



GOLDEN EARS ATHLETICS
Po BOX 21 20800 Lougheed Hwy
Maple Ridge BC, V2X 7G1
www.golden-ears.org

BC Athletics JD Pentathlon Championship

2019 BC JUNIOR DEVELOPMENT PENTATHLON CHAMPIONSHIPS SATURDAY, JULY 13, 2019

We are very pleased to invite the track & field community to the Rotary Track, home of Golden Ears Athletics, at Maple Ridge Secondary School. We hope that all of your athletes have a great day. Please note that this meet is for those athletes in the 2010 to 2006 age range. Check with the included schedules and remind your athletes that the posted event time is when the event is scheduled to begin. Athletes should plan to arrive at the competition site 15 minutes before the event and warm-ups should be completed by the designated start time. The next designated event will not start until the previous event has been completed. Assigned group leaders will help get the competitors to each event.

Location: Rotary Track at Maple Ridge Secondary School, 21911 122 Ave, Maple Ridge, BC V2X 3X2

Parking: Parking available in the south lot & also adjacent to the track in the Maple Ridge Secondary School lots (west of the track)

Technical Information:

- a. High Jump Increments of 3cm.
- b. Long Jump and Shot Put — 3 attempts
- c. 600m and 800m will run in 2 sections if numbers warrant it

Washrooms — located on the north side of the track in Merkley Park, Porta-potties also on site.

Concession — Eagles Concession will have lots of great snacks and beverage beverages

Volunteers: Clubs will be asked to provide volunteers to help at the meet. See the form on the last page

Entry Fees: \$25 /athlete **Late Fee:** \$35 / athlete

Entry Deadline — Midnight, Sunday, July 7, 2019

Late Entry Deadline — Midnight, Wednesday, July 10, 2019

Volunteer Information Deadline — Midnight, Monday, July 8, 2019

Entries: All registration is online via Trackie <http://www.trackie.com>

Results: Posted at BC Athletics www.bcathletics.org and at www.golden-ears.org

For more information contact Derrick Stevenson at destevenson68@gmail.com





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2019 BC JD PENTATHLON SCHEDULE — Maple Ridge

	13B	13G	12B	12G	11B	11G	10B	10G	9B	9G
11:00	SP#1	80MH	80MH	LJ#1			HJ#3		LJ#2	LJ#3
11:15					60MH	60MH		60MH		
11:30										
11:45										
12:00	80MH	SP#1	HJ#1							
12:15					LJ#3			SP#2		
12:30				80MH		HJ#3			60MH	60MH
12:45							60MH			
1:00	HJ#2									
1:15										
1:30								LJ#3	SP#2	
1:45					SP#1					
2:00			LJ#2	HJ#1						HJ#3
2:15		HJ#2								
2:30						LJ#1	SP#2			
2:45										
3:00										
3:15										
3:30	LJ#2		SP#1					HJ#2	HJ#3	SP#2
3:45							LJ#3			
4:00		LJ#1			HJ#1	SP#2				
4:15										
4:30				SP#1						
4:45									600M	600M
5:00										
5:15								600M		
5:30	800M	800M	800M							
5:45							600M			
6:00				800M	600M	600M				





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EVENTS BY TIMES AND AGE GROUPS

9 YR OLD GIRLS (2010)	9 YR OLD BOYS (2010)
11:00 LJ#3 12:30 60MH 21" 2:00 HJ#3 3:30 SP#2 4:45 600M	11:00 LJ#2 12:30 60MH 21" 1:30 SP#2 3:30 HJ#3 4:45 600M
10 YR OLD GIRLS (2009)	10 YR OLD BOYS (2009)
11:15 60MH 24" 12:15 SP#2 1:30 LJ#3 3:30 HJ#2 5:15 600M	11:00 HJ#3 12:45 60MH 24" 2:30 SP#2 3:45 LJ#3 5:45 600M
11 YR OLD GIRLS (2008)	11 YR OLD BOYS (2008)
11:15 60MH 24" 12:30 HJ#3 2:30 LJ#1 4:00 SP#2 6:00 600M	11:15 60MH 24" 12:15 LJ#3 1:45 SP#1 4:00 HJ#1 6:00 600M
12 YR OLD GIRLS (2007)	12 YR OLD BOYS (2007)
11:00 LJ#1 12:30 80MH 27" 2:00 HJ#1 4:30 SP#1 6:00 800M	11:00 80MH 27" 12:00 HJ#1 2:00 LJ#2 3:30 SP#1 5:30 800M
13 YR OLD GIRLS (2006)	13 YR OLD BOYS (2006)
11:00 80MH 30" 12:00 SP#1 2:15 HJ#2 4:00 LJ#1 5:30 800M	11:00 SP#1 12:00 80MH 30" 1:00 HJ#2 3:30 LJ#2 5:30 800M





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PENTATHLON VOLUNTEER OFFICIATING FORM

It is a policy of Junior Development Championship Meets that each participating club provide volunteers to help the officials at the meet. The success of this competition depends on clubs contributing volunteers to help run events.

Volunteer Info Deadline, JULY 8th, midnight

**PLEASE COMPLETE AND RETURN THIS FORM TO DERRICK STEVENSON
OR SEND ALL INFORMATION IN AN EMAIL TO destevenson68@gmail.com**

Name of Club: _____

Club Contact: _____

Phone Number: _____

Email: _____

Number of Athletes Participating: _____

Number of accompanying adults / officials: _____

Indicate below the three events that your club will be willing to help officiate

Events:

1. _____

2. _____

3. _____





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Where to find us:

Meet Address:

[Rotary Track at Maple Ridge Secondary School](#)

21911 122 Avenue Maple Ridge, BC, Canada V2X 3X2

Parking: track parking lot off of 122nd, lot behind Maple Ridge Secondary close to track, street parking on 122nd and side streets.

