



CORY HOLLY CLASSIC

2019 Vernon Throws Challenge

Hosted by the Cory Holly Institute Inc.

Sanctioned by BC Athletics

Saturday, August 24, 2019

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. Change rooms available.

Meet Director:

Cory Holly: Phone: (778) 212-3812

Email: cory@coryholly.com

Assistant Meet Director:

Tracy Holly: Phone: (250) 260-0931

Email: tracy@coryholly.com

Eligible Athletes:

- 2018 BC Athletics Annual Athlete members or equivalent from another Prov/Terr, or National Athletics Federation.
- 2018 School Club Members – Elementary, middle or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete.

Entry Fees:

- \$20.00/ per event online at TrackieReg
- **Late entries will be charged \$40.00/event.**
- **TrackieREG** – Register online and payment may be made using a credit card – Cory Holly Classic

****ENTRY DEADLINE**:** 11:59 pm, Sunday, August 19, 2018. All entries must be received by this date to avoid late entry fees. The late entry deadline is 10:00 am, Saturday, August 25, 2018. After this time, any further entries will be accepted at the meet and only if there is room in the event (cash only).

Throws Clinic 3:15 PM

Immediately following the close of the competition at the hammer/discus cage there will be a one hour throws clinic featuring Dylan Armstrong & Dr. Anatoli Bondarchuk. Dylan and Dr.B will answer questions and discuss the finer points of throw technique and preparing for competition. Bring your questions and prepare to learn.

Clinic Fee: \$20.00 per person

COMPETITION RULES AND OTHER INFORMATION

COMPETITION CATEGORIES - 2018:

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

AWARDS:

There will be custom gold, silver and bronze medals awarded for this meet.

Medals will be available at the registration table after the officials have finalized the results for each event.

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.

EVENT REGISTRATION:

Please check in at the registration table to confirm your presence and pick up your competition bib.

COMPETITOR'S NUMBERS:

Competition numbers must be worn on the front or back for field events (at the discretion of the official).

IMPLEMENTS:

All implements will be supplied by the meet organizers. Athletes may use their own implements which must meet IAAF standards. They 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 with the hammer and javelin at each end of the field. Genders will compete separately. Events may start up to 30 minutes earlier than the scheduled time. Events times will be rolling. Check guidelines and schedule.

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. Eszter Torok Nurse at Interior Health will be on staff at the event