

Jack Brow Memorial

2018



Track & Field Meet

Technical Package

Last Updated: Feb. 1, 2018

WHEN: Friday, June 29, 2018
Saturday, June 30, 2018
Sunday, July 1, 2018

SANCTION: Sanctioned by BC Athletics

LOCATION: Apple Bowl, Kelowna, BC.
Turn North onto Burtch Rd off Highway 97

FACILITY: 400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles: IAAF standard hammer/discus cage and 100m field: pole vault facility: dressing rooms with washrooms and showers: covered seating for 500 spectators, an additional 400 seats uncovered: a concession is located at the North end of the stands.

WEATHER: Usually sunny, low humidity. Average temperature 25-28 degrees Celsius. Can be Extremely hot, bring extra drinking water.

ALTITUDE: 360 meters above sea level

MEDICAL: Certified First Aide attendants will be available.

ELIGIBLE ATHLETES: 2018 BC Athletic members or an equivalent from another Province/Territory or National Athletics Federation.
2017/2018 School club members – Elementary, middle or high school students whose schools hold a School Club Membership are eligible to compete.
“Day of Event” school club members who do not hold a school club membership must purchase a “Day of Event” insurance for \$3.00

ACCOMODATIONS:
Please see info on Sandman at back of package.

Okanagan College – 1000 KLO Rd
<http://www.okanagan.bc.ca/housing>

UBC Okanagan – 3333 University Way
<http://www.okanagan.ubconferences.com/accomodations/>

Bear Creek or Fintry Provincial Campgrounds
www.discovercamping.ca

TRACK RASCALS: Run, Jump, Throw – Kids aged 6-8. Saturday at noon.
\$10.00 fee, includes t-shirt. Sign up at meet.

Lollipop Run – Kids aged 6 & under. Sunday at 2pm. Free.

- ENTRY FEES:** \$10.00 per JD events
\$12.00 per Midget age and up.
- LATE ENTRIES:** Once an entry is received, refunds will not be given.
Not accepted if the athlete is not registered in the meet.
\$15.00/event for those already registered in the meet. This includes athletes switching and/or adding an event. Late entries are not guaranteed correct seeding. Late entries close 2 hours before the scheduled start time of the event – no exceptions.
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.
- ENTRY DEADLINE:** Sunday June 24th for all entries.
- ENTRY PROCEDURE:** All entries will be through Trackiereg.com. Payment must be made through Trackie and will not be accepted at the meet.
- REGISTRATION PACKAGES:** Pick up registration packages starting at 4:00pm, Friday June 29 or 7:30am, Saturday June 30, 2018 at the Apple Bowl.
- AWARDS:** The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.
Medals and ribbons may be picked up at the Awards table near the finish line 30 minutes after the event results are posted. Sorry no early pick ups allowed.
Awards not picked up, will not be mailed. Masters are as per BCA age groupings.
- MEET RESULTS:** Meet results will be posted on the walls adjacent to registration. Results will be posted on our website at www.okac.ca and linked to the BC Athletics website at www.bcathletics.org.
- COACHES MTG:** Saturday June 30 at 8:00am at the Apple Bowl, location to be announced.
- JURY OF APPEAL:** A Jury of Appeal, consisting of 3 qualified persons selected from guest clubs/officials will be available to deal with any formal protests arising during the meet as per BC Athletics policy.
- RULES:** All IAAF, Athletics Canada and BC Athletics rules apply.
Note: Athletes who scratch from an event final that has advanced from a preliminary round are ineligible to compete in any subsequent events at the meet. IAAF rule 142.
- TIMING:** FinishLynx Photo Finish Timing
- WIND GAUGES:** Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.

EQUIPMENT: The Okanagan Athletics Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked and weighed. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of completion.

SPIKE LENGTH: Track and Horizontal jumps: 7mm maximum
High jump and Javelin: 9mm maximum

**WARM UP/
COOL DOWN:** Use fields outside the Apple Bowl stadium. Please stay off the infield.

**MARSHALLING
AREA:** Check in for all field events is at the event site. Check in for all track events is at the event start line area. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.

**ORDER OF
EVENTS:** Track events run youngest to oldest, female and then male (with exception in hurdles and the 200m for 11-13year olds).

**LIMITED
ENTRIES:** The numbers of heats and sections will be limited by the length of the day.

**COMPETITOR
NUMBERS:** Each athlete will be issued one competitor number for the entire meet. This number is to be worn on the front of their shirt/singlet for all track and field events.

START LISTS: Start lists and heat sheets will be displayed on the boards at the entrance to the Apple Bowl near the registration area. Track events will be run according to the schedule posted on the day of the meet, which may differ from that published in the Technical package.
Track heat sheets are subject to change based on scratches, no shows, and consolidations for meet efficiency. Coaches and athletes must pay attention to the pace of the meet and prepare accordingly. For ages midget and up, if there are fewer than 8 athletes in events with heats, the event will be run at the scheduled time for finals instead. It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.

**SIMULTANEOUS
EVENTS:** Track events will not be delayed. Athletes should report to their field event to check in. A delay in returning to a field event may result in missed attempts. Every effort will be made to accommodate athletes in the 2005-2009 age divisions.

SEEDING: Athletes will be seeded for heats and finals, so please indicate results achieved by the athlete in the past year. Entries without seed times will be treated as slower. Coaches and athletes should be able to verify performances from sanctioned meets held in the 2017 and 2018 outdoor seasons.

RELAYS: Team registrations will be accepted on Sat. June 30 only. Team registration cut off will be 2 hrs before the relays begin. The fee to enter a relay team is \$20.00 per event.

AGE DIVISIONS
FOR COMPETITIVE
GROUPINGS:

Birth Year	Age	Age Group
2009	9 years	Junior Development
2008	10 years	Junior Development
2007	11 years	Junior Development
2006	12 years	Junior Development
2005	13 years	Junior Development
2004-2003	14-15 years	Midget
2002-2001	16-17 years	Youth
2000-1999	18-19 years	Junior
1998 & older	20+ years	Open/Masters

SHOT/DISCUS/
JAVELIN &

HAMMER THROWS: Athletes born 2005-2009 will be allowed 3 attempts. Athletes born in 2004 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts. Masters will throw their age appropriate weights.

HORIZONTAL
JUMPS:

Athletes born 2005-2009 will be allowed 3 attempts. Athletes born in 2004 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts.

QUALIFYING
FOR FINALS:

All 100m races for athletes aged 9-13 years will be run as timed finals during the heat sections.

The general rules for qualification from heats to finals in the sprints are:

If 2 Heats, then top 3 and 2 (next) fastest times advance

If 3 Heats, then top 2 and 2 (next) fastest times advance

If 4 or more Heats, then top 1 and (next) fastest times advance

OFFICIALS

CLINIC:

There will be a Level 1 Officiating Clinic on Friday June 29, 5-6:30pm held in the stands of the Apple Bowl. This is free but please register by emailing officials@okac.ca There must be a minimum of 5 participants for this event to go ahead. It is instructed by Greg Nicol. This clinic is an introduction to officiating with BC Athletics. It prepares novice officials for successful participation and future upgrading. It covers some rules and best practices in individual track and field events.

HIGH JUMP

STARTING HEIGHTS:

Age Group	Height	Age Group	Height
9 Girls	80 cm	9 Boys	85 cm
10 Girls	90 cm	10 Boys	95 cm
11 Girls	100 cm	11 Boys	105 cm
12 Girls	105 cm	12 Boys	110 cm
13 Girls	115 cm	13 Boys	120 cm
Midget Girls	120 cm	Midget Boys	140 cm
Youth Women	140 cm	Youth Men	150 cm
Jr/Open Women	145 cm	Jr/Open Men	155 cm

IMPLEMENT

WEIGHTS:

Age Group	Shot Put	Discus	Javelin	Hammer
9 Girls	2 kg	n/a	n/a	n/a
10-11 Girls	2 kg	750 g	400 g	n/a
12-13 Girls	3 kg	750 g	400 g	3 kg
Midget Girls	3 kg	1 kg	500 g	3 kg
Youth Women	3 kg	1 kg	500 g	3 kg
Junior Women	4 kg	1 kg	600 g	4 kg
Open Women	4 kg	1 kg	600 g	4 kg
9 Boys	2 kg	n/a	n/a	n/a
10-11 Boys	2 kg	750 g	400 g	n/a
12-13 Boys	3 kg	1 kg	500 g	3 kg
Midget Boys	4 kg	1 kg	600 g	4 kg
Youth Men	5 kg	1.5 kg	700 g	5 kg
Junior Men	6 kg	1.75 kg	800 g	6 kg
Open Men	7.26 kg	2 kg	800 g	7.26 kg

*Masters throw weights as per Masters age categories.

POLE VAULT:

The starting height will be 90cm with increments of 20cm up to 2.90cm. Then there will be 15cm increments until there are 3-5 athletes left in the competition, then we proceed by 10cm increments.

Track & Field Events offered	9 Girls	9 Boys	10 Girls	10 Boys	11 Girls	11 Boys	12 Girls	12 Boys	13 Girls	13 Boys	Midget Girls	Midget Boys	Youth Women	Youth Men	Junior Women	Junior Men	Senior/Open Women	Senior/Open Men
60m	x	x	x	x	x	x												
100m	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
200m					x	x	x	x	x	x	x	x	x	x	x	x	x	x
300m							x	x	x	x	x	x						
400m														x	x	x	x	x
600m	x	x	x	x	x	x												
800m							x	x	x	x	x	x	x	x	x	x	x	x
1000m	x	x	x	x	x	x												
1200m							x	x	x	x	x	x						
1500m														x	x	x	x	x
2000m									x	x	x	x						
3000m														x	x			
5000m																x	x	x
60m hurdles	x	x	x	x	x	x												
80m hurdles							x	x	x	x	x							
100m hurdles												x	x		x		x	
110m hurdles														x		x		x
200m hurdles							x	x	x	x								
300m hurdles											x	x						
400m hurdles														x	x	x	x	x
1500m SC											x	x						
2000m SC														x	x			
3000m SC																x	x	x
4x100m relay	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
High Jump	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Triple Jump									x	x	x	x	x	x	x	x	x	x
Pole Vault									x	x	x	x	x	x	x	x	x	x
Shot Put	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Discus			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Javelin			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hammer							x	x	x	x	x	x	x	x	x	x	x	x

**Racewalk events – 13yrs-Midget – 1500m. Youth, Junior are 5000m.

***Masters as per events listed in schedule

X denotes event is dependent on age.



SANDMAN HOTEL & SUITES KELOWNA

2130 Harvey Avenue | Kelowna BC, Canada V1Y 6G8 | Telephone: 250.860.6409

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REDUCED RATE STREAM

<u>Room Type</u>	<u>Room Information</u>	<u>Group Reduced Rates</u>	<u>Standard Daily Rates</u>
Single Queen Room Atrium Building	Mini-Fridge & Microwave, Coffee + Tea Maker, 1 Queen Bed	\$149.00	\$179.00
Double Queen Room Atrium Building	Mini-Fridge & Microwave, Coffee + Tea Maker, 2 Queen Beds	\$169.00	\$199.00

REDUCED RATES AVAILABLE BETWEEN: JUNE 29 - JULY 01, 2018

RESERVATION METHOD

Call us today and book your room at these reduced rates! Reservations can be booked either toll-free at **1-800-SANDMAN** (1-800-726-3626) or through the Kelowna property directly at **250-860-6409 x 2** to receive the reduced rates, and a valid credit card is required to guarantee every booking.

QUOTE THIS RESERVATION CODE WHEN ENQUIRING ABOUT THESE RATES: 548421

Included when you book with the Sandman Hotel & Suites Kelowna:

- Coupons and discounts ready for our fantastic restaurants !
- Centrally located across from Orchard Park Mall for easy travel to any location in town !
- Indoor pool and Roman-style hot tub open daily year-round from 10:00 AM - 10:00 PM !
- Laundry, dry-cleaning, 24 hour fitness centre, fibre-optic internet, plus much more !

