



# CORY HOLLY CLASSIC

## 2023 Vernon Throws Challenge Challenge

Hosted by the Cory Holly Institute

Online School of Holistic Health,  
Sport & Exercise Nutrition

Sanctioned by BC Athletics

Saturday, August 19, 2023

**Location:**

Greater Vernon Athletic Park, 7000 College Way, Coldstream, BC (Google it for directions).

**Facility:**

Polyurethane surface for Javelin and concrete circles for Hammer, Discus, Shot & Weight Throw. The weight throw and super weight throw are the last events and will be thrown from the discus circle using an insert.

**Meet Director:**

Cory Holly: Phone: (778) 212-3812

Email: [cory@coryholly.com](mailto:cory@coryholly.com)

**Assistant Meet Director:**

Tracy Holly: Phone: (250) 260-0931

Email: [tracy@coryholly.com](mailto:tracy@coryholly.com)

**Eligible Athletes:**

- Open competition (male/female) ages 12 and up. All athletes welcome. Athletes must be members of their respective provincial or country sanctioned amateur athletic association.

**Entry Fees:**

- \$40.00 for first event & \$20.00 per additional event online at TrackieReg. \$120.00 for Throws Pentathlon
- **TrackieREG** – Register online and payment may be made using a credit card – Cory Holly Classic

**\*\*ENTRY DEADLINE\*\*:** The regular entry deadline is 6:00 pm, Wed, August 16th, 2023.

**\*\*LATE DEADLINE\*\*:** The late entry deadline is 6:00 pm, Friday, August 18th, 2023.

**Late Entry Fees:**

- \$60.00 for first event & \$40.00 per additional event online at TrackieReg. \$140.00 for Throws Pentathlon

**No late entries are permitted on site on the day of the meet.**

# **COMPETITION RULES AND OTHER INFORMATION**

## **COMPETITION CATEGORIES - 2018:**

U14-Bantam (12,13yrs), U16-Midget (14,15yrs), U18-Youth (16,17yrs), U20-Junior (18,19yrs)  
Senior (20-34yrs), Master (35yrs+).

## **MARSHALLING:**

Check-in for all field events is at the event site. All athletes must check-in a minimum of 30 minutes prior to the scheduled start time. Times are rolling and subject to last minute changes.

## **EVENT REGISTRATION:**

Team and athletic meeting at 10:30am for roll call and COVID health confirmation (if applicable).  
Please do not come if you are not well or have any symptoms.

## **IMPLEMENTS:**

Athletes are responsible to supply their own implements. If you do not have your own, one will be provided. Personal implements must be weighed-in and measured at least 30 minutes prior to the competition. The weigh-in station will be located close to the hammer/discus cage.

## **SPIKE LENGTH:**

The maximum spike length allowed is 9mm for Javelin.

## **ORDER OF EVENTS:**

All age groups will compete together starting at 11:00 am with the hammer and shot put to follow. Genders will compete separately. Events may start up to 30 minutes earlier or later than the scheduled time. Events times will be rolling. Check guidelines and schedule. Large groups over 12 may be reduced to separate smaller heats.

## **COMPETITIVE ATTIRE:**

All athletes are encouraged to wear their club uniform but not mandatory.

## **PROTESTS**

After discussion with the event referee, any further protest must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned. A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned.

## **JURY OF APPEAL:**

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

## **MEDICAL:**

BC Ambulance Service. First aid available at the event.