



# 2019 Kamloops Spring Throws Meet

Hosted by the Kamloops Track and Field Club  
Sanctioned by BC Athletics

**Saturday, March 30, 2019**

**Location:**

Hillside Stadium, 910 McGill Rd., Kamloops, BC (See page 3 for driving directions).

**Facility:**

Polyurethane surface for Javelin, and concrete circles for Shot Put, Hammer and Discus. Change rooms available. Concession available at TCC

**Meet Director:**

Wayne Elke: Phone: (250) 554-4240

Email: [wcelke@shaw.ca](mailto:wcelke@shaw.ca)

**Meet Manager:**

Dylan Armstrong: Phone: (250) 299-1666

Email: [armstrong1dylan@gmail.com](mailto:armstrong1dylan@gmail.com)

**Eligible Athletes:**

- 2019 BC Athletics Annual Athlete members or equivalent from another Prov/Terr, or National Athletics Federation.
- 2019 School Club Members – Elementary, middle or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete.
- “Day of Event” School Club Members – **Middle or high school students only**, whose schools **do not** hold a BC Athletics School Club Membership can purchase “Day of Event” School Club Membership insurance for \$3.00

**Entry Fees:**

- \$20.00 / event, submitted online at TrackieReg.
- **Late entries will be charged \$30.00/event.**

**Registration & Entries:**

When filling in their registration, Master’s athletes age is determined as of the first day of the meet – March 30, 2019. For all other athletes, the age is calculated as of the end of 2019.

**Entries Chairperson:** Brian Beck

mail: [kfcregistrat@gmail.com](mailto:kfcregistrar@gmail.com)

All entries must be submitted to Brian by the following methods:

- **TrackieREG** – Register online and payment may be made using a credit card – NOTE: Kamloops Spring Throws Meet <http://www.trackiereg.com/2019SpringThrows>

**\*\*ENTRY DEADLINE\*\*:** 11:59 pm, Thursday, Mar. 21, 2019. All entries must be received by this date to avoid late entry fees. The late entry deadline is 7:00 pm, Monday, Mar. 25, 2019. After this date, any further entries will only be accepted at the meet and only if there is room in the event.

## COMPETITION RULES AND OTHER INFORMATION

### COMPETITION PACKAGES:

Payment must be received before package is released. Make all cheques payable to "Kamloops Track and Field Club". **Clubs must designate a responsible person who will pick up, completely pay for the club package** (if payment required), and **pass out numbers to their club members** (the meet secretary will not be able to do this last part). The Registration table is inside TCC on the second level and will be open at 4:00 pm on Friday, 8:00 am on Saturday.

### COMPETITION CATEGORIES - 2019:

U16 (04/05), U18 (02/03), U20 (00/01), Senior (85-99), Master (1984 and earlier - 35yrs of age+).

### AWARDS:

Where will be no medals or ribbons awarded for this meet.

### 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.

### COMPETITOR'S NUMBERS:

Competition numbers are not necessary for this meet but if available, 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 in the Throws shed near the throws area.

### SPIKE LENGTH:

The maximum spike length allowed is 9mm for Javelin.

### ORDER OF EVENTS:

All field events will run shortest seed distance to longest seed distance. Events will follow a rolling schedule so may not be on schedule. The first event will begin at the scheduled time.

### ATHLETES WITH CONFLICTING EVENTS:

Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

### COMPETITIVE ATTIRE:

All athletes are encouraged to wear their club uniform.

### PROTESTS

"Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event." Result postings should be time stamped, and that time is considered the beginning of the 30-minute period. The Protest is made orally to the relevant Referee; e.g. the Field Referee for the Field event, or the Track Referee for the Track event. A protest concerning a false start shall be made to the Track Referee, or (if there is one) the Start Referee.

Only an athlete, or his/her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director or Technical Information Centre (if there is one), if the Referee is not immediately available. No deposit is required for a PROTEST.

The Referee should record his/her decision and the reasons for that decision on the Protest and Appeal Form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to lodge a protest concerning this decision.

### 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.

The original protestor, or anyone else affected by the Referee's decision has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within 30 minutes of the official announcement of that decision. An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A deposit of \$50 shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

### MEDICAL:

St. John's Ambulance on site.

### CONCESSION:

There will be a concession available during the meet, near the main entrance to the Tournament Capital Centre.

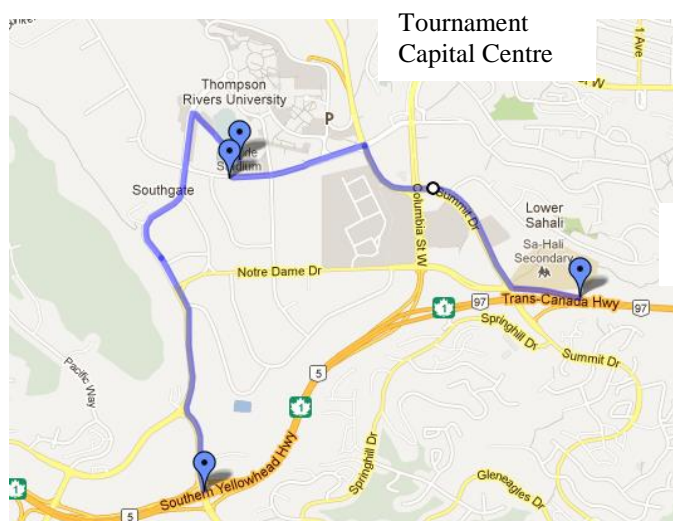
### Meet Accommodations

There are many hotels near the Tournament Capital Site on Columbia Street West and on Rogers Way. The TRU Accommodations are not available for this meet. Please see the Tourism Kamloops website - <https://www.tourismkamloops.com/stay/> - for hotel suggestions. Use the Aberdeen – Sahali – Dufferin region for accommodation closest to the Tournament Capital Centre.

### Driving Direction to the Tournament Capital Centre:

Arriving from the west (Highway #5): Exit to the right at exit 367 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road to the Tournament Capital Centre. (**NOTE:** left turns are not permitted on McGill to the TCC parking. Please continue through the light at Hillside Drive and follow University Drive. Then make your way through the parking area for Hillside Stadium.)

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left after the Real Canadian Superstore onto McGill Rd. Follow McGill until you reach the Tournament Capital Centre.



Exit 370 from  
the east.

Exit 367 from  
the west.