers, Fencing, see list of jobs</td>
<td>Technical Manager</td>
<td>1 day</td>
</tr>
<tr>
<td>Assemble registration packages</td>
<td>Entries</td>
<td>1 day</td>
</tr>
<tr>
<td>Print and collate start lists, seed lists</td>
<td>Competition Secretary</td>
<td>2 hours</td>
</tr>
</tbody>
</table>

## After the Meet

<table>
<thead>
<tr>
<th>Tasks</th>
<th>Person Responsible</th>
<th>Milestone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return rented and borrowed equipment</td>
<td>Technical Manager</td>
<td>2 days</td>
</tr>
<tr>
<td>Post results and submit to BCA</td>
<td>Competition Secretary</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Submit Day of Event fees to BCA</td>
<td>Meet Manager</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Thank you letters</td>
<td>All</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Organize committee meeting (post mortem)</td>
<td>Meet Manager</td>
<td>1 month</td>
</tr>
</tbody>
</table>
Appendix 1: Example of Media Release

Name of Track Club
Club Address
Date

PRESS RELEASE

24th Annual Track and Field Meet

Name of Track Club
What the Club is planning to host
Who is invited
Where the event will be held
When the event will be held
Why the event is being held

We would be pleased to receive press coverage of our event—contact me (Name of Meet Director) if you have any questions.
Appendix 2: Example of Letter to Parents/Athletes

From: Meet Director

Thank you for your response concerning the (Name of Meet). By now you should have received an email or signed up on volunteer board to see your volunteer responsibilities at (Name of Meet). If your volunteer confirmation did NOT arrive, please contact us via email (address) or phone (number).

The (Name of Meet) has always been a very well received track and field meet, and this reputation is because of people just like you who have shared their time and energies. This meet is our major fundraiser, and allows us to replace equipment and keep our registration fees at a reasonable level.

Several other bit of info:
Friday night set up starts at 6:00 pm. We have a good crew scheduled to be there (if you have a couple of hours, we can still use you) and weather willing, we should be done by 8:30.

Early morning shift starts at 7:00 am.

We have security booked for both nights, so if you want to leave tents, lawn chairs, etc. at the park, all SHOULD be well. We do not guarantee anything, but the guard dogs have never let us down in the past!

Athletes have been told that they need to be as independent as possible, as their parents will be assisting with events. (Name of Meet) coaches will be at the meet, and will be available to help athletes. Ask any coach for assistance.

DRAW PRIZES: We will be having 50/50 draws throughout the weekend. In addition to the 50/50, we traditionally also have draw prizes, which encourages people to purchase tickets. If you have anything that could be used as a prize, please bring it to the track for Thursday practice, Friday night or Saturday morning. Your item does not have to be related to track, just be something you think another person would like to win. Examples from previous meets include food items, plants, gift certificates, t-shirts, golf umbrellas, candles, stationary, toys, and candy. No live animals please!

Any questions? Please ask…… And again, thanks from your club, Meet Director/Manager
Appendix 3: Example of Feedback Form from Members of Club

Date:  
To: Meet Personnel  
From: Meet Organizers  
Re: Name of Meet

Another (Name of Meet) is history and it is a meet we can all be proud of. We believe the event went very well with few problems. However, there is always room for improvement. What we would like to know is if you have any suggestions for next year's meet. Planning is a yearlong process, so we should begin now so there will be less problems and a better meet for next year. Take time and think about the area you were working in and see what could be improved.

Do we need to buy something? Do we need to change the way we do things? Are there things we should not change? Let's hear your suggestions. Contact us at the above or bring your suggestions to the track and give them to Irene
Appendix 4: Officials’ Event Feedback Form

BCA Officials are encouraged to provide event organizers with constructive feedback using this form. Comments may be continued on the back. Comments and suggestions passed on to event organizers will be anonymous. Please return the completed form at the end of the event to:

Completed forms may be left at the finish line

<table>
<thead>
<tr>
<th>Event (name and location)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td></td>
</tr>
<tr>
<td>Official’s Name (optional)</td>
<td></td>
</tr>
<tr>
<td>Schedule</td>
<td></td>
</tr>
</tbody>
</table>

Organizational. (Paper flow, results processing, communication etc)

Technical. (Site preparation, equipment, availability of technical aides, volunteers etc.)

Hosting. (Services provided for officials: food, shelter etc.)

Other. (any other aspects of the meet)
Appendix 5: Invitation Letter to Volunteers

PLEASE RETURN BY May 22! If date is for June Meet

To: Athletes and Parents
From: Meet Directors
Re: Name of Track Meet: Volunteer Assignments

Plans are well underway for (Name of Meet) and as that date nears, we want to give you an opportunity to volunteer for an assignment of interest. There are many different types of help needed, and if you have a preference, please make those thoughts known by returning the bottom part of this sheet. We will do what we can to accommodate your interests. Hosting a meet is a huge job, and we need BOTH parents to help for BOTH full days, and stay for Sun. afternoon cleanup. As well, please note if you could help with early morning set-up (7:00 am). It is important that we are ready to go at event start time, as no one enjoys a late meet.

Some of the areas where help will be needed include:

- Results “runner”
- Shot Put
- Discus/Hammer
- Hurdle Crew (part time, but crucial)
- Finish Line (back up timing)
- Friday night set up
- High Jump
- Javelin
- Concession
- Long Jump/Triple Jump
- Concession
- Awards

Please assign me to help with the &/or the

At the (Name of Meet). I am aware that I will be needed for both (Date of Meet), for full days, and Sun. cleanup.

I will help with set up at 7:00 am on (Meet Date(s)) (Circle if available) Yes No

Print name

Please assign me to help with the &/or the

At the (Name of Meet). I am aware that I will be needed for both (Date of Meet), for full days, and cleanup.

I will help with set up at 7:00 am on (Date of Meet) (Circle if available) Yes No

Print name
Dear Parents and Athletes,

Plans continue for (Name of Meet) on (Date of Meet).
If you have responded on the Volunteer form already, thank you! If not, will you please do so by (Date at least Three weeks before Meet) either by email (address) or fax (number) or by bringing your response to the track during a practice.

Once the responses are collected we will be assigning you to an area of responsibility, and giving you notification of your position. We will try to give you your first choice, but that may not always be possible. If you have concern with your assignment, please contact us.

We also will need help with set-up starting at (Early Morning Day of Meet). All available people very welcome!

Name of Meet Directors
Appendix 7: Thank you letter to Volunteers

Name of Club Volunteers

Thank you for volunteering to help your club this weekend. Due to the dedication of all our volunteers, we have enough assistance to be able to work shifts at the events this year. We have assigned extra staff to each event/assignment. This should enable you to arrange for “time off” from your assignment to watch your children do an event, or just take a break. Lunch will be brought to your work site.

You need to arrange these shifts **among your group**. Please be sure that the event is well covered before you leave, and also make sure that your partners know exactly when you will return. Please honor your commitments. If there is a problem, contact the Volunteer Coordinator and they will send a floater to help you.
Appendix 8: Letter to Volunteers for (Name of Meet)

Attached please find your volunteer assignment for our (Name of Meet). It may be of some help to you to observe your event at the next meet, and acquaint yourself as to the operation of your assignment. Thanks for your help.

There will be a volunteer meeting on (Time, Week before Meet), at the track. At this time (Meet Director/Official) will review the operation of the various events, meet protocol and duties, and answer questions. This meeting should take about 45 minutes, depending on attendance and questions. If you are unable to attend the session, and would like further information concerning your assignment, please contact (Appropriate name and phone number).

Responsibilities of Volunteers at Name of meet

To:    Name of Volunteer
You have been scheduled to help with the following event; Name if Event

Please report to the track no later than 8:15 a.m. Date of Event

When you arrive at the track on (Date of Meet) morning, please check in at the volunteers desk. Volunteers will receive an Officials Ribbon, and information package. Coffee will be provided from the concession on (Date of Meet) morning. Other food will be brought to your work station throughout the day. Do not leave your work station during the events unless you have contacted someone to cover during your absence. “Floaters” are available, please ask.

Your help is greatly appreciated. We hope you also enjoy your weekend.

* Event volunteers should pickup implements, clipboards, rakes, etc. and make sure event area is ready ½ hour before scheduled events.
* Back up timers should be at their place 15 minutes before scheduled time of events.

Meet Director – Name of meet Director
Volunteer Co-coordinator - Name

If you have any questions please call:
Meet Director – Name of meet Director
Volunteer Co-coordinator – Name
Appendix 9: For Event Clipboard

CATEGORY/AGE GROUPS*
(The Years will change depending on the year the meet is held)

<table>
<thead>
<tr>
<th>Category</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
</tr>
<tr>
<td>U16</td>
<td>14/15</td>
</tr>
<tr>
<td>U18</td>
<td>16/17</td>
</tr>
<tr>
<td>U20</td>
<td>18/19</td>
</tr>
<tr>
<td>Open</td>
<td>20-34 (Track)</td>
</tr>
<tr>
<td></td>
<td>20-39 (Road and X-C)</td>
</tr>
<tr>
<td>Masters</td>
<td>5 yr. groups</td>
</tr>
</tbody>
</table>

FIELD ATTEMPTS

Ages 9-13 only get three attempts

Ages U16+ all get three attempts with the top eight competitors receiving three additional attempts. Ties for eighth move to final
Appendix 10: Example of Letter to Officials (for Check-in)

Name of Track Club

B.C. ATHLETICS OFFICIALS

On behalf of all Name of Club athletes, parents and executive members, we welcome you to the (Name of Meet), and hope that your weekend goes well. Thank you for sharing your expertise with us, and helping make the meet a success.

- Please accept a pin and an officials ribbon with our thanks. As well, there will be an Officials prize draw both days. Your name is entered!
- Attached please find a list of the volunteers who will work at your event. Hopefully they will be wearing a name tag for identification. Some of these people may be inexperienced and will need direction. We appreciate your guidance and patience.
- As well, we have some floaters available. If you need extra help, or need a break yourself, please contact the awards/registration area, and someone will be sent to you. Runners are also available if necessary.
- A meet schedule and some meet rules (attempts, age groups, etc.) are on your clipboard
- Please do NOT accept any late entries unless the athlete brings you a late entry form signed by (Meet Director/Event Secretary).
- Lunch and snacks will be brought to your event area. Go to the concession for extra drinks when you have a break.
- If you have any problems, contact (The Announcer, or appropriate Personnel).
- Again, thank you for being with us this weekend.

Club President - Name
Meet Directors - Name
Appendix 11: Example of Letter to Companies

Name of Track Club

To Whom It May Concern

The (Name of Club) will host the (Name of Meet) on (Date and Venue)

Any assistance in the form of sponsorship or donations from your organization would be greatly appreciated. We would be most willing to acknowledge your support by announcement over the public address system. If you have a banner or other advertisement, we would be pleased to display your logo.

President,

John Smith
Appendix 12: Late Entry/Correction/Scratch Form

Name: _______________________   Sex: _____ Birth date (mm/dd/yy) ___/_____/____/
Bib #______________Club: _______________ Seed Performance: _____________

Event #__________ Name _______________ Lane #___________ Heat Number_______________

Event #__________ Name _______________ Lane #___________ Heat Number_______________

Event #__________ Name _______________ Lane #___________ Heat Number_______________

Event #__________ Name _______________ Lane #___________ Heat Number_______________

Re-seed event # _____ Reason_____________________________________________________
______________________________________________________________________________

Amount Paid_______________   Cheque_____________ Cash___________________________

Scratches
Event # __________ Event # ____________ Event # ___________ Event # __________________

Reason: _______________________________________________________________________
______________________________________________________________________________

Athletes (Take to event official)

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Bib #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Enter in:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lane #__________ Heat Number_______________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lane #__________ Heat Number_______________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lane #__________ Heat Number_______________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lane #__________ Heat Number_______________</td>
</tr>
</tbody>
</table>

Registrars Signature________________________________

Reviewed September 30, 2019
Appendix 13: Sample Technical Information Package (Entry package)

**Hurdles, Sprint/Distance:**
- Sprint Hurdles for all ages. Age 9 to 13, (Training Hurdles.) Age U16 and older, (Weighted Hurdles.)
- The Hurdle schedule will follow distances, spacing, and heights from 110M to 60M, 400M to 200M.
- 200M Hurdles for 12 to 13 year olds. (Training Hurdles.)
- 200M Hurdles for U16 (14/15) year olds, and some Masters. (Weighted Hurdles.)
- 300M Hurdles for U18 (16/17) and some Masters. (Weighted Hurdles.)
- 400M Hurdles for U20-59 (Weighted Hurdles.)

**Timed Finals For:** 400M, 800M, 1500M, 3000M, Relays, and All Hurdle Events:

**Recreational Medley Relay 100m x 100m x 200m x 400m (No Awards/No Charge)**
- Athletes must be in same club. Male and female may run together.
- We need one runner per team on the cost summary page under the name and age of the oldest runner.
- Teams will be made up of the following age categories.
  Ages 9 – 12   Ages 13 - 14   Ages 15, 16+ (including Coaches and Parents.)

**Throws & Horizontal Jumps;**
- Ages 9 - 13 receive 3 attempts *. Ages U16+ receive 3 attempts; top eight qualify for 3 more.

**Vertical Jumps;**
The High Jump bar will be raised 5 cm. until one competitor is left. The remaining athlete may choose heights from that point forward. All increments in Combined events are 3cm (High Jumps) and 10cm (PV).
Starting Heights will be discussed with the athletes at the start of the competition.

**Results:**
Results in a Team/Club Format and HY-TEX Team Manager for Windows will be e-mailed to all clubs and unattached athletes who give us an e-mail address. Full results will be posted on the Web. One paper copy will be forwarded to each club with at least 10 athletes entered if it is absolutely necessary. Copies may be purchased for a cost.

**Conflicting Track/Field Events:**
To avoid missing jumps or races, athletes should report to BOTH event Officials. Officials will TRY to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of throws/jumps.
Concession/Sales:
Club run concession with hot dogs, sandwiches, soup, drinks, etc.

Awards: Medals will be available. Masters receive BCA Medals.

Medals: 1st. 2nd. 3rd. Double Ribbons: 4th through 8th.
Awards for outstanding single performance (excluding Masters: One male & one female in the following categories: Sprints and Hurdles, Middle Distance, Jumps and Throws. Selection will be based on an OUTSTANDING PERFORMANCE in ONE event. Winning several events is not considered. The recipients of these awards will be notified individually after the selection is made.

Directions to Venue
Always include the directions to the venue.
Track Events Schedule

All track events will be run from oldest to youngest with the exception of hurdles, which follow Distance, Heights and Spacing. Women will start each age group.

<table>
<thead>
<tr>
<th>Event</th>
<th>Comments</th>
<th>Time</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches Meeting</td>
<td></td>
<td>8:15 AM</td>
<td></td>
</tr>
<tr>
<td>1500M Race Walk</td>
<td>Finals</td>
<td>8:30 AM</td>
<td>U16 to 1994</td>
</tr>
<tr>
<td>800M Race Walk</td>
<td>Finals</td>
<td></td>
<td>1995 to 1998</td>
</tr>
<tr>
<td>200 M Hurdles</td>
<td>Timed Finals</td>
<td>9:00 AM</td>
<td>1996 to 1994</td>
</tr>
<tr>
<td>300 M Hurdles</td>
<td>Timed Finals</td>
<td></td>
<td>1993 to 1992</td>
</tr>
<tr>
<td>400 M Hurdles</td>
<td>Timed Finals</td>
<td></td>
<td>U16, U18, Open</td>
</tr>
<tr>
<td>60 M</td>
<td>Timed Finals</td>
<td>10:45 AM</td>
<td>1997 to 1998</td>
</tr>
<tr>
<td>100 M</td>
<td>Heats</td>
<td>11:00 AM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>1500 M</td>
<td>Finals</td>
<td>1:00 PM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>100 M</td>
<td>Finals</td>
<td>2:00 PM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>400 M</td>
<td>Timed Final</td>
<td>3:00 PM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>4 X 100 M Relay</td>
<td>Finals</td>
<td>4:00 PM</td>
<td>Open to 1998</td>
</tr>
</tbody>
</table>
### Sunday June 10, 2007

<table>
<thead>
<tr>
<th>Event</th>
<th>Comments</th>
<th>Time</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000 M</td>
<td>Finals</td>
<td>9:00 AM</td>
<td>Open to 1992</td>
</tr>
<tr>
<td>60 M Hurdles</td>
<td>Timed Finals</td>
<td>10:00 AM</td>
<td>1996 to 1998 (Men/Women)</td>
</tr>
<tr>
<td>80 M Hurdles</td>
<td>Timed Finals</td>
<td>10:00 AM</td>
<td>1995 to 1992 (Women)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1995 to 1994 (Men)</td>
</tr>
<tr>
<td>100 M Hurdles</td>
<td>Timed Finals</td>
<td>10:00 AM</td>
<td>U18, U20, Open (Women)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1993 to 1992 (Men)</td>
</tr>
<tr>
<td>110 M Hurdles</td>
<td>Timed Finals</td>
<td>10:00 AM</td>
<td>U18, U20, Open (Men)</td>
</tr>
<tr>
<td>200 M</td>
<td>Heats</td>
<td>11:30 AM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>800 M</td>
<td>Timed Finals</td>
<td>1:30 PM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>200 M</td>
<td>Finals</td>
<td>3:00 PM</td>
<td>Open to 1998</td>
</tr>
<tr>
<td>4 X 400 M Relay</td>
<td>Finals</td>
<td>3:45 PM</td>
<td>Open to 1998</td>
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### Field Events Schedule

All ‘Open’ field events also include the respective U18 and U20 events.

**Saturday June 9, 2007**

<table>
<thead>
<tr>
<th>Time</th>
<th>High Jump</th>
<th>Long Jump</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Javelin</th>
<th>Hammer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pit #1</td>
<td>Pit #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>12:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>1998 W</td>
<td>1993 M</td>
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<tr>
<td>1:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>1995 M</td>
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<td></td>
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<tr>
<td>2:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Open/1992 W</td>
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</tr>
<tr>
<td>2:30 PM</td>
<td>Open M</td>
<td>1996 W</td>
<td>1996 M</td>
<td>1994 W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>1993 M</td>
<td></td>
<td></td>
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<td>Open W</td>
<td>1998 M</td>
<td>1998 W</td>
<td>Open W</td>
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</tr>
<tr>
<td>4:00 PM</td>
<td></td>
<td></td>
<td></td>
<td>1995 W</td>
<td></td>
<td></td>
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<tr>
<td>4:15 PM</td>
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<td>4:45 PM</td>
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**Sunday June 10, 2007**

<table>
<thead>
<tr>
<th>Time</th>
<th>High Jump</th>
<th>Triple Jump</th>
<th>Shot Put</th>
<th>Discus</th>
<th>Javelin</th>
<th>Hammer</th>
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<tbody>
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<td>Pit #1</td>
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<tr>
<td>8:30 AM</td>
<td>Open to 1995 W</td>
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</tr>
<tr>
<td>9:00 AM</td>
<td>1996 W</td>
<td>1994 W</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>1994 M</td>
<td></td>
<td></td>
<td></td>
<td>1992/1993 W</td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td>1993 M</td>
<td>1994 W</td>
<td>1995 M</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 PM</td>
<td></td>
<td>1994 W</td>
<td></td>
<td>1997 M</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td></td>
<td>Open W</td>
<td></td>
<td>1997 M</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td></td>
<td>Open/1992 M</td>
<td></td>
<td></td>
<td>Open/1992 M</td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td></td>
<td>Open M</td>
<td></td>
<td>1994 W</td>
<td></td>
<td></td>
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<td>Open/1992 M</td>
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<td>4:00 PM</td>
<td></td>
<td></td>
<td>1994 W</td>
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</tbody>
</table>

Reviewed September 30, 2019
Event Entry Form

Club/School:_________________________ Address:________________________________________

Phone #:____________________________________

<table>
<thead>
<tr>
<th>Name</th>
<th>BCA#</th>
<th>M/F</th>
<th>Birthdate (MM/DD/YY)</th>
<th>Age Class</th>
<th>Event #</th>
<th>Perf.</th>
<th>Event #</th>
<th>Perf.</th>
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<tr>
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<tr>
<td>8</td>
<td></td>
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<td>/        /          /</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Number of JD Entries _______________ X $7.00 = _______________

Number of Late Entries ______________ X $14.00 = _______________
110M & 100M Hurdles have 10 Hurdles in 8 Lanes = 80 Hurdles
80M Hurdles have 8 Hurdles in 8 Lanes = 64 Hurdles

Sprint Hurdles (as of January 1, 2018)

### Competition Weighted Hurdles

<table>
<thead>
<tr>
<th>Age/Sex</th>
<th>Height</th>
<th>Distance</th>
<th>Number of Hurdles</th>
<th>Distance to First Hurdle</th>
<th>Distance between Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>U16 (14/15)</td>
<td>0.838m/33&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>U18 (16/17)</td>
<td>0.914m/36&quot;</td>
<td>110m</td>
<td>10</td>
<td>13.72m</td>
<td>9.14m</td>
</tr>
<tr>
<td>U20 (18/19)</td>
<td>0.991m/39&quot;</td>
<td>110m</td>
<td>10</td>
<td>13.72m</td>
<td>9.14m</td>
</tr>
<tr>
<td>Open (20/34)</td>
<td>1.067m/42&quot;</td>
<td>110m</td>
<td>10</td>
<td>13.72m</td>
<td>9.14m</td>
</tr>
<tr>
<td>Master Men</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-49</td>
<td>0.991m/39&quot;</td>
<td>110m</td>
<td>10</td>
<td>13.72m</td>
<td>9.14m</td>
</tr>
<tr>
<td>50-59</td>
<td>0.914m/36&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>60-69</td>
<td>0.838m/33&quot;</td>
<td>100m</td>
<td>10</td>
<td>12.00m</td>
<td>8.00m</td>
</tr>
<tr>
<td>70-79</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>7.00m</td>
</tr>
<tr>
<td>80+</td>
<td>0.686m/27&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>7.00m</td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>U16 (14/15)</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>8.00m</td>
</tr>
<tr>
<td>U18 (16/17)</td>
<td>0.762m/30&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>U20 (18/19)</td>
<td>0.838m/33&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>Open (20-35)</td>
<td>0.838m/33&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>Master Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-39</td>
<td>0.838m/33&quot;</td>
<td>100m</td>
<td>10</td>
<td>13.00m</td>
<td>8.50m</td>
</tr>
<tr>
<td>40-49</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>8.00m</td>
</tr>
<tr>
<td>50-59</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>7.00m</td>
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<tr>
<td>60+</td>
<td>0.686m/27&quot;</td>
<td>80m</td>
<td>8</td>
<td>12.00m</td>
<td>7.00m</td>
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</tbody>
</table>

### Kick Away/Practice Hurdles

<table>
<thead>
<tr>
<th>Age/Sex</th>
<th>Height</th>
<th>Distance</th>
<th>Number of Hurdles</th>
<th>Distance to First Hurdle</th>
<th>Distance between Hurdles</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Men</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12m</td>
<td>8.0m</td>
</tr>
<tr>
<td>13 Women</td>
<td>0.762m/30&quot;</td>
<td>80m</td>
<td>8</td>
<td>12m</td>
<td>7.5m</td>
</tr>
<tr>
<td>12 Men/Women</td>
<td>0.686m/27&quot;</td>
<td>80m</td>
<td>8</td>
<td>12m</td>
<td>7.0m</td>
</tr>
<tr>
<td>10-11 Men/Women</td>
<td>0.610m/24&quot;</td>
<td>60m</td>
<td>6</td>
<td>11m</td>
<td>6.5m</td>
</tr>
<tr>
<td>9 Men/Women</td>
<td>0.533m/21&quot;</td>
<td>60m</td>
<td>6</td>
<td>11m</td>
<td>6.5m</td>
</tr>
</tbody>
</table>
Distance Hurdles (as of January 1, 2018)

400M Hurdles have 10 Hurdles in 8 Lanes = 80 Hurdles
300M Hurdles have 7 Hurdles in 8 Lanes = 56 Hurdles
200M Hurdles have 5 Hurdles in 8 Lanes = 40 Hurdles
Distance between hurdles for all age categories = 35m

<table>
<thead>
<tr>
<th>Age/Sex</th>
<th>Height</th>
<th>Distance</th>
<th>Number of Hurdles</th>
<th>Distance to First Hurdle</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>12</td>
<td>0.610m/24&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>0.686m/27&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
</tr>
<tr>
<td></td>
<td>U16 (14/15)</td>
<td>0.762m/30&quot;</td>
<td>200m</td>
<td>5</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>U18 (16/17)</td>
<td>0.838m/33&quot;</td>
<td>400m</td>
<td>10</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>U20 (18/19)</td>
<td>0.914m/36&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td></td>
<td>Open (20-35)</td>
<td>0.914m/36&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td>Master Men</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>35-49</td>
<td>0.914m/36&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td></td>
<td>50-59</td>
<td>0.838m/33&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td></td>
<td>60-69</td>
<td>0.762m/30&quot;</td>
<td>300m</td>
<td>7</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>70-79</td>
<td>0.686m/27&quot;</td>
<td>300m</td>
<td>7</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>80+</td>
<td>0.686m/27&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
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<tr>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>0.610m/24&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>0.686m/27&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
</tr>
<tr>
<td></td>
<td>U16 (14/15)</td>
<td>0.762m/30&quot;</td>
<td>200m</td>
<td>5</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>U18 (16/17)</td>
<td>0.762m/30&quot;</td>
<td>400m</td>
<td>10</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>U20 (18/19)</td>
<td>0.762m/30&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td></td>
<td>Open (20-35)</td>
<td>0.762m/30&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td>Master Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>35-49</td>
<td>0.762m/30&quot;</td>
<td>400m</td>
<td>10</td>
<td>45m</td>
</tr>
<tr>
<td></td>
<td>50-59</td>
<td>0.762m/30&quot;</td>
<td>300m</td>
<td>7</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>60-69</td>
<td>0.686m/27&quot;</td>
<td>300m</td>
<td>7</td>
<td>50m</td>
</tr>
<tr>
<td></td>
<td>70+</td>
<td>0.686m/27&quot;</td>
<td>200m</td>
<td>5</td>
<td>20m</td>
</tr>
</tbody>
</table>

For updated list for Hurdles for ages 16 to 35 see IAAF Rule Book
For updated list for Hurdles for ages 35 plus see WMA Rule Book Appendix A
## Appendix 15: Throwing Implements

<table>
<thead>
<tr>
<th></th>
<th>SHOT PUT</th>
<th>DISCUS</th>
<th>JAVELIN</th>
<th>HAMMER</th>
<th>WEIGHT THROW</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOYS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 years</td>
<td>2 kg</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>10-11 years</td>
<td>2 kg</td>
<td>0.75 kg</td>
<td>400 g</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>12-13 years</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>3 kg</td>
<td>N/A</td>
</tr>
<tr>
<td>U16 (14-15 years)</td>
<td>4 kg</td>
<td>1.0 kg</td>
<td>600 g</td>
<td>4 kg</td>
<td>7.26 kg (16 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MEN</strong></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>U18 (16-17 years)</td>
<td>5 kg</td>
<td>1.5 kg</td>
<td>700 g</td>
<td>5 kg</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>U20 (18-19 years)</td>
<td>6 kg</td>
<td>1.75 kg</td>
<td>800 g</td>
<td>6 kg</td>
<td>11.34 kg (25 lbs)</td>
</tr>
<tr>
<td>Open (20+ years)</td>
<td>7.26 kg</td>
<td>2.0 kg</td>
<td>800 g</td>
<td>7.26 kg</td>
<td>15.88 kg (35 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MEN (MASTER)</strong></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>35-49 years</td>
<td>7.26 kg</td>
<td>2.0 kg</td>
<td>800 g</td>
<td>7.26 kg</td>
<td>15.88 kg (35 lbs)</td>
</tr>
<tr>
<td>50-59 years</td>
<td>6 kg</td>
<td>1.5 kg</td>
<td>700 g</td>
<td>6 kg</td>
<td>11.34 kg (25 lbs)</td>
</tr>
<tr>
<td>60-69 years</td>
<td>5 kg</td>
<td>1.0 kg</td>
<td>600 g</td>
<td>5 kg</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>70-79 years</td>
<td>4 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>4 kg</td>
<td>7.26 kg (16 lbs)</td>
</tr>
<tr>
<td>80+ years</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>400 g</td>
<td>3 kg</td>
<td>5.45 kg (12 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>GIRLS</strong></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 years</td>
<td>2 kg</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>10-11 years</td>
<td>2 kg</td>
<td>0.75 kg</td>
<td>400 g</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>12-13 years</td>
<td>3 kg</td>
<td>0.75 kg</td>
<td>400 g</td>
<td>3 kg</td>
<td>N/A</td>
</tr>
<tr>
<td>U16 (14-15 years)</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>3 kg</td>
<td>7.26 kg (16 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WOMEN</strong></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>U18 (16-17 years)</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>3 kg</td>
<td>7.26 kg (16 lbs)</td>
</tr>
<tr>
<td>U20 (18-19 years)</td>
<td>4 kg</td>
<td>1.0 kg</td>
<td>600 g</td>
<td>4 kg</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>Open (20+ years)</td>
<td>4 kg</td>
<td>1.0 kg</td>
<td>600 g</td>
<td>4 kg</td>
<td>9.08 kg (20 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>WOMEN (MASTER)</strong></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>35-49 years</td>
<td>4 kg</td>
<td>1.0 kg</td>
<td>600 g</td>
<td>4 kg</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>50-59 years</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>3 kg</td>
<td>7.26 kg (16 lbs)</td>
</tr>
<tr>
<td>60-74 years</td>
<td>3 kg</td>
<td>1.0 kg</td>
<td>500 g</td>
<td>3 kg</td>
<td>5.45 kg (12 lbs)</td>
</tr>
<tr>
<td>75+ years</td>
<td>2 kg</td>
<td>0.75 kg</td>
<td>400 g</td>
<td>2 kg</td>
<td>4.00 kg (8.9 lbs)</td>
</tr>
</tbody>
</table>
Appendix 16: Sample Budget (for a Club Meet)

Revenues
Sponsorships and donations
Entry fees
Souvenir and T-Shirt Sales

Total Revenue

Expenses
Equipment Acquisitions/Upgrades
Stadium Rental
Other rentals (tents, copier etc)
Food for Officials and volunteers
Awards (medals and ribbons)
Medical
Security
Promotions, Marketing, Advertising
Administration and Office Costs
Sanction fee (and other fees) to BCA

Total Expenses
Appendix 17: Minimum Number and Standards for Officials at BCA-Sanctioned Track and Field Meets.

**General**

Development of an officials’ team is primarily the responsibility of the meet organizing committee. The meet manager may request additional qualified officials to be assigned by the BCA officials committee (acting through a regional coordinator), when the organizing committee cannot supply sufficient qualified officials from its own supporting organization (Club). The BCA officials committee is available at any point to advise on appointment of qualified officials for the positions shown below. Recruitment of the volunteer technical aides is entirely the responsibility of the organizing committee. The minimum standards shown on this page are sufficient for a Club meet (local meet). Total numbers will vary according to the number of field events, and special teams required. Meets at this level will generally have 25-35 officials. When qualified officials for the listed positions are not available, then lower level officials or volunteer technical aides will be appointed. Standards for higher level meets are on the next page.

<table>
<thead>
<tr>
<th>Position of Officials</th>
<th>Number</th>
<th>Qualifications</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jury</td>
<td>1</td>
<td>Provincial Jury List</td>
<td></td>
</tr>
<tr>
<td>Jury</td>
<td>2</td>
<td>Level 4 officials</td>
<td></td>
</tr>
<tr>
<td>Announcer</td>
<td>1</td>
<td>Provincial List</td>
<td>1</td>
</tr>
<tr>
<td>Competition Secretary</td>
<td>1</td>
<td>Provincial List CS</td>
<td>3</td>
</tr>
<tr>
<td>Technical Manager</td>
<td>1</td>
<td>Provincial List TM</td>
<td>10</td>
</tr>
<tr>
<td>Starters</td>
<td>1</td>
<td>Level 3 starter</td>
<td></td>
</tr>
<tr>
<td>Starters Assistants</td>
<td>1</td>
<td>Level 1 or 2 official</td>
<td>2</td>
</tr>
<tr>
<td>Starters Assistants</td>
<td>1</td>
<td>Level 1 or 2 official</td>
<td>3</td>
</tr>
<tr>
<td>Track Referee</td>
<td>1</td>
<td>Level 3 Track Referee</td>
<td></td>
</tr>
<tr>
<td>Photo Finish</td>
<td>1</td>
<td>P F Provincial List</td>
<td></td>
</tr>
<tr>
<td>Photo Finish</td>
<td>1</td>
<td>Level 1 or 2 official</td>
<td></td>
</tr>
<tr>
<td>Chief Umpire</td>
<td>1</td>
<td>Level 4 Umpire</td>
<td></td>
</tr>
<tr>
<td>Umpires</td>
<td>4</td>
<td>Level 1 or 2 officials</td>
<td>4</td>
</tr>
<tr>
<td>Field Referees</td>
<td>1</td>
<td>Level 3 Field Referee</td>
<td></td>
</tr>
<tr>
<td>Field Referees</td>
<td>1</td>
<td>Level 4 Field Judge</td>
<td></td>
</tr>
<tr>
<td><strong>Field Event Teams</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chief Judge</td>
<td>1 per event</td>
<td>Level 3 in the discipline</td>
<td></td>
</tr>
<tr>
<td>Field Judges</td>
<td>2-3 per event</td>
<td>Level 1 or 2 officials</td>
<td>3-4</td>
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<tr>
<td><strong>Special Teams</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined event Referee</td>
<td>1</td>
<td>Level 3 CER</td>
<td>1</td>
</tr>
<tr>
<td>Race Walk Chief Judge</td>
<td>1</td>
<td>Level 3 Race Walk Judge</td>
<td></td>
</tr>
<tr>
<td>Race Walk Judges</td>
<td>2</td>
<td>Level 1 or 2 officials</td>
<td>2</td>
</tr>
<tr>
<td>Chief Timer</td>
<td>1</td>
<td>Level 3 Timer</td>
<td></td>
</tr>
<tr>
<td>Timers</td>
<td>3</td>
<td>Level 1 or 2 officials</td>
<td>5</td>
</tr>
<tr>
<td>Chief FL Judge (lap scorer)</td>
<td>1</td>
<td>Level 3 Finish Line Judge</td>
<td></td>
</tr>
<tr>
<td>Finish Line Judges (lap scorers)</td>
<td>3</td>
<td>Level 1 or 2 officials</td>
<td>5</td>
</tr>
</tbody>
</table>
**BC Championships (Track and Field)**

BC Championship meets will generally have a full list of events. Therefore, the total numbers of officials required will be larger than for Club meets.

<table>
<thead>
<tr>
<th>Position of Officials</th>
<th>Number</th>
<th>Qualifications</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jury</td>
<td>1</td>
<td>National Jury List</td>
<td></td>
</tr>
<tr>
<td>Jury</td>
<td>2</td>
<td>Provincial Jury List</td>
<td></td>
</tr>
<tr>
<td>Announcer</td>
<td>1</td>
<td>National List</td>
<td>1</td>
</tr>
<tr>
<td>Announcer</td>
<td>1</td>
<td>Provincial list</td>
<td></td>
</tr>
<tr>
<td>Competition Secretary</td>
<td>1</td>
<td>Provincial List CS</td>
<td>12</td>
</tr>
<tr>
<td>Technical Manager</td>
<td>1</td>
<td>Provincial List TM</td>
<td>1</td>
</tr>
<tr>
<td>Starters</td>
<td>1</td>
<td>Level 5 starter</td>
<td>2</td>
</tr>
<tr>
<td>Starters</td>
<td>1</td>
<td>Level 3 Starter</td>
<td></td>
</tr>
<tr>
<td>Starters Assistants</td>
<td>1</td>
<td>Level 5 Starters Assistant</td>
<td>4</td>
</tr>
<tr>
<td>Starters Assistants</td>
<td>1</td>
<td>Level 3 Starters Assistant</td>
<td></td>
</tr>
<tr>
<td>Track Referee</td>
<td>1</td>
<td>Level 5 Track Referee</td>
<td></td>
</tr>
<tr>
<td>Photo Finish</td>
<td>1</td>
<td>Photo CJ 4</td>
<td></td>
</tr>
<tr>
<td>Photo Finish</td>
<td>1</td>
<td>Photos Provincial List</td>
<td></td>
</tr>
<tr>
<td>Chief Umpire</td>
<td>1</td>
<td>Level 5 Umpire</td>
<td></td>
</tr>
<tr>
<td>Umpires</td>
<td>8</td>
<td>Level 2 officials</td>
<td>4</td>
</tr>
<tr>
<td>Field Referees</td>
<td>1</td>
<td>Level 5 Field Referee</td>
<td></td>
</tr>
<tr>
<td>Field Referees</td>
<td>1</td>
<td>Level 3 Field Referee</td>
<td></td>
</tr>
<tr>
<td>Field Event Teams (as many as required – dependant on the number of Field Events being held at the same time)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Chief Judge</td>
<td>1 per event</td>
<td>Level 4 in the discipline</td>
<td></td>
</tr>
<tr>
<td>Field Judges</td>
<td>3 per event</td>
<td>Level 1 or 2 officials</td>
<td>4</td>
</tr>
<tr>
<td>Special Teams (as required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined Event Referee</td>
<td>1</td>
<td>Level 4 CER</td>
<td>1</td>
</tr>
<tr>
<td>Race Walk Chief Judge</td>
<td>1</td>
<td>Level 4 Race Walk Judge</td>
<td></td>
</tr>
<tr>
<td>Race Walk Judges</td>
<td>3</td>
<td>Level 3 Race Walk Judges</td>
<td>3</td>
</tr>
<tr>
<td>Chief Timer</td>
<td>1</td>
<td>Level 5 Timer</td>
<td></td>
</tr>
<tr>
<td>Timers</td>
<td>3</td>
<td>Level 1 or 2 officials</td>
<td>5</td>
</tr>
<tr>
<td>Chief FL Judge (lap scorer)</td>
<td>1</td>
<td>Level 4 Finish Line Judge</td>
<td></td>
</tr>
<tr>
<td>Finish Line Judges (lap scorers)</td>
<td>3</td>
<td>Level 1 or 2 officials</td>
<td>5</td>
</tr>
</tbody>
</table>

**National and National Championship Meets**

Standards for National Championships are found in the “NOC Officials Coordinators Manual”. The Manual recommends a minimum of 87 certified officials for meets at this level.
Field of Play Officials (a glossary)

Jury of Appeal
This body consists of 3 to 5 individuals appointed to deal with protests, referred for decision by the Referees. Its decision is final.

Chief Photo Finish Judge
Is responsible for timing the events on the track. Assistant Photo Finish Judges may also be appointed.

Chief Timekeeper
Hand Timers may be required at a meet. When fully Automatic Photo Finish equipment is in use, hand timing is for back-up purposes only. May be eliminated if there are 2 FAT set-ups.

Track Referee
Ensures rules are observed during all events on the track, checks all final results and deals with any disputed points. The Referee rules on any protest or objection regarding the conduct of the competition and has the authority to warn or exclude athletes from competition if guilty of improper conduct. Has the authority to re-run a race.

Chief Judge (Track)
Co-ordinates the work of the Finish Line Judges who decide the order in which the athletes finish. If a decision cannot be reached the matter is referred to the Track Referee.

Umpires
Are assistants to the Track Referee. They are placed in position by the Referee to observe the competition. They make an immediate written report of incidents involving athlete failure or rule violation. A yellow flag or other predetermined signal is used. A Meet may make use of a Chief Umpire or Section Heads as well. Umpires may also be assigned the position of Lap Scorer.

Starts Referee
Has the power to decide on any facts related to the start if he does not agree with the Start Team. Deals with protests at the Start.

Start Coordinator
Allocates and supervises duties of the Start team. Indicates when all is ready for the start.

Starter
Starts the events on and off track and has control of the athletes ‘on their marks’. The Starter may warn or disqualify athletes. Additional Starters act as recallers.

Starters Assistant(s)
Checks that athletes are competing in the correct heat or race and numbers (bibs) are worn correctly. He or She places athletes in the correct lane or position and signals to the starter.
that all is ready. A Starter’s Assistant may also be assigned the task of managing the Athlete Control Centre (ACC) or Call Room.

**Combined Events Referee**

Shall have jurisdiction over the conduct of the Combined Events competition. He/She shall also have jurisdiction over the conduct of the respective individual events within the Combined Events competition.

**Field Referees**

At the International level a Referee and an assistant may be appointed for each Field Event (Throws, Vertical Jumps, and Horizontal Jumps). The Referee rules on any protest or objection regarding the conduct of the competition and has the authority to warn or exclude athletes from competition if guilty of improper conduct. Has the authority to give substitute trials.

**Chief Judges (Field)**

Co-ordinates the work of the judges in their respective event. May allocate the duties of the Judges when this has not been done by the Officials Manager.

**Chief Judge Race Walking**

Has jurisdiction over matters concerning Race Walk events. The Track Referee has no jurisdiction over matters within the responsibilities of the Chief Judge of Race Walking events (only the Start, Finish and interference).
Appendix 18: Relay Team Entry Form

Relay Team Entry Form:

Men _________    Women ________

Please Circle the Appropriate Relay Race:

_____ 4 X 100M Relay Race  _____ 4 X 200M Relay Race
_____ 4 X 400M Relay Race  _____ 4 X 800M Relay Race
_____ Medley Relay Race

Name of Team ________________________________

<table>
<thead>
<tr>
<th>Leg</th>
<th>Comp #</th>
<th>Name</th>
<th>Split</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>2.</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>3.</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>4.</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>

Final hand time  _____

Please submit this form to the marshalling area fifteen (15) minutes before the race.

A submission of your relay members splits is greatly appreciated. (Please do so after the race).
Appendix 19: Scratch Form

Athlete’s Name: ________________________________

Team/Club/Individual: ____________________________

Time of Scratch: ________________________________

Event: ______________________________

Time of Event: __________________________

Reason for withdrawal from event:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Medical Personnel Signature: ____________________________

Coach Signature: _________________________________

Please Note: This form is to be turned into the marshalling area prior to the LAST call for the event from which you are scratching.
Appendix 20: Protests and Appeals (Quick Guide)

**Protest**

- **Concerns the result or conduct of an event.**

**Who**

Made by the affected Athlete or the Athlete’s representative

**When**

Made during the Event or within 30 minutes of the Official announcement of the results of that Event. (NB posted results are time stamped).

**To Whom**

A Protest may be made orally or in writing to the relevant Referee. A protest concerning a false start shall be made to the Start Referee (if there is one) or the Track Referee.

**Decision**

The Referee may deliver his decision orally or in writing.

**Appeal**

- **Of the Referee’s decision**

**Who**

Made by the original protester or anyone else affected by the Referee’s decision.

**When**

Within 30 minutes of the Referee’s decision.

**To Whom**

The Appeal is made to the Jury of Appeal. An Appeal to the Jury must be in writing and be accompanied by the stated fee.

**Decision**

The decision of the Jury of Appeal is made in writing and cites the relevant Rule number(s). The decision of the Jury of Appeal is final. There shall be no further right of appeal, including to the Court of Arbitration for Sport (CAS). A Jury of Appeal may re-consider its decision under some circumstances if new conclusive evidence becomes available.
Procedures for Protests and Appeals

See Athletics Protest and Appeal Form

Rule #119 (Jury of Appeal), Rule #125 (Referees) Rule #146, (Protests and Appeals)

* Best Practice – Best Practices are based on requirements at Canadian Championships. Their use should be considered at other levels of Meets.

Protests

“Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event.”

Result postings are normally time-stamped, and that time is considered the beginning of the 30-minute period. Protests may also commence while the event is still in progress, e.g. in field events, longer races, after aborted starts in any race, and in Combined events.

In all cases the protest is made orally to the relevant Referee; e.g. the Field Referee for the Field event, or the Track Referee for the Track event. A protest concerning a false start shall be made to the Track Referee, or (if there is one) the Start Referee.

Only an athlete, or his/her representative, may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director or Technical Information Centre, if the Referee is not immediately available.

No deposit is required for a PROTEST.

* Best Practice – The Referee or TIC should record all details concerning the Protest on the Athletics Protest and Appeal Form. It is especially important to clearly identify the athlete, and the specific race (heat), or trial in a field event. Time and date of receipt of the Protest should be noted.
The Referee will consult with the protesting athlete or her representative and with relevant officials, as the Referee determines appropriate, to make a decision. The Referee may deliver his/her decision orally or in writing.

* **Best Practice** – The Referee should record his/her decision and the reasons for that decision on the Protest and Appeal Form, and cite the relevant Rule number(s). The completed form is posted with the time and date of posting, indicated. The Referee or Meet Director shall contact the protestor, and announce his decision.

Once a Referee’s decision is announced or posted, any athlete affected by this decision has 30 minutes to lodge a protest.

**Appeals to the Jury**

The original protestor, or anyone else affected by the Referee’s decision has the right to make an APPEAL TO THE JURY regarding the Referee’s decision, within 30 minutes of the official announcement, or posting of that decision. An APPEAL TO THE JURY shall be in writing, and should cite the relevant Rule number. A deposit, usually $50 at Canadian meets at all levels, shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will usually not be refunded if the Appeal is denied. In some jurisdictions a deposit is refunded in any case where the appeal was considered to have had merit, e.g. was not “frivolous or vexatious”. The decision rests with the Meet Director.

**Guidelines for the Jury**

The Jury of Appeal shall consult all relevant persons. The Referee who made the decision on the original protest will always be consulted (if available) and, if required, the official(s) involved in the event. The Jury of Appeal may also consider any other available evidence, including official video or cell phone pictures. Unofficial video or cell phone pictures should be treated with caution.

The Jury of Appeal shall deliver its decision in writing and cite the relevant Rule number(s).

Members of the Jury may have access to all venues within or outside the Competition Areas to observe the competition but are restricted from discourse or discussion with event Officials during the competition. Jury members shall have no advisory or participatory role in any competition. In the case of a Formal Jury, where the Jury members have no other responsibilities at the event, they are typically assigned to observe specific event areas.

No Jury Member shall participate in a discussion of an appeal that affects an athlete with whom they have a coaching or family relationship.

**Composition of the Jury**

A Jury of Appeal shall be appointed for all Competitions sanctioned by BC Athletics or Athletics Canada. A Jury may be Formal or Informal.

The appointment of the Jury, whether Formal or Informal, should be indicated in the Technical Package. In either case, the Officials Manager (Coordinator) should attempt to include Jury members with expertise in Running events (Stadium or Non-Stadium events as indicated), Walks, Throws and...
Jumps. In situations where this is not possible, the Jury is free to consult any uninvolved person in the stadium who has the required expertise.

**Formal Jury**

A Formal Jury shall be appointed for the following major Competitions:

- International Competitions (i.e. Pan-Am, NACAC, WMA etc.)
- National Competitions
- BC Championship (Jamboree)
- Optional for any other Competitions – any event organizers may elect to have a Formal Jury

NB. A governing body may require the Jury to include one of its representatives. In these cases, the Officials manager should ensure that the Jury includes enough qualified officials to meet the standard below (without the addition). The Officials Manager will normally forward the list of Jury Members to the Meet Director for approval.

**Composition of the Formal Jury of Appeal**

National, International Competitions – 3 to 5 Qualified Officials

*Qualified Officials* – National or Provincial Jury List (see directory)

BC Championship and other Competitions – 3 Qualified Persons

*Qualified Persons* – National or Provincial Jury List (see directory)

(If officials from these categories are not available then other senior officials or knowledgeable individuals may be appointed.)

**Informal Jury**

Typically, an Informal Jury is used at:

- School events
- Club events (or any other event below the Championship level)
- Twilight events
- Junior Development Championships (although a formal jury is preferred)

**Composition of the Informal Jury of Appeal**

3 qualified persons selected on the day of the event, or in response to an appeal. Ideally, a qualified person will be selected as chair of the Jury prior to the commencement of the event.

*Qualified Persons (in ranked order)*

- National or Provincial Jury List (see directory)
- Levels 3, 4 or 5 Officials (who were not involved in the protested event).
- Meet Director or another uninvolved, knowledgeable individual
# Appendix 21: Protest & Appeal Form

## ATHLETICS PROTEST and APPEAL FORM

Reference: IAAF Rule 146: 2 – 6 (Protests)

**NOTE:** Any protest shall be made orally to the Referee by an athlete, or by someone acting on his/her behalf.

| PROTEST | DATE:____________________ TIME:___________________ EVENT:________________________ |
|---------|-------------------------------------------------|--------------------------------------|
| ATHLETE:_______________________________________________ Female: ☐ COMPETITION NO:____________ |
| Male: ☐ |

NAME OR PERSON PRESENTING PROTEST:________________________________________________________

Reason for Protest:

---

To Be Completed by Referee:

| NAME OF REFEREE:____________________________ | ASSIGNED POSITION:____________________________ |
| EVENT OFFICIAL:_____________________________ | ASSIGNED POSITION:_____________________________ |
| TIME OF OFFICIAL ANNOUNCEMENT OF THE RESULT:______________________________________________ |
| IAAF RULE NO. AND TITLE:______________________________________________________________ |

PROTEST UPHELD: YES ☐ NO ☐

Reason for Decision:

---

Signature of Referee:_________________________________________________________________
ATHLETICS PROTEST and APPEAL FORM

Reference: IAAF Rule 146: 7 – 11 (Appeals)

NOTE: An Appeal of Protest Decision shall be in writing, signed by the athlete or by someone acting on his/her behalf and shall be accompanied by a deposit of $__________ which will be forfeited if the appeal is not allowed.

APPEAL DATE:_________ TIME:_________ EVENT:_________

ATHLETE:_________________________________________ Female: □ COMPETITION NO:_________

Male: □

NAME OR PERSON PRESENTING APPEAL:__________________________________________________________

Reason for Appeal:_____________________________________________________________

AMOUNT OF DEPOSIT RECEIVED:_________ SIGNATURE OF RECEIVER:___________________________

To Be Completed by Jury of Appeal:

NAME OF JURY MEMBERS:_______________________________________________________________

Chair:_________________________________________         ______________________________________

______________________________________________        ______________________________________

______________________________________________        ______________________________________

IAAF RULE NO. AND TITLE:_______________________________________________________________

APPEAL UPHELD:     YES     NO

Reason For Decision:

Signature of Jury Representative:__________________________________________________________
Appendix 22: Meet Director’s Post-Meet Debriefing Form

Please take the opportunity while fresh in your mind to document the successes and suggestions for future meets. When complete, please submit to BC Athletics.

### Track

**What went well?**

- 
- 
- 
- 
- 

**What could be improved?**

- 
- 
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- 
- 

### Field

**What went well?**

- 
- 
- 
- 
- 

**What could be improved?**

- 
- 
- 
- 
- 

### Analysis of Meet Schedule
Document the scheduled and actual start and end times for the events at your meet. This information can be used in estimating and scheduling future meets.

<table>
<thead>
<tr>
<th>Events</th>
<th>Sched. Start</th>
<th>Actual Start</th>
<th>Sched. End</th>
<th>Actual End</th>
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**Participants**

Document the resources participating in your meet. This information will help plan future meets as well as provide participation data for BC Athletics reports.

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<th>Officials</th>
<th>Role</th>
<th>Date (for Multi Day Meets)</th>
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<th>Volunteers</th>
<th>Event Worked</th>
<th>Date/Time (for Multi Day Meets)</th>
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