



## **Zone 3 and 4 Combined Trials**

### **MEET PACKAGE**

May 26 – 27, 2018

Hosted by Oceans Athletics Club

Sanctioned by BC Athletics

**Entry Deadline, May 22, 2018 – 10pm**

**Registration:** <http://www.trackie.com/online-registration>

**Opens April 13, 2018 – May 22, 2018, 10pm**

**\$15 for BC Athletics members**

**\$18 for non-BC Athletics members**

**Late Registration: On Site CASH Only**

**\$25 for BC Athletics members**

**\$30 for non-BC Athletics members**

**May 26, 2018 - 10am-Noon**

**May 27, 2018 - 8am-10am**

**Must be registered NO LATER THAN 1½ hours  
prior to scheduled event. NO EXCEPTIONS.**

**Meet Director:** Maureen de St. Croix – [mdestcroix@sotique.com](mailto:mdestcroix@sotique.com)

**Meet Manager:** Julie Sillars - [julie@vestaproperties.com](mailto:julie@vestaproperties.com)

**Meet Venue:** South Surrey Athletic Park

**14600 20<sup>th</sup> Avenue, Surrey BC**

**Age Divisions:** Athletes born in 2003 or 2004 ONLY

**Eligibility:**

**Athletes MUST compete at their Zone Trials to be eligible for their zone team. Performance data must be included with each registration.**

**Athletes must compete for the zone in which they make their permanent residence.**

**Fraser Valley (Zone 3) Includes the major centers of the city of Abbotsford, the city of Chilliwack, the district of Hope, the City of Langley, the Township of Langley, the city of Maple Ridge, the district of Mission, and the city of Pitt Meadows.**

**Fraser River (Zone 4) Includes the major centers of the village of Anmore, the village of Belcarra, the city of Burnaby, the city of Coquitlam, the city of New Westminister, the city of Port Coquitlam, the city of Port Moody, the city of Surrey, and the city of White Rock.**

**Each zone is permitted the following at the BC Summer Games: three athletes for 100m and 200m events, two athletes for all other events, and one relay team per zone per relay event (4x100m and 4x400m). After the Zone Teams have been selected, vacant positions in each event will be filled by Wildcards based on performance.**

**Each athlete MAY BE SELECTED from the zone trials to compete in up to three events plus a relay as determined by the Zone Representative. Athletes are NOT GUARANTEED three events or a relay competition. Final event selection is determined through the zone selection process, zone selection committee and/or Team staff in each zone.**

**Athletes competing in the pentathlon may compete in that event only, plus one relay.**

**Events:****Separate Events for Boys and Girls:**

**100m, 200m, 300m, 800m, 1200m, 2000m, 1500m Race Walk, 1500m Steeplechase, Hurdles (girls 80m, boys 100m)\*, 300m Hurdles\*, 4x100m Relay, 4x400m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Discus (1kg), Javelin (girls 500g, boys 600g), Shot Put (girls 3kg, boys 4kg), Hammer (girls 3kg, boys 4kg), and Pentathlon**

**\* Technical Notes:**

**- 80 m hurdles: 8 hurdles at .762 m (30"), distance to first hurdle is 12 m, distance between hurdles is 8m, distance to finish is 12 m.**

**- 100 m hurdles: 10 hurdles at .840 m (33"), distance to first hurdle is 13 m, distance between hurdles is 8.5 m, distance to finish is 10.5 m.**

**- 300 m hurdles: 7 hurdles at .762 m (30"), distance to first hurdle is 50 m, distance between hurdles is 35 m, distance to finish is 40 m.**

**- 1500m Steeplechase: 12 hurdles at .762 m (30"), 0 water jumps**

**Equipment:**

**Personal throwing implements must be approved by the BC Athletics technical official at least 1 hour before the start time of the event and will become part of the pool of implements that all athletes can use. Athletes competing in Pole Vault may bring poles to compete and must plan for their transportation to the Trials. All other throwing implements will be supplied.**

**Package Pick-up: Packages will be available for pick-up**

**May 26, 2018 - 10am-Noon**

**May 27, 2018 - 8am-10am**

**at the registration table at the track.**

**Late fees must be paid before package can be picked up.**

**Marshalling:** All field events will marshal at their venue.

All track events must check in at the Athlete Call Room tent at south end of the track and will be taken to the start line as a group.

**Conflicting Events:**

Be advised there will be conflicts with some athletes between track and field events.

To avoid missing field events or races, athletes should report to BOTH field event and call room. Track events will take priority.

BCA officials will TRY to facilitate athletes doing both events and will give direction at that time.

**Facilities:** Spike lengths are 7mm with the exception of 9mm for javelin and high jump.

Synthetic/Polyurethane track, jump and javelin run ups.

Concrete throwing surfaces

Finish Lynx Electronic Timing System

**Field Events:**

**Throws:** will be 3 throws per athlete with the top 8 in each age group receiving 3 more.

**Horizontal Jumps:** will be 3 jumps per athlete with the top 8 in each age group receiving 3 more.

There shall be no more than 2 takeoff boards in Triple Jump.

**Vertical Jumps:**

3 consecutive failed attempts eliminate an athlete.

The bar is to be raised by 5 cm in HJ.

Starting height will be determined at the start of the event by the BCA official in charge.

## **Track Events:**

### **Scheduling of Track Events:**

**All Track Events will be run by zone group.**

**Zone groups for distance events may be combined, but males and females will not compete together.**

### **Seeding:**

**Athletes will be seeded for timed finals according to provided seed times. Sections will be seeded with the fastest seeds in the same section and the fastest section competing last. IT IS THE RESPONSIBILITY OF THE ATHLETE TO FILL OUT SEED TIMES ON THE ENTRY FORM, AND THAT SEED TIMES ARE ACCURATE. Athletes without seed times may be placed in unseeded heats or unfilled lanes.**

**Schedule: Is as per attached documents.**

**Pentathlon: Will not be run at Zone 3 and 4 trials**

**The selection committees for Zone 3/4 trials request athletes to submit the following 2 items:**

- a) A BC Athletics Sanctioned Pentathlon event result competed in from January 1, 2017 – May 27, 2018. (BC High School Multis or any BC Athletics sanctioned club meets).**
  
- b) Athletes are to submit their personal best results for the five individual events (Hurdles, Long Jump, High Jump, etc.), competed in any BC Athletics sanctioned outdoor meets held from January 1, 2018 – May 27, 2018. (BC High School Districts, Fraser Valley Championships, or any Sanctioned BC Athletics outdoor meets).**

**All Pentathlon submissions to be emailed:**

**Zone 3 Athletes email results to the Zone 3 Representative Julie Sillars - [julie@vestaproperties.com](mailto:julie@vestaproperties.com) no later than May 27, 2018. Nothing will be accepted after this date NO EXCEPTIONS.**

**Zone 4 Athletes email results to the Zone 4 Representative Steve Boylan - [sboylan@shaw.ca](mailto:sboylan@shaw.ca) no later than May 27, 2018. Nothing will be accepted after this date NO EXCEPTIONS.**

**The athlete also needs to include the following information:**

**Full Name**

**BC Athletics Number**

**Address of residence**

**Birthdate**

**Name of Event the PB Came From**

**Result**

**Phone number Home and Cell**

**Email address**