

# 2022 Universal Open T&F Meet & Zones 3 & 4 BC Games Trials



**Sunday, May 22, 2022**

**Entry Deadline, Midnight May 18, 2022, 11:59 pm.**

**North Delta Secondary School, 11447 82 Ave, Delta, BC V4C 5J6.**

**Hosted and Organized by *Universal Athletics Club***

Sanctioned By: BC Athletics Association

## **Important notice:**

This is an “OPEN” meet for the categories U16, U18, U20, Senior and Master athletes who will compete based on seed times, not age. BC Games athletes (U16 athletes from Zones 3-4,) will compete separately on the track given this meet is a tryout for the BC Games teams for those zones. U16 athletes from other zones will compete in the open events. Open Athletes will be placed in heats and field events based on their seed time/distance that **MUST** be given at time of online entry. **We will use hurdle heights/distances and throwing weights appropriate for athletes age groups. Other BCA rules for age groups will be used as well.**

This meet is one of two meets being held for athletes to tryout for the BC Games Team’s in Zones 3 & 4. (The other meet is in Abbotsford May 7<sup>th</sup>.) Events will be split between the two meets; a schedule of events and links to BC Games rules and policies is on page 4 of this document.

- Athletes trying out for the BC Games must be in the U16 age group and they **MUST** enter using the “BC Games/BCG” category in Trackie. They must be born in the calendar years of 2007 or 2008.
- Athletes trying out for the BC Games **MUST** have a HOME ADDRESS in either Zone 3 or 4 and are only eligible for the zone in which they live. [Click Here](#) for a map of the zones for BC Games
- Athletes trying out for the BC Games **MUST** declare on their online entry by checking the box and using the “BC Games or BCG” category that they are trying out for a BC Games zone team.

## **TO REGISTER FOR MEET:**

- Registration is only online via Trackie except for late entries at the meet. [Click here](#) to register.
- When entering athletes in Trackie, it’s important to have the correct BIRTH YEAR. For example, you can use Dec. 31, 2008 for all 14-year-olds. We don’t need to know their actual birth date.
- Entry Fees: \$7.00 per Event, (no awards.)
- No Refunds after Deadline
- No late e-mail/phone entries will be taken after the entry deadline
- Late entrants must enter ONE hour before scheduled start of event except for 9 am events, 45 Min.
- Late entries and fees, (cash or cheque,) will be taken at the registration table: \$15 per Event.
- Late entrants will not be seeded and will only be allowed into laned events if there are open lanes.
- Athletes who are not members of BC Athletics will pay a \$3.00 day of event fee.

**REGISTRATION PACKAGES:** Packages will be available for pick-up after 8:00 a.m. at the track.

**RESULTS:** Posted on [Universal Athletics Club](#) and [BC Athletics](#) websites after meet.

**AWARDS:** None, just the glory of a job well done.

**FIRST AID:** A Doctor will be onsite. Surrey Memorial Hospital – 8 km distance away.

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## **EQUIPMENT:**

- All events, hurdles, distances, throws will be run according to BC Athletics standards.
- Equipment and implements will be provided by the meet.
- Athletes wishing to use their personal throwing equipment must have implements weighed in 45 minutes prior to the event. Weigh ins will be done by a BCA Official in the equipment containers on the north side of the track near the 100M start. As per IAAF rules, any personal equipment weighed in becomes the property of the event and can be used by any athlete in that event.
- Spike lengths are 7mm with the exception of 9mm for high jump.
- ALL athletes must use starting blocks in laned events, blocks will be provided. No personal blocks may be used.
- Wind readings will be provided for horizontal jumps and sprints.
- Finish Lynx electronic timing will be used for all running events.

## **MARSHALLING:**

- All athletes must check in a minimum of 20 minutes prior to the scheduled start time but should pay attention and make sure the events have not been moved up.
- Check-in for all field events is at the event sites.
- All track events must check in at the Athlete Call Room tent at southeast end of the track, (near the shot-put 200M start area) and will be taken to the start line as a group.

## **CONFLICTING EVENTS:**

- Be advised there will be conflicts with some age groups between track and field events. Athletes should pay attention to conflicts between field and track events when registering.
- To avoid missing field events or races, athletes should report to BOTH field event and the call room. BCA officials will **TRY** to facilitate athletes doing both events.
- Athletes cannot “catch up” on missed rounds of field events, nor move into different heats/races and/or compete with other age groups because of missed events.

## **PROTEST:**

- Athletes or a representative must attempt to resolve the concern, either verbally or in writing, within 30 minutes of posting, with the Event Referee. The Event Referee will deliver a decision.

## **APPEAL:**

- The decision of the Event Referee may be appealed, within 30 minutes, by any athlete or representative of the athlete affected by the decision.
- The Appeal is made to the Jury of Appeal, in writing, and must be accompanied by \$50.00 cash. If the appeal is upheld, the fee will be returned.
- Results officials shall be advised there is a protest/appeal immediately so awards will not be given out until dispute is resolved

## **JURY OF APPEAL:**

- A jury, comprised of two BC Athletics officials (not involved in the conflict and experienced in the field of play questioned,) and the Meet Director or Meet Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.

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## Schedules for Sunday May 22, 2022

Events may be run up to 30 minutes earlier than the scheduled time after 12:00 pm  
Competition bib numbers must be worn on the front for all events.

### Track Schedule

- Some track events may have combined age groups but not combined genders
- Seed times from online entries will be used to set up heats with the exception of BC Games
- Track events run Youngest to Oldest – Women before Men in each age group with exception of hurdles. Athletes will use the appropriate hurdle heights/distances for their age group. We will follow an order based on the least amount of hurdle movement.

10:00 am	300/400M Timed Final
10:45 am	100M Timed Final
12:00 pm	800M Timed Final
12:30 pm	Sprint Hurdles Timed Final
1:30 pm	200M Timed Final
2:15 pm	2000/1500M Timed Final
3:00 am	300/400 Hurdles Timed Final

### Field Schedule

- BC Games Athletes who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts. This excludes High Jump. All Open Athletes will receive 4 attempts.
- Athletes in combined age group throwing events will use their appropriate implement weights.

	HJ	LJ	TJ	DT	HT
9:00am					ALL F
10:15am	Open M	Open F	BC Games M		ALL M
11:30am	Open F	Open M	BC Games F	BC Games F	
12:30pm			Open F	BC Games M	
1:30pm			Open M	Open M	
2:30pm				Open F	

**Age Categories are determined by the calendar year the athlete is born.**

**Female = F Male = M U16 = 14/15 yr's old, 08/07. U18 = 16/17 yr's old, 06/05.**

**U20 = 18/19 yr's old, 04/03. Senior (S) = 20/34 yr's old, 02+. Masters (M) = 35 plus.**

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## Information for the 2022 BC Games, Zones 3 & 4 Trials

Event	Valley Royals, May 7 <sup>th</sup> <a href="http://valleyroyals.ca">valleyroyals.ca</a>	Universal Open May 22 <a href="http://universalathleticsclub.ca">universalathleticsclub.ca</a>
800m	X	
1200m	X	
1500m RW	X	
1500m Steeple Chase	X	
High Jump	X	
Long Jump	X	
Pole Vault	X	
Javelin	X	
Shot Put	X	
80m hurdles		X
100m hurdles		X
100m		X
200m		X
300m		X
300m hurdles		X
2000m		X
Triple Jump		X
Discus		X
Hammer		X
Pentathlon	** See Below	** See Below

\*\* as per BC Athletics Guidelines in link noted below.

### Athlete Eligibility:

- In addition to [BC Games General Rules](#), the sport-specific eligibility requirements noted in this technical package are in effect for the 2022 BC Summer Games.
- Athletes MUST compete at their Zone Trials to be eligible for team selection except as provided for in the Selection Guidelines published on the BC Athletics website (Link below) and available to the Zone Representatives.
- All participants in the Zone Trials and the BC Summer Games must be registered athlete members of BC Athletics. Check with the Provincial Advisor for details.
- Performance data must be included with each registration.

For BC Athletics Selection Guidelines, [Click Here](#)

# 2022 Universal Open T&F Meet & Zones 3 & 4 BC Games Trials



**Highest to Lowest Order of races for hurdle events,  
Colour markings are for North Delta SS track**

Age Group	Heights	Colour	To 1st H
<b>110 Meter, 10 Hurdles</b>			
Senior M	42"/1.067m	Red 9.14M	13.72M
35 to 49 M	39"/.991m		
U20 M			
U18 M			

<b>100 Meter, 10 Hurdles</b>			
50 to 59 M	36"/.914m	Yellow 8.50M	13:00M
35 to 40 W	33"/.838m		
Senior W			
U20 W			
U16 M			
U18 W	30"/.762m		
60 to 69 M	33"/.838m	8.00M	12:00M

<b>80 Meter, 8 Hurdles</b>			
40 to 59 W	30"/.762m	Black, 8.0M	12:00M
U16 W			
70 to 79 M	30"/.762m	White, 7.0M	
60+ W	27"/.686m		
80+ M			
13 Yr W	30"	Grey, 7.50M	
13 Yr M		Black, 8.0M	
12 Yr W/M		White, 7.0M	

<b>60 Meter, 6 Hurdles</b>			
11 Yr W/M	24"	Orange 6.5M	11:00M
10 Yr W/M			
9 Yr W/M	21"		

Age Group	Heights	To 1st H
<b>400 Meter, 10 Hurdles</b>		
Senior M	0.914m/36"	45m Green
35 to 49 M		
U20 M		
50 to 59 M	0.838m/33"	
U18 M	0.762m/30"	
35 to 49 W		
Senior W		
U20 W		
U18 W		

<b>300 Meter, 7 Hurdles</b>		
60 to 69 M	0.762m/30"	50m Green
50 to 59 W		
U16 W/M		
60 to 69 W	0.686m/27"	
70 to 79 M		

<b>200 Meter, 5 Hurdles</b>		
U16 W/M (Nat)	0.762m/30"	20m Green
70+ W	0.686m/27"	
80+ M		
13 Yr W/M	0.610m/24"	
12 Yr W/M		

**9 to 13 year olds use the practice/kick away/scissor hurdles, U16 and above use weighted hurdles**

From Appendix A in the BC Athletics Events & Technical Specifications for Athletics Manual. Updated, Sept. 2020

# 2022 Universal Open T&F Meet & Zones 3 & 4 BC Games Trials



## BC Athletics Throws Weights

Shot Put			
Women		Men	
12 to 17	3 kg	12 to 13	3 kg
18 to 49	4 kg	14 to 15	4 kg
50 to 74	3 kg	16 to 17	5 kg
75+	2 kg	18 to 19	6 kg
		20 to 49	7.26 kg
		50 to 59	6 kg
		60 to 79	5 kg
		80+	3 kg

Hammer			
Women		Men	
12 to 17	3 kg	12 to 13	3 kg
18 to 49	4 kg	14 to 15	4 kg
50 to 74	3 kg	16 to 17	5 kg
75+	2 kg	18 to 19	6 kg
		20 to 49	7.26 kg
		50 to 59	6 kg
		60 to 79	5 kg
		80+	3 kg

Javelin			
Women		Men	
14 to 17	500 g	12 to 13	500 g
18 to 49	600 g	14 to 15	600 g
50 to 74	500 g	16 to 17	700 g
75 +	400 g	18 to 49	800 g
		50 to 59	700 g
		60 to 79	600 g
		80+	400 g

Discus			
Women		Men	
14 to 74	1 kg	12 to 15	1 kg
75+	0.75 kg	16 to 17	1.5 kg
		18 to 19	1.75 kg
		20 to 49	2 kg
		50 to 59	1.5 kg
		60 +	1 kg