

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



**Meet Director:** Maureen de St. Croix

**Meet Manager:** Brad Smith

# General Information

---

## Athlete Eligibility

- All participating athletes must be current full Junior Development members of BC Athletics.
- 'Supporting', 'Training', 'Day of event' and School memberships are INELIGIBLE for the championship.

## Entry Information

- \$7.00 per individual event, \$8.00 per relay team. Late fees are \$15.00 per individual event. Late entry participants may not be seeded. Late fees do not apply to relay entries. Relay entries will be taken by noon of the race day. (the Trackiereg processing fee is in addition to the entry fee)
- Regular Entry is via Trackiereg ONLY: [www.Trackiereg.com/2016JDChamps](http://www.Trackiereg.com/2016JDChamps)
- Submission of an event performance along with event entry will ensure better seeding of the athlete.
- Track Rascals event \$10 – register on site only – Saturday, July 30<sup>th</sup> – 12noon (45min to 1 hour)

## Age Divisions

- Competition is by single age group and gender separated.  
**2007 (9's) 2006 (10's) 2005 (11's) 2004 (12's) 2003 (13's)**  
\*\*\* Special Track Rascal Event on Saturday to inspire our future stars !! – 2008 – 2010 athletes

## Package Pickup

- Team and Individual Competition Packages will be available at the track on Friday, July 29 after 4:30pm and on Saturday, July 30 and Sunday, July 31 after 8am.

## Coaches meetings

- Friday July 29<sup>th</sup> – 5:30pm, Saturday July 30<sup>th</sup> – 9:30am and Sunday July 31<sup>st</sup> – 9:30am

## Awards

- BC Athletics Championship medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. Championship ribbons for places 4<sup>th</sup> to 8<sup>th</sup>.
- Awards Ceremonies have been organized to recognize athletes for their accomplishments. Athletes unable to attend the awards ceremony can pick up their awards after the Awards Ceremony.
- Unclaimed awards will not be mailed out.

## Results

- Full meet results will be posted on the BC Athletics website and Ocean Athletics website after the meet.

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



### Meet Rules

- IAAF Rules with BC Athletics Junior Development variations.

### Competition Areas

- The infield is out of bounds to all athletes, coaches and parents.
- Only athletes and officials are allowed in the competition area. A coaching box will be provided at each of the field event areas. Only the designated coach will be allowed in this area.
- Coaches, Parents and other supporters are to remain off the track during an event. Standing and cheering in lane 3 while the athletes are running is not allowed.
- Coaches, Parents and other supporters may not give individual split times to athletes in distance events. If you wish to volunteer to give split times for all of the athletes, please see the BC Athletics official in charge.
- Coaches, Parents and Athletes are not to approach the Timing Tent with individual questions.

### Athlete Uniform

- Club athletes are to compete in their club singlets.
- Unattached athletes are to compete in appropriate athletic wear.
- Competition numbers are worn on the front for all events. Athletes are issued one number for the entire competition. Lost or forgotten bib numbers can be replaced at the registration desk for a \$5 fee.

### Equipment

- All equipment, with the exception of Pole Vault poles, will be supplied by Ocean Athletics.
- Athletes wishing to use their own personal throwing implements must have the implements weighed by the designated BC Athletics official. Available Weigh in times will be posted.
- Any personal implements weighed in become the property of the event for the duration of the particular event, and may be used by any athlete in the competition.
- Starting blocks are not used for any events.
- Breakaway hurdles will be used for all hurdle events. NOTE: hurdles are placed so that the short feet are facing down the track. The placement of the cross board is not indicative of how the hurdle should be placed on the track.
- Hurdlers are encouraged to bring their own warmup hurdles. Please do not remove hurdles for warmup from their designated spots on the track

### Marshalling

- All field events will marshal at the field event venue
  - NOTE: The start time listed for the event is the start time for the event. Athletes must organize themselves to ensure they have sufficient time to set down marks or have a few practice throws.

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



Athletes arriving late will not be allowed to delay the competition to set marks or have practice throws/jumps.

- All track events athletes must check in at the Marshalling tent which will be located near the start of the 100m. Once checked in, athletes will be allowed to finish their warmup in the designated area. Athletes will be escorted from the marshalling tent to the start line of the track race.

### Conflicting Events

- In the event of field and track conflicts, it is the athlete's responsibility to check in at both the Marshalling tent and the field event to inform the officials that they are in two events simultaneously.
- In order to give field event athletes the best opportunity to complete their event before proceeding to a track event, Volunteers will assigned to take field event athletes to their track event. There is no need for field event athletes to go to the track event too early. Athletes cannot 'catch up' on missed rounds of jumps/throws, nor move into different races and compete with other age groups to facilitate conflicts.
  - Athletes returning to a High Jump or Pole Vault event must jump at the current height of the bar
  - Athletes returning to Throws, Long Jump or Triple Jump may make an attempt in the current round even if they have missed their particular placement, as long as the round has not been completed.

### Facilities:

- Spike Length is 7mm
- Synthetic/Polyurethane surface for Track, Jump runways and Javelin Run Up
- Concrete Throwing Circles
- Finish Lynx Electronic Timing System
- Concession on site operated by Ocean Athletics

### Protests and Appeals to the Jury

- Coaches, Athletes or the Athlete's representative should attempt to verbally resolve any concerns with the event chief. If not resolved, the coach, athlete or athlete representative may protest verbally to the Track/Field Referee. The Referee will let the coach, athlete or athlete representative know his/her decision. If the coach, athlete or athlete representative is not satisfied with the Referee's decision they may make an appeal to the Jury of Appeal. The appeal must be in writing and accompanied by a \$25 fee. This appeal must be made within 30 minutes of the coach, athlete or athlete representative being made aware of the Referee's decision. The decision of the Jury is final.
- A Jury of Appeal will consist of two BC Athletics Officials and one other qualified person, none of which were not involved in the original decision or ruling.

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



# Track Events

---

## Scheduling of Track Events

- All track events will be run oldest to youngest with Females going first in each group, with the exception of the hurdle events (2003 Male/Female, 2004 Male/Female, 2005 Male/Female, 2006 Male/Female, 2007 Male/Female)
  - Note: breakaway hurdles are designed to be placed with the shorter feet up track from the athlete. The shorter lever allows the hurdle to fall more easily if they are knocked down. The placement of the cross board does not determine how the hurdles are placed.
- Age groups for distance events may be combined, but males and females will not compete together except possibly in Race Walk.

## Seeding

- Athletes will be seeded for heats and timed finals according to seed times sent with registration. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS OR CLUB COACHES TO FILL OUT ACCURATE, LEGITIMATE SEED TIMES ON THE ENTRY FORM. SEED TIMES WILL NOT BE ADDED AFTER ENTRIES ARE RECEIVED. Athletes without seed times are placed in ranking after all seed times and may thus end up in heats inappropriate to their ability.

## Preliminary Heats

- Heats will be held in the 60m, 100m, 200m and 60/80m Hurdles. Should any of these events have only 8 or less athletes, the final for the event will be held at the heat time. All other track events will be run as finals.
- The winner of each heat, plus the next fastest times to fill 8 lanes, will proceed to the final. Should an athlete not intend to compete in a final they have qualified for, courtesy dictates that the timing team be informed so that the next fastest athlete may move to the final.

## Relays

- Two types of relays are available – 4x100 for all age groups, and a medley relay (200, 200, 200, 600m) for the 2003-2005 age groups only.
- Clubs may form teams from various age groups but the team must run in the category of the oldest team member. Males and females may not be combined on relay teams.
- Mixed club teams may be made up of unattached athletes and athletes from clubs who cannot field a 4 member team. Club team participation takes precedence over running for a mixed team. Mixed teams are not eligible for BC championship awards.
- There is no late entry fee for relay teams, but teams must be registered by noon of the day of competition.

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



# Field Events

---

- Athletes leaving the competition to attend another event, must inform the BC Athletics official and understand that they will not be allowed to make up missed rounds. If an athlete leaves after the first round, and returns before the second round has been completed, they will be allowed to throw/jump in the second round. If the athlete returns after the second round has finished, they will forfeit that round.

### Throws

- Each athlete is permitted a maximum of 3 throws.
- Athletes are permitted to use their own implements as long as they have been weighed and certified by the BC Athletics official in charge of implement weighing. Once weighed, the implement becomes the property of the meet and may be used by any athlete in the owner's competition.

### Horizontal Jumps

- Each athlete is permitted a maximum of 3 jumps in both the Long Jump and Triple Jump events.
- Athletes are expected to be ready to compete at the designated start of the event. Athletes showing up at the start time of the event will not have the opportunity to set marks except within the 1 minute allotment of their jump turn.
- There shall be no more than 2 takeoff Boards in the Triple Jump events.

### Vertical Jumps

- 3 consecutive failed attempts eliminates an athlete from the competition.
- Starting heights for Pole Vault will be determined by the BC Athletics Pole Vault official once athletes have checked in to the event.
- The bar is to be raised by 5cm in High Jump, and 10cm in Pole Vault each time until one competitor remains in the competition. Once the one competitor remains, the incremental increase in bar height will be determined in consultation with the BC Athletics official.
- Ties are broken by comparing the number of misses at the last successful height. If a tie remains, then there is a comparison of total misses. Any ties for first place that still exist will remain a tie. If the first two athletes are tied, the place judging then becomes 1,1,3 .

### Volunteer Sign Up

BC Junior Development rules state that clubs are required to volunteer for officiating for the BC Junior Development Championships. Ocean Athletics believes that this is the responsibility of the hosting club, thus visiting clubs are not required to provide officiating. HOWEVER, if you do have individuals who would like more officiating hours, please contact Carol Cull.

## 2016 BC Athletics JD Track & Field Championships



July 29-31  
South Surrey Athletic Park  
Track



## Accommodation

Accommodation is available at both the Pacific Inn (4.6km from track) and the Ramada (17.6km from the track). Both have good accommodation, pools and a variety of room options. Please indicate that you are booking as part of the BC JD Track and Field Championship.

Pacific Inn – 1160 King George Blvd. White Rock, BC V4A 4Z2 604 535 1432 1 800 667 2248	Single/Double/Triple (Breakfast included) \$119.00 Single/Double/Triple (room only) \$109.00 Cots if needed are \$10.00 Contact Erik Neilson 604 542 3496 or <a href="mailto:sales@pacificinn.com">sales@pacificinn.com</a>	Website for more information <a href="http://www.pacificinn.com">www.pacificinn.com</a>
Ramada Inn – 19225 – Hwy 10 (56 <sup>th</sup> Avenue), Surrey BC V3S 8V9 PH 604 576 8322 Reservations 1 888 576 8388	Reservation: <a href="http://www.ramadalangleysurrey.com">www.ramadalangleysurrey.com</a> 15% discount Use the Rate Code LKBC (if online shows sold out, please call the hotel directly)	Website for more information: <a href="http://www.RamadaLangleySurrey.com">www.RamadaLangleySurrey.com</a>

## Track Location

Google Maps overview: <https://www.google.ca/maps/@49.0373698,-122.8151479,714m/data=!3m1!1e3>

**Address:** South Surrey Athletic Park is located at 146th St. on 20th Ave. in South Surrey. Parking is located in the lot above the park, across the street at the South Surrey Recreation Centre or the large parking lot off 148<sup>th</sup> Street at 18<sup>th</sup> Avenue (Semiahmoo Secondary School).



Hosted by Ocean Athletics Track and Field Club – [oceanathletics.org](http://oceanathletics.org)

# 2016 BC Junior Development Championship

## Friday July 29 - Sunday July 31

### TRACK - Friday, July 29<sup>th</sup>, 2016

Time	Event	Comments	Age Group
6:00pm	60m	Heats	2005-2007
6:45pm	2000m	Finals	2003
7:10pm	300m	Timed Finals	2003-2004
7:30pm	60m	Finals	2005-2007

### FIELD - Friday, July 29<sup>th</sup>, 2016

Time	Event	Comments	Age Group
6:00pm	Long Jump	2 pits	2004F, 2004M
	Shot Put		2007M, 2006F
	Hammer Throw		2003F, 2004F
	Javelin		2005F
	High Jump		2003F, 2003M
7:15pm	Hammer Throw		2003M, 2004M

### TRACK – Saturday, July 30<sup>th</sup>, 2016

10:00am	80m Hurdles	Heats	2003-2004
10:30am	60m Hurdles	Heats	2005-2007
11:10am	800m	Timed Finals	2003-2004
11:30am	600m	Timed Finals	2005-2007
12:15pm	100m	Heats	2003
12:30pm	100m	Heats	2004
12:45pm	100m	Heats	2005
1:00pm	100m	Heats	2006-2007
	<b>AWARDS &amp; OFFICIALS BREAK</b>		
2:15pm	80m Hurdles	Final	2003-2004
2:30pm	60m Hurdles	Final	2005-2007
3:00pm	100m	Final	2003-2007
3:45pm	Medley Relay 200/200/200/ 600	Timed Finals	2003-2005
	<b>AWARDS 4:15</b>		

### FIELD – Saturday, July 30<sup>th</sup>, 2016

10:00am	Long Jump	2 PITS	2007F, 2007M
	High Jump	2 pits	2006F, 2006M
	Shot Put		2005M, 2005F
	Discus		2003F
	Javelin		2006M
	Pole Vault		2003F, 2003M
11:30am	High Jump	2 pits	2007F, 2007M
11:45am	Shot Put	2 sectors	2006M, 2003F
	Discus		2004M
	Javelin		2003M
	Long Jump	2 pits	2006F, <b>2005F</b>
	<b>AWARDS &amp; OFFICIALS BREAK</b>		
1:00pm	Discus		2006M
1:30pm	Long Jump		<b>2006M</b>
	Triple Jump		2003M
	Shot Put		2004F, 2004M
	Javelin		2006F
	High Jump		2005M, 2005F
1:45pm	Discus		2003M
2:45pm	Long Jump		2005M
	Triple Jump		2003F
	Discus		2006F
	Javelin		2003F
	Shot Put		2003M, 2007F
	High Jump		2004F, 2004M
	<b>AWARDS</b>		

### TRACK – Sunday, July 31<sup>st</sup>, 2016

Time	Event	Comments	Age Group
10:00am	200m	Heats	2003-2005
10:45am	1000m	Final	2005-2007
11:30am	1200m	Final	2003-2004
12noon	200m	Finals	2003-2005
<b>AWARDS &amp; OFFICIALS BREAK</b>			
1:30pm	1500mRW	Timed Finals	2003
1:45pm	800mRW	Timed Finals	2004-2007
2:15pm	200m Hurdles	Timed Finals	2003-2004
2:45pm	4x100 relays	Timed Finals	2003-2007
	<b>AWARDS</b>		

### FIELD – Sunday, July 31<sup>st</sup>, 2016

Time	Event	Comments	Age Group
10:00am	Javelin		2004M
	Discus		2005F
10:30am	Long Jump		2003F, 2003M
11:45am	Javelin		2004F
	Discus		2005M
1:15pm	Javelin		2005M
1:15pm	Discus		2004F
<b>AWARDS</b>			

## Technical Specifications

<u>Hurdles:</u>	2007 males & females	60mH – 6 hurdles at 21" / 0.533m
	2006/05 males & females	60mH – 6 hurdles at 24" / 0.610m
	2004 males & females	80mH – 8 hurdles at 27" / 0.686m
		200mH – 5 hurdles at 24" / 0.610m
	2003 females & males	80mH - 8 hurdles at 30" / 0.762m
		200mH – 5 hurdles at 27" / 0.686m

<u>Shot Put:</u>	2007/06/05 males & females	2kg
	2004/03 males & females	3kg

<u>Discus:</u>	2006/05 males & females	750g
	2004/03 females	750g
	2004/03 males	1kg

<u>Javelin:</u>	2006/05 males & females	400g
	2004/03 females	400g
	2004/03 males	500g

<u>Hammer:</u>	2004/03 males & females	3kg
----------------	-------------------------	-----

<u>Starting Heights for High Jump</u>	2007 females	0.80m	2007 boys	0.85m
	2006 females	0.90m	2006 males	0.95m
	2005 females	1.00m	2005 boys	1.05m
	2004 females	1.05m	2004 males	1.10m
	2003 females	1.15m	2003 males	1.20m

Pole Vault: BC Athletics Official will determine the starting height of the Pole Vault events