



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**



2018 CANADIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Hosted by Ocean Athletics Track & Field Club

*Sanctioned by Canadian Masters Athletics and
BC Athletics*

August 3-5, South Surrey Athletic Park and Bear Creek Park, Surrey BC



Meet Director: Maureen de St. Croix mdestcroix@sotique.com

Meet Manager: Brad Smith

Ocean Athletics Track and Field club is delighted to welcome you to sunny South Surrey for the 2018 Canadian Masters Track and Field Championships. Come for the event and then stay to enjoy all that South Surrey and surrounding areas have to offer – beach, great restaurants, shopping, easy access to Vancouver, Victoria and Whistler. Plan to take in the US Masters in Spokane Washington the 27-29th of July and then the Canadian Masters Track and Field Championships the following weekend on August 3 – 5th. Book your accommodation early to avoid disappointment. The August 3-6th weekend is a busy sport and cultural weekend in Surrey. Please do not hesitate to contact the Meet Director for further information.

General Information

Athlete Eligibility

- All participating athletes must be current BC Athletics, Athletics Canada and affiliates or recognized out of Canada federation members, and 30 years of age or older on August 3, 2018.

Entry Information

- Entries are due midnight (PST) on Sunday July 29, 2018. Entries will be considered late after this time. Late entries may be done online up until 8pm (PST) on Wednesday, August 1, 2018. Late entries will also be accepted on site (both Bear Creek Park, and South Surrey Athletic Park) up until 2 hours before the start of an event.
- \$35 for the first event plus \$15 per additional event. The Throws Pentathlon and Pentathlon are considered to be singular events and do not have an additional entry fee attached – ie Throws Pentathlon + individual Hammer would cost \$35 + \$15. Relay teams are \$35 per team. Late fees are \$50.00 for the first event and \$20 per additional individual event. Late entry participants WILL NOT be seeded. Late fees do not apply to relay entries. Relays may be entered 'day of' up until 90 minutes in advance of scheduled relay times. (Friday 4x100, Saturday 4x800m, Sunday 4x400m) ** Trackiereg processing fees are in addition to entry fees
- the schedule does not allow an athlete to compete in both the Throws Pentathlon and Pentathlon.
- Entry is via Trackiereg ONLY www.trackiereg.com/2018CdnMastersTFChamps
** American Athletes, please enter USATF in the membership box, and indicate NO where it asks 'Are you a Canadian'. Athletes belonging to Federations other than Canada and the USA, please contact the Meet Director.
- Submission of an event performance along with event entry will ensure better seeding for the athlete.



Age Divisions

- Age is calculated as of Day 1 of the Championships – August 3, 2018 . Divisions are in 5 year increments, starting with Pre Masters 30-34 and progressing to Masters 35-39, 40-44 etc

Package Pickup

- Team and Individual Competition Packages will be available on each day at the South Surrey Athletic Track & Field facility from 8:00am onwards.

Awards

- Canadian Masters Athletics medals will be awarded to the 1st, 2nd & 3rd Canadians for each gender and age division for each event. Non Canadians will be awarded medals if they place in the top three overall.
- Daily Awards Ceremonies have been organized to recognize athletes for their accomplishments. Athletes unable to attend the awards ceremony will be able to pick up their awards 40 minutes after the event results have been posted. Unclaimed awards will not be mailed out.

Results

- Start lists, heats and results will be posted live (link TBD). Full results will be posted on the BC Athletics website, Athletics Canada, CMA and Ocean Athletics websites after the meet.

Meet Rules

- IAAF Rules with WMA variations.

Competition Areas

- The infield is out of bounds to all athletes, coaches and spectators.
- Only athletes competing in the current event, and officials are allowed in the competition areas. A coaching box will be provided at each of the field event areas. Only the designated coach will be allowed in this area.
- Coaches and other supporters are to remain off the track during an event. Standing on the track and cheering while the athletes are running is not allowed.
- Neither Coaches nor other supporters may give individual split times to athletes in distance events. A BC Athletics official will be assigned for split times with the exception of the finish line area where a running clock will provide accurate split times.
- Coaches, Athletes and Spectators are **not** to approach the Timing Tent with individual questions.
- Canadian Records – record forms are no longer required for a sanctioned Canadian Championship event. Neither athletes nor coaches are to approach the timing tent to enquire about Canadian records. A zero gun test will be conducted each day in compliance with the rules of a sanctioned event.



Athlete Warmup Areas

- There is an excellent trail system across the street from the venue that can be used for warmup
- Grass Warmup fields adjacent to the track will also be available for warmup.
- The backstretch of the track may be available during some events. The infield will not be available for warmup due to throwing events.

Athlete Uniform

- Athletes are expected to compete in Club uniforms or non- offensive athletic clothing.
- Competition numbers are worn on the front for all events. Athletes are issued one number for the entire competition. Lost or forgotten bib numbers can be replaced at the registration desk for a \$5 fee. Please do not crinkle competition numbers!! The ink will deteriorate around the creases making it difficult for the finish line camera to pick up the image. Crinkling of bib numbers was popular back when bib numbers were made of thick cardboard. The bib numbers are now of a high quality and should provide the athlete with a souvenir of the event.

Equipment

- All throwing implements will be supplied. Athletes are invited to bring and use their own implements but implements must be weighed and certified by the designated BC Athletics official in order to be used in the competition. All implements brought into the competition may be used by any athlete in the competition. Specific times will be set up for implement weigh-in at the South Surrey Athletic Park.
- Pole Vault poles are not supplied.
- Starting blocks are used for all laned events unless there is a WMA exception.
- Weighted competition hurdles will be used for all hurdle events.
 - Please do not remove hurdles from their designated spots on the track. Warmup hurdles will be available for use by all athletes.

Marshalling

- All field events will marshal at the field event venue
 - NOTE: The start time listed for the event is the start time for the event. Athletes must organize themselves to ensure they have sufficient time to set down marks and have a few practice throws or jumps. Athletes arriving late will not be allowed to delay the competition to set marks or have practice throws/jumps. Events can run up to 30 minutes ahead of schedule but every effort will be made to keep the event to the posted schedule. Schedule may be adjusted once competition participant numbers are finalized.
- All track events athletes must check in at the Marshalling tent which will be located near the start of the 100m 20 minutes before the designated start time of the event. Once checked in, athletes will be allowed to finish their warmup in a designated area. Athletes will be escorted from the marshalling tent to the start line of the particular track race.



Conflicting Events

- In the event of field and track conflicts, it is the athlete's responsibility to check in at both the Marshalling tent for the track event and to the field event venue to inform the officials that they are in two events simultaneously. If an athlete misses their respective heat, their result will be marked as DNS (Did Not Start). No "make-up" heats will be organized.
- Athletes cannot 'catch up' on missed rounds of jumps/throws, nor move into different races and compete with other age groups to alleviate conflicts.
 - Athletes returning to a High Jump or Pole Vault event must jump at the current height of the bar
 - Athletes returning to Throws, Long Jump or Triple Jump may make an attempt in the current round even if they have missed their particular placement, as long as the round has not been completed.

Facilities:

- Spike Length is 7mm
- Synthetic/Polyurethane surface for Track, Jump runways and Javelin Run Up
- Concrete Throwing Circles
- Finish Lynx Electronic Timing System
- Limited Concession on site operated by Ocean Athletics

Protests and Appeals to the Jury

- Coaches, Athletes or the Athlete's representative should attempt to verbally resolve any concerns with the event chief. If not resolved, the coach, athlete or athlete representative may protest verbally to the Track/Field Referee. The Referee will let the coach, athlete or athlete representative know his/her decision. If the coach, athlete or athlete representative is not satisfied with the Referee's decision they may make an appeal to the Jury of Appeal. The appeal must be in writing and accompanied by a \$25 fee. This appeal must be made within 30 minutes of when the coach, athlete or athlete representative has been made aware of the Referee's decision. The decision of the Jury is final.
- A Jury of Appeal will consist of two BC Athletics Officials and one other qualified person, none of whom were involved in the original decision or ruling.



Track Events

Scheduling of Track Events

- All track events will be run oldest to youngest with Women going first in each group, with the exception of the hurdle events. Hurdle events will start with the 110m Hurdle event at 42" /1.067m and progress through 100m and 80m hurdles
- Age groups for distance events may be combined if participant numbers are low, with both Women and Men being able to compete in the same event, to provide a more competitive experience.
- Athletes will be seeded for heats and timed finals according to seed times sent with registration. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS, CLUB COACHES and ATHLETES TO FILL OUT ACCURATE, LEGITIMATE SEED TIMES ON THE ENTRY FORM. SEED TIMES WILL NOT BE ADDED AFTER ENTRIES ARE RECEIVED. Athletes without seed times are placed in ranking after all seed times and may thus end up in heats inappropriate to their ability.
- Heats will be held in the 100m and Sprint Hurdles if necessary. Should any of these events have 8 or less athletes, the final for the event will be held at the heat time. All other track events will be run as finals.
- Advancement to finals will follow IAAF rules.
- Three types of relays are available – 4x100, 4x400 and 4x800m. Relays may be composed of athletes from the same Club, different Clubs or Unattached athletes. Teams may be made up of individuals from a variety of age groups, but the team must run in the category of the youngest team member. There is no late entry fee for relay teams, but teams must be registered 90 minutes in advance of the relay start. (Friday 4x100, Saturday 4x800, Sunday 4x400)
 - **NEW RELAY RULE !!!** The acceleration zone has been removed from the 4x100 relay format. The acceleration zone is now part of the entire 30m passing zone. As in the 4x400 relay, the outgoing runner must stand within the passing zone to await the transfer of the baton.
 - Athletes looking for a relay team to participate on, should register their name at <http://www.trackiereg.com/2018CdnMastersRelaySpare> Teams looking for additional members should check the above confirmation site at <https://www.trackie.com/online-registration/entry-list/relay-spare-2018-canadian-masters-track-field-championships/24895/> and then contact the meet director for the contact information of the selected athlete (bit complicated but best way to avoid privacy issues)



Field Events

- Athletes leaving one event to participate in another event must inform the BC Athletics official and understand that they will not be allowed to make up missed rounds. If an athlete leaves after the first round, and returns before the second round has been completed, they will be allowed to throw/jump in the second round. If the athlete returns after the second round has finished, they will forfeit that round. Athletes returning to Pole Vault and High Jump events must compete at the current height of the bar.

Throws

- Each athlete is permitted 3 throws. The top 8 throwers in each age category and gender will earn an additional 3 throws for a total of 6 throws. All 6 throws are accepted for judging. In both the Weight Pentathlon, and the Individual Pentathlon, a maximum of 3 throws are allowed.
- Ocean Athletes will provide weighed and certified implements for the use of all athletes. Athletes may choose to use their own personal implements, but must have the implements weighed and certified by the BC Athletics Weigh-in officials.

Horizontal Jumps

- Each athlete is permitted 3 jumps in both the Long Jump and Triple Jump events. The top 8 jumpers in each age category and gender will earn an additional 3 jumps for a total of 6 jumps. All 6 jumps are accepted for judging. In the Individual Pentathlon only 3 attempts in long jump are allowed.
- A wind gauge will be used for both Long Jump and Triple Jump.
- Athletes are expected to be ready to compete at the designated start time of the event. Athletes showing up at the start time of the event will not have the opportunity to set marks except within the 30 second allotment of their jump turn.
- There shall be no more than 3 takeoff Boards in the Triple Jump events.

Vertical Jumps

- 3 consecutive failed attempts eliminates an athlete from the event.
- Starting heights for Pole Vault will be determined by the BC Athletics Pole Vault official once athletes have checked in to the event.
- The bar is to be raised by 5cm in High Jump, and 10cm in Pole Vault each time until one competitor remains in the competition. Once the one competitor remains, the incremental increase in bar height will be determined in consultation with the BC Athletics official.
- Ties are broken by comparing the number of misses at the last successful height. If a tie remains, then there is a comparison of total misses. Any ties for first place that still exist will remain a tie. If the first two athletes are tied, the place judging then becomes 1, 1, 3.



Annual Canadian Masters Athletics Awards Presentation & Beer Garden

At the conclusion of the meet on Saturday afternoon August 4th, a Beer Garden will be available for all participants and their supporters. During this time there will be an official presentation of CMA Hall of Fame Awards.

Volunteer Sign Up

If you wish to volunteer at the Championships, please contact the Meet Director, Maureen de St. Croix. mdestcroix@sotique.com

Accommodation

There are a variety of accommodation opportunities available. It is recommended that accommodation be booked as early as possible to receive the best rates and to secure accommodation as the event is being held on the BC holiday weekend.

Pacific Inn (soon to be Doubletree by Hilton Hotel Surrey) – South Surrey. Located 5km from the track (8min drive) at 1160 King George Blvd. Surrey V4A 4Z1. There is a block of 30 rooms available until June 1, 2018. Call 1-800-667-2248 to book. Single \$189, Double \$189, Triple \$209, Quad rate \$229 + applicable taxes. A continental Buffet Breakfast available for \$15.00. 20% off Famoso Pizzeria coupons available for all guests (fabulous restaurant)

Ramada Langley Surrey – located 17km from the track (24 min. drive) at 19225 Hwy 10 (56th Avenue) Surrey/Langley V3S 8V9. There is a block of 18 rooms available until noon June 22, 2018. Call 604-576-8388 or 1-888-576-8388. Regular and Pet Friendly Standard Rooms \$165 + applicable taxes. An additional \$10 per person will apply to rooms with more than 2 adults to a maximum of 4 adults per room. Complimentary breakfast buffet & parking. 10% discount at Ricky's located next to hotel. Block reserve expires noon June 22, 2018.

Hampton Inn & Suites – Surrey/Langley. Located 16km from the track (20min. drive) at 19500 Langley Bypass, Surrey/Langley V3S 7R2. There is a block of 20 rooms available until June 22, 2018. Call 604-530-6545 to book. Standard rooms (2 Queens) - \$208, King Study (king, sofa bed, fridge, microwave) - \$219, King Studio - \$229, One Bedroom Kitchen Suite (king, sofa bed, kitchen) - \$239 + applicable taxes. Complimentary hot breakfast & parking.



Sheraton Vancouver Guildford Hotel – North Surrey – Located 18km from the track (23min drive) at 15269 – 104 Avenue, Surrey V3R 1N5 . There is a block of 20 rooms available until 5pm June 23, 2018. Traditional Double Queen Single Rate \$175 Double Rate \$175 Triple Rate \$195 Quad Rate \$215 + applicable taxes includes parking. This hotel is located right across the street from the large Guildford Mall and Guildford Recreation Centre. Access information for Cdn Championships - <https://www.starwoodmeeting.com/events/start.action?id=1803222995&key=A4EEB0>

Hazelmere RV Park & Campground – located 10km from the track (13min) at 18843 – 8 Avenue, Surrey V3S 9R9. RV hookups and Tenting available. Check rates at the Hazelmere Camping Website <http://www.hazelmere.ca/>

Fortius Lodge - located in Burnaby at the Fortius Training Center 33km from the track (32min drive). Designed with sports teams and training camps in mind. The Lodge provides a comfortable accommodation with easy access to training. Standard rooms have 2 double beds with a desk, side table, Optic TV and Full bathroom. There are also rooms with one double bed. Complimentary parking. Room rate, \$101 per night per room + taxes. August 3,4 only. Block available until June 3, 2018 604-292-2500 quote Canadian Masters Track & Field Championships.

UBC Hotel – located 46km from the track (38min drive) on the University of BC Campus. There are a variety of rooms available. UBC Accommodation website - <http://ubconferences.com/accommodations/> Group rate to be confirmed



Track Location

South Surrey Athletic Park

Google Maps overview: <https://www.google.ca/maps/@49.0373698,-122.8151479,714m/data=!3m1!1e3>

South Surrey Athletic Park is located at 146th St. on 20th Ave. in South Surrey. Parking is located in the lot above the park, across the street at the South Surrey Recreation Centre and in the large parking lot off 148th Street at 18th Avenue (Semiahmoo Secondary School).





Tentative Schedule: Final Schedule will be posted once entries received and heats/throws groupings can be established. The South Surrey Athletic Park Track and Field Facility is the venue for the Championships. All events will be held at the South Surrey Athletic Park facility.

Tentative Schedule Canadian Masters T&F Championships August 3rd - August 5th 2018											
Start times and age groupings will change according to the entries.											
M Pentathlon (LJ,JT,200m,DT,1500) Exact start times will depend on entries- start time expected to be between 11am and 1 pm for all											
W Pentathlon (Hurdles, HJ,SP,LJ,800m) Exact start times will depend on entries. Womens first group will go after 10,000m finish.											
Throws Pentathlon (Ham, SP, Dis, Jav, Weight)- Start times will be adjusted according to entry numbers											
Date/Time	Track		HJ-1	HJ-2	LJ-1	LJ-2	Dis	Jav	SP-1	SP-2	Throws Pentathlon
Friday, August 3											
9:30 am	10,000m										
10:00 am											
10:15 am											
10:30 am											
11:00 am	Hurdles Pent W				Pent M	Pent M					Group 1 start
11:30 am			Pent W	Pent W							
12:00											
1:00 pm									Pent W	Pent W	
1:30 pm								Pent M			
2:00 pm											
3:00 pm	200m Pent M				Pent W	Pent W					Group 2 start
4:00 pm							Pent M				
4:30 pm	800m Pent W										
5:00 pm	4x100 relays										
5:30 pm	1500m Pent M										



Date/Time	Track		HJ-1	HJ-2	TJ-1	TJ-2	Ham	SP-1	SP-2	Weight
Saturday, August 4										
9:30 am	100m Heats		W30-64	M75+	M30-39	W65+	W30+	M75+	M30-39	
10:30 am	Steeplechase									
10:45 am	Steeplechase									
11:00 am	1500m RW				W30-49	M75+	M30-49	M60-74		
11:30 am	100m Finals		W65+	M45-59						
12:00										
12:30 pm					M40-49		M75+	M50-59	M40-49	
1:00 pm	Sprint Hur. Heats									
1:30 pm										
2:00 pm	1500m		M30-44	M60-74	M60-74		M50-59	W50+	W30-49	
2:30 pm										
3:00 pm	400m									
3:30 pm					W50-64	M50-59	M60-74			
4:00 pm	Sprint Hurdle Finals									
4:30 pm	4x800									
5:00 pm										M,W 30+

Date/Time	Track		LJ-1	LJ-2	PV	Dis	Jav
Sunday, August 5							
9:00 am	5000m RW		W30-39	M30-39		W60+	M50-74
9:30 am							
10:00 am	5000m				M,W 30+		
10:30 am			W40-59	M40-49		M75+	W60+
11:00 am							
11:30 am	800m					W30-59	M75+
12:00							
12:30 pm	200m		W60+	M50-59			
1:00 pm						M30-49	W30-59
1:30 pm							
2:00 pm	Long Hurdles		M60-74	M75+		M50-74	M30-49
2:30 pm							
3:00 pm	4x400						
3:30 pm							



Technical Specifications

	Women		Men			
<u>Sprint Hurdles:</u>	30-34	100mH	33" / 0.840m	30-34 110mH	42" / 1.067m	
	35-39	100mH	33" / 0.840m	35-49	110mH	39" / 0.991m
	40-49	80mH	30" / 0.762m	50-59	100mH	36" / 0.914m
	50-59	80mH	30" / 0.762m	60-69	100mH	33" / 0.840m
	60+	80mH	27" / 0.686m	70-79	80mH	30" / 0.762m
				80+	80mH	27" / 0.686m
<u>Intermediate Hurdles:</u>	30-49	400mH	30" / 0.762m	30-49	400mH	36" / 0.914m
				50-59	400mH	33" / 0.840m
	50-59	300mH	30" / 0.762m	60-69	300mH	30" / 0.762
	60-69	300mH	27" / 0.686m	70-79	300mH	27" / 0.686m
	70+	200mH	27" / 0.686m	80+	200mH	27" / 0.686
<u>Steeplechase:</u>	30+	2000mSC	30" / 0.762m	30-59	3000mSC	36" / 0.914m
				60+	2000mSC	30" / 0.762
<u>Shot Put:</u>	30-49	4kg		30-49	7.26kg	
	50-74	3kg		50-59	6kg	
	75+	3kg		60-69	5kg	
				70-79	4kg	
				80+	3kg	
<u>Discus:</u>	30-74	1.0kg		30-49	2.0kg	
	75+	0.750kg		50-59	1.50kg	
				60-80+	1.00kg	
<u>Javelin:</u>	30-39	600g		30-49	800g	
	50-74	500g		50-59	700g	
	75+	400g		60-69	600g	
				70-79	500g	
				80+	400g	
<u>Hammer:</u>	30-49	4kg		30-49	7.26kg	
	50-74	3kg		50-59	6kg	
	75+	2kg		60-69	5kg	
				70-79	4kg	
				80+	3kg	



Technical Specifications con't

	Women	Men
<u>Weight Throw:</u>	35-49 9.08kg	35-49 15.88kg
	50-59 7.26kg	50-59 11.34kg
	60-74 5.45kg	60-69 9.08kg
	75+ 4.00kg	70-79 7.26kg
		80+ 5.45kg

Starting Heights for High Jump: BC Athletics Official will determine the starting height of the High Jump events, in consultation with the participating athletes.

Pole Vault: BC Athletics Official will determine the starting height of the Pole Vault events, in consultation with the participating athletes.

