



**VANCOUVER  
OLYMPIC CLUB**

**2018 VANCOUVER OLYMPIC CLUB  
ELEMENTARY SCHOOL TRACK MEET  
Presented by Nicola Wealth Management**

Friday, April 20<sup>th</sup> – Saturday, April 21<sup>st</sup>, 2018  
Swanard Stadium. Burnaby, BC

You are invited to participate in **VOC's 32<sup>nd</sup> Annual Elementary School Track Meet** *presented by*



**COMPLETE LIST OF EVENTS:**

<b>9-10 year old</b> (2009, 2008 B&G)	60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
<b>11 year old</b> (2007 B&G)	60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
<b>12-13 year old</b> (2006, 2005 B&G)	100m, 200m, 300m, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2005 only), SP, 4x100m,

**Note:** All athletes will compete in their respective events, based on their age group, as per the 2015 Junior Development Committee decision and approved by the 2015 BC Athletics AGM. Athletes must compete in their age class except for Grade 7 students born in 2004 who may compete in the 2005 age class. They will be awarded separately.

**IMPORTANT REGISTRATION INFORMATION**

**ENTRIES:**

All entries are done through Trackie <https://www.trackie.com/online-registration/>

Entry Deadline:	April 15, 2018, midnight
Entry Fee:	\$8 per event, \$10 per relay team
Late fee:	\$12 per event, \$15 per relay team
Late registration:	<a href="mailto:emilykydd@gmail.com">emilykydd@gmail.com</a>
BCA Membership:	\$3 for non-members of BC Athletics

## INFORMATION:

- Late Entries will be accepted from April 16<sup>th</sup> until April 18<sup>th</sup>, 2018 – the deadline: 3:00PM
- Entry fees will not be refunded for any reason (i.e. scratch, injury, etc)
- For any other information please contact Tatjana Mece: [voc.tatjana@gmail.com](mailto:voc.tatjana@gmail.com)
- Age groups: determined by year of birth from 2009 – 2005.
- There is no restriction on the number of events entered by a single athlete including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must either be members of BC Athletics or school memberships can be purchased directly from BC Athletics, Sam Collier, BC Athletics, at 604-333-3556. Otherwise, each competing athlete must complete an individual “**Day of Event Membership Form**” at a cost of **\$3.00** in addition to the entry fees. This fee is for BC Athletics insurance to cover the athlete for the day of the meet.
- Any school that is registering athletes that do not have the individual BC Athletics membership number, but have school membership, can enter "SCHOOL" in the membership # field at Trackie.reg

## TRACK EVENTS:

- Competitors in each event must report to the designated marshalling area (at the west corner of Swangard Stadium) 30 minutes prior to the start of the event.
- Field events competitors will report for the check-in at the events area.
- All the Hurdles events will be timed finals.
- The 60m and the 100m events for 9-12 years old (2009-2006), will be timed finals.
- The 100m for 13 years old (2005 G&B), will have finals for top 8 best times from qualifying rounds.
- The 200m, 300m, 4x100m relay, and all distances will be timed finals.
- Some of the distance events may be run together (G&B) dependent upon the number of the competitors.

## FIELD EVENTS:

- Long Jump & Shot Put (2009-2005), and Triple Jump 2005 - each competitor will be allowed three attempts and only one practice run-up.
- High Jump - each athlete will have three attempts at each height.
- Shot Put Weights
  - For 2009-2007, Girls and Boys: 2 kg
  - For 2006-2005, Girls and Boys: 3 kg

## STARTING HEIGHTS FOR HIGH JUMP:

AGE	2009	2008	2007	2006	2005
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

## NOTE

Some high jump mats have a minimum height of 0.9 m so the lower starting heights are not possible if the athletes are to clear the pits.

Long Jump and Shot Put should start by flights depending on the number of competitors.

## RULES

Ties in any event will be broken using IAAF/CTFA rules. Any other questions will also be resolved with IAAF/CTFA rules.

## NUMBERS

Numbers will be issued for each competitor and must be worn by that individual ONLY. For all the events the numbers must be worn on the front.

## SCORING

Team score will be calculated based on athletes' points totals, calculated as follows:

1 <sup>st</sup> :	10 points	5 <sup>th</sup> :	4 points
2 <sup>nd</sup> :	8 points	6 <sup>th</sup> :	3 points
3 <sup>rd</sup> :	6 points	7 <sup>th</sup> :	2 points
4 <sup>th</sup> :	5 points	8 <sup>th</sup> :	1 <i>point</i>

## AWARDS

- Team Champion for each age categories for Girls and Boys – Trophy
- Team Champion for Girls and Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For the school athletes, the awards will be given directly to teachers at the end of the meet.
- Other awards can be picked up 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eight in individual events, and 1st, 2nd, and 3rd in relays.

## RESULTS

Following the track meet, results will be available at [www.vancouverolympicclub.ca](http://www.vancouverolympicclub.ca)

## SCHEDULE

- A tentative schedule is posted, however there might be changes depending on number of competitors.
- Also note that event times may be up to 30 min earlier or later than listed due to the heats involved.
- Be mindful that athletes need plenty of time for proper warm up, so please come early. Coaches and teachers should also advise parents.

## VENUE

- Bathrooms are available at the Swangard Stadium
- Parking is available at Boundary Road and Kingsway beside the Swangard Stadium (south side).

## INFIELD

Only participating athletes are allowed in the infield.

The infield and the finish line area must be kept clear to enable the officials to do their job.

## LOST AND FOUND

- Lost and found articles may be claimed e-mail: [voc.tatjana@gmail.com](mailto:voc.tatjana@gmail.com) after the meet
- Articles not claimed after 2 months will be donated to charity

## VOLUNTEERS

Most volunteers are VOC athletes and families, however we might, at times, need additional help so we'd really appreciate if **each school could provide one volunteer**.

After your registration has been submitted, we will let you know how you can help.

## ADDITIONAL INFORMATION

- Vancouver Olympic Club Track Meet is open to any public, private, independent schools or clubs in BC.
- Elementary schools from across Lower Mainland are encouraged to participate
- Warm-up for teams and athletes must be done outside the track
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- Concession – will be open at Swangard Stadium
- Heat Sheets and the Results: will be posted besides the Concession wall and at the entrance A and B.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced.
- Athletes not complying with this specification will not be allowed to compete.

VOC sponsor, **The Run Inn**, will be at the meet selling a limited selection of Track Spikes and accessories. For School Team orders or Athlete needs, please call or visit The Run Inn @ 2236 W 41<sup>st</sup> Ave Vancouver, tel 604-267 7866 or at: [info@runinn.com](mailto:info@runinn.com)



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**TRACK MEET SCHEDULE – FIELD EVENTS**

**Friday - April 20<sup>TH</sup>, 2018**

Time	Long Jump		Triple Jumps		High Jump	Shot Put
	Pit A	Pit B	Pit A	Pit B		
3:00pm	2008 G Flight 1	Flight 2			2007 G	2005 G
4:00pm	2008 B Flight 1	Flight 2			2007B	2005 B
5:00pm	2009 G Flight 1	Flight 2			2006 G	2006 G
6:00pm	2009 B Flight 1	Flight 2			2006 B	2006 B
7:00pm	2007 G Flight 1	Flight 2			2005 B	2009 G
8:00pm			2005 G	2005 B		

**Saturday - April 21<sup>ST</sup>, 2018**

Time	Long Jump		High Jump		Shot Put
	Pit A	Pit B	Pit A	Pit B	
10:00am	2005 G Flight 1	Flight 2	2008 G		2008 G
11:00am	2005 B Flight 1	Flight 2	2008 B		2008 B
12:00pm	2006G Flight 1	Flight 2	2009 G		2007 G
1:00pm	2006 B Flight 1	Flight 2	2009 B		2007 B
2:00pm	2007 B Flight 1	Flight 2	2005 G		2009 B



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**TRACK MEET SCHEDULE – TRACK EVENTS**

**FRIDAY - April 20<sup>TH</sup>, 2018**

Time	60mH	80mH	200mH	1000m	1200m	4x100m
4:00 pm	2009 G&B					
4:20	2008 G&B					
4:40	2007 G&B					
5:00		2006 G&B				
5:20		2005 G&B				
5:40			2006 G & B			
5:55			2005 G & B			
6:10				2009 G& B		
6:20				2008 G& B		
6:30				2007 G& B		
6:40					2006 G&B	
6:55					2005 G&B	
7:10						2009 G& B
7:20						2008 G& B
7:30						2007 G& B
7:40						2006 G&B
7:50						2005 G&B



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**TRACK MEET SCHEDULE – TRACK EVENTS**

**Saturday - April 21<sup>ST</sup>, 2018**

Time	300m	60m	100m	200m	600m	800m
10:00 am	2005 G					
10:03	2005 B					
10:06	2006 G					
10:10	2006 B					
10:15		2009 G				
10:30		2009 B				
10:45		2008 G				
11:00		2008 B				
11:10		2007 G				
11:20		2007 B				
11:30			2006 G			
11:40			2006 B			
11:50			2005 GQ			
12:00 pm			2005 BQ			
12:10			2009 G			
12:20			2009 B			
1:00			2007 G			
1:15			2007 B			
1:25			2008 G			
1:35			2008 B			
1:45			2005 GF			
1:50			2005 BF			
1:55				2007 G		
2:05				2007 B		
2:10				2006 G		
2:20				2006 B		
2:30				2005 G		
2:40				2005 B		
2:50					2009 G	
3:00					2009 B	
3:10					2008 G	
3:20					2008 B	
3:25					2007 G	
3:30					2007 B	
3:35						2006 G
3:40						2006 B
3:45						2005 G
3:50						2005 B



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**DAY OF EVENT MEMBERSHIP FORM**

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**BC AMATEUR ATHLETICS ASSOCIATION SPORT  
SAFETY/ACKNOWLEDGEMENT OF RISK**

The responsibility of sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury in my own or my child's participation in sport; either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by B.C. Athletics, its Divisions, its Member Clubs, or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

Signature of applicant (all applicants must sign regardless of age):

\_\_\_\_\_

Signature of parent/guardian:

\_\_\_\_\_

Date: \_\_\_\_\_

Please have each participating athlete complete this form and submit **\$3.00** to the VOC Elementary Schools Track and Field Meet if you do not have the 2018 BC Athletics School Club Membership.

*Please make as many copies as necessary.*



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**RELAY ENTRY FORM**

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**Relay 4 x 100**

<b>Teams/Ages</b>	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>	<b>2005</b>
<b>Girls Team</b>					
<b>Boys Team</b>					

**\*Please name your teams a, b, c etc. if you are entering more than one in each relay race.**

# INDIVIDUAL ENTRY FORM

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#	Last Name, First Name	Gender	Birth Day	Events Numbers
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				

## SUMMARY OF ENTRY FEES

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### SUMMARY OF ENTRY FEES

EVENT ENTRIES	TOTAL
Total number of Individual events entered: _____ x \$8 _____ x \$12 (late fee)	
Total number of Relay events entered: _____ x \$10 _____ x \$15 (late fee)	
Total of Day of Event Membership Entries (if applicable): _____ x \$3	
<b>Total Payment</b>	

Please make cheques payable to:

**Vancouver Olympic Club**  
PO Box 18045 Kerrisdale  
Vancouver BC V6M 4L3

### DECLARATION FORM

**School:** \_\_\_\_\_  
**Coach:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**E-mail:** \_\_\_\_\_  
**Tel:** \_\_\_\_\_

I hereby certify that the competitors in all the individual entry sheets and the relays above are students at my school and are at the age declared. I have read the meet regulations and I have made this known to all the athletes.

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_