

Jack Brow Memorial 2019



Track & Field Meet Technical Package

Last Updated: June 16, 2019

WHEN: Friday, June 28, 2019
Saturday, June 29, 2019
Sunday, June 30, 2019

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: 2019 BC Athletic members or an equivalent from another Province/Territory or National Athletics Federation.
2018/2019 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:

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 11:30am.
\$10.00 fee, includes t-shirt. Sign up at meet.

Lollipop Run – Kids aged 6 & under. Sunday at 11:30am. Free.

- ENTRY FEES:** \$10.00 per JD events (2006-2010)
\$12.00 per U16 and older (2005 & older).
- 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 JD ages already registered in the meet. \$17 for U16 and older.
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:** Monday June 24th for all entries. Late entries will be accepted until Midnight on June 26. Cost is \$15 for JDs, \$17 for U16 and older.
- 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 28 or 7:30am, Saturday June 29, 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 pickups 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.bcatletics.org.
- COACHES MTG:** Saturday June 29 at 8:00am at the Apple Bowl, by the Finish line tent.
- 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 U16 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 competition.

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 from oldest to youngest, women before men, with the exception of hurdles-which follow distance, height & spacing. Exception is made in the 60m which will run youngest to oldest.

**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 U16 & older, 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 2006-2010 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 2018 and 2019 outdoor seasons.

RELAYS: Team registrations will be accepted on Sat. June 29 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
2010	9 years	Junior Development
2009	10 years	Junior Development
2008	11 years	Junior Development
2007	12 years	Junior Development
2006	13 years	Junior Development
2005-2004	14-15 years	U16
2003-2002	16-17 years	U18
2001-2000	18-19 years	U20
1999 & older	20+ years	Open/Masters

**SHOT/DISCUS/
JAVELIN &**

HAMMER THROWS: Athletes born 2006-2010 will be allowed 3 attempts. Athletes born in 2005 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 2006-2010 will be allowed 3 attempts. Athletes born in 2005 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts.

**QUALIFYING
FOR FINALS:**

All 100m races for athletes born 2006-2010 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 28, 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
2010 Girls	80 cm	2010 Boys	85 cm
2009 Girls	90 cm	2009 Boys	95 cm
2008 Girls	100 cm	2008 Boys	105 cm
2007 Girls	105 cm	2007 Boys	110 cm
2006 Girls	115 cm	2006 Boys	120 cm
U16 Girls	120 cm	U16 Boys	140 cm
U18 Women	140 cm	U18Men	150 cm
U20/Open Women	145 cm	U20/Open Men	155 cm

IMPLEMENT

WEIGHTS:

Age Group	Shot Put	Discus	Javelin	Hammer
2010 Girls	2 kg	n/a	n/a	n/a
2009-2008 Girls	2 kg	750 g	400 g	n/a
2007-2006 Girls	3 kg	750 g	400 g	3 kg
U16 Girls	3 kg	1 kg	500 g	3 kg
U18 Women	3 kg	1 kg	500 g	3 kg
U20 Women	4 kg	1 kg	600 g	4 kg
Open Women	4 kg	1 kg	600 g	4 kg
2010 Boys	2 kg	n/a	n/a	n/a
2009-2008 Boys	2 kg	750 g	400 g	n/a
2007-2006 Boys	3 kg	1 kg	500 g	3 kg
U16 Boys	4 kg	1 kg	600 g	4 kg
U18 Men	5 kg	1.5 kg	700 g	5 kg
U20 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	2010 Girls	2010 Boys	2009 Girls	2009 Boys	2008 Girls	2008 Boys	2007 Girls	2007 Boys	2006 Girls	2006 Boys	U16 Girls	U16 Boys	U18 Women	U18 Men	U20 Women	U20 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	x
2000m									x	x	x	x						
3000m													x	x				
5000m															x	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	x
1500m SC											x	x						
2000m SC													x	x				
3000m SC															x	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 – 2006 & U16 is 1500m. U18 & U20 are 5000m.

***Masters as per events listed in schedule

****Para- Athletes – Wheelchair athletes offered the 100m, 200m, 400m, 800m & 1500m
Ambulatory athletes offered the 100m, 200m, 400, 800m, 1500m & Shot Put.

X denotes event is dependent on

