

Fraser Valley High School Invitational Track Meet

Hosted and Organized by *Universal Athletics Club*

In Partnership with *South Fraser Track & Field Club*

Sanctioned By: BC Athletics Association & BC School Sports

Saturday April 11th, 2020

Bear Creek Park, 13750 88th Ave. Surrey, B.C.

Important notice:

Athletes have to be registered in this meet as "HIGH SCHOOL" athletes. When selecting the team in Trackie, please select the high school the athlete attends, NOT HIS/HER CLUB. If athletes register as "club" athletes, they will be not allowed to compete, THIS IS A BC SCHOOL SPORTS POLICY. See [BCSS Handbook](#) "#480.0 Sanctioning" for more information.

BC high school athletes who are not registered with BC Athletics, or whose school is not registered with BC Athletics, will be required to pay a \$3 day of meet membership fee.

BC Schools wishing information on registration with BC Athletics should phone 604-737-3173 or consult the BC Athletics website at www.bcathletics.org

TAKE NOTE: Use the birthdates below when registering athletes in the different categories.

Grade 8 = Dec. 31, 2006

Junior = Dec. 31, 2004

Senior = Dec. 31, 2002

TO REGISTER FOR MEET:

- Registration is only online via Trackie
- Entry Fees: \$10.00 per Event, \$16.00 per Relay, max. \$360.00 per school team.
- Deadline for Entries: Tuesday, April 7th, 2020 at 11:59pm
- No Refunds after Deadline
- No late e-mail/phone entries will be taken after the entry deadline
- Late entries and fees will be taken only at track, at the registration tent: \$20 per Event.
- Late entrants must enter ONE hour before scheduled start of event except for 9am events, 45 Min.
- Late entrants will not get seeded and will only be allowed into laned events if there are open lanes.

REGISTRATION PACKAGES:

- Payment **MUST** be received before package is released.
- Payment may be made at the meet. Make all cheques payable to "Universal Track & Field club."
- Clubs/Schools must Designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their student members (the meet registration booth will NOT hand out individual bib numbers).

AWARDS:

- Medals for 1st to 3rd, Ribbons 4th to 8th places for each category.
- Relay awards, Medals for 1st to 3rd
- Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. Unclaimed awards will not be mailed out.

Fraser Valley High School Invitational Track Meet

EQUIPMENT:

- All events, hurdles, distances, throws will be run according to BCSSCCTFA standards. These standards are listed below.
- Equipment and implements will be provided by the meet.
- Athletes wishing to use their personal throwing equipment must have implements weighed in 45 minutes prior to the event. Weigh ins will be done by a BCA Official in the equipment containers on the west side of the track. As per IAAF rules, any personal equipment weighed in becomes the property of the event and can be used by any athlete during that event.
- Spike lengths are 7mm with the exception of 9mm for javelin and high jump.
- ALL athletes must use starting blocks in laned events, blocks will be provided. No personal blocks may be used.
- Wind readings will be provided for horizontal jumps and sprints.
- Finish Lynx electronic timing will be used for all running events.

COMPETITOR'S BIB NUMBERS AND SCHOOL UNIFORM:

- Competition bib numbers must be worn on the front for all events.
- Competitors will wear their school competition uniform.

Events may be run up to 30 minutes earlier than the scheduled time after 12:00 pm

TRACK EVENTS:

- All events are timed finals. Seed times from online entries will be used to set up heats.
- Track events run Youngest to Oldest – Women before Men in each age group with exception of hurdle events as noted on the schedule.

FIELD EVENTS:

- Athletes who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts.

MARSHALLING:

- All athletes must check in a minimum of 20 minutes prior to the scheduled start time but should pay attention and make sure the events have not been moved up.
- Check-in for all field events are at the event sites.
- All track events must check in at the Athlete Call Room tent at north end of the track, (between entrances from parking lots) and will be taken to the start line as a group.

CONFLICTING EVENTS:

- Be advised there will be conflicts with some age groups between track and field events. Athletes should pay attention to conflicts between field and track events when registering.
- To avoid missing field events or races, athletes should report to BOTH field event and the call room. BCA officials will **TRY** to facilitate athletes doing both events.
- Athletes cannot “catch up” on missed rounds of field events, nor move into different heats/races and/or compete with other age groups because of missed events.

FIRST AID: A Doctor will be onsite. Surrey Memorial Hospital – 1km distance away.

A CONCESSION STAND will be open during the meet.

Fraser Valley High School Invitational Track Meet

PROTEST:

- Athletes or a representative must attempt to resolve the concern, either verbally or in writing, within 30 minutes of posting, with the Event Referee. The Event Referee will deliver a decision.

APPEAL:

- The decision of the Event Referee may be appealed, within 30 minutes, by any athlete or representative of the athlete affected by the decision.
- The Appeal is made to the Jury of Appeal, in writing, and must be accompanied by \$50.00 cash. If the appeal is upheld, the fee will be returned.
- Results officials shall be advised there is a protest/appeal immediately so awards will not be given out until dispute is resolved

JURY OF APPEAL:

- A jury, comprised of two BC Athletics officials (not involved in the conflict and experienced in the field of play questioned,) and the Meet Director or Meet Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.

Fraser Valley High School Invitational Track Meet

Schedules for Saturday April 11th 2020

- All Track Events are Timed Finals
- Some track events may have combined age groups but not combined genders
- Track events run Youngest to Oldest – Women before Men in each age group with exception of hurdles. We will follow the order below based on the least amount of hurdle movement.

Sprint & Distance Hurdle order:

- Gr 8 Female 80M @ 30", then Junior Female 80M @ 30", then Gr 8 Male 100M @ 33", then Senior Female 100M @ 33", then Junior Male 100M @ 36", then Senior Male, 110M @ 36"
- Gr 8 Female 200M @ 30", then Gr 8 Male 200M @ 30" then Junior Female 300M @ 30", then Senior Female 400M @ 30", then Junior Male 300M @ 33", Senior Male, 400M @ 36"
- Hurdle Heights, inches to meters 30" = 0.762m 33" = 0.838m 36" = 0.914

Track Schedule, Saturday April 11th 2020

8:30 am	Coaches Meeting
9:30 am	400M
10:15 am	3000M
11:00 am	100M
12:00 pm	800M
12:45 pm	1500/2000M Steeple
1:30 pm	Sprint Hurdles
2:30 pm	200M
3:15 pm	1500M
3:45 pm	400/300/200M Hurdles
4:30 pm	4x100M

Field Schedule, Saturday April 11th 2020

	HJ	LJ	TJ	JT	SP	DT	HT
9:00am	Gr 8 F	Senior F	Junior F	Junior M	Senior M		All F
10:15am	Gr 8 M	Senior M	Junior M	Senior F	Gr 8 F		All M
11:30am	Junior F	Gr 8 F	Senior F	Senior M	Gr 8 M	Senior F	
12:45pm	Junior M	Gr 8 M	Senior M	Gr 8 F	Junior F	Gr 8/Jr M	
2:00pm	Senior F	Junior F	Gr 8 F	Gr 8 M	Junior M	Gr 8/Jr F	
3:15pm	Senior M	Junior M	Gr 8 M	Junior F	Senior F	Senior M	

Fraser Valley High School Invitational Track Meet

BC School Sports Track & Field - Technical Specifications

Sprint Hurdle Specifications

	BOYS	GIRLS
Grade 8	100m - 33" (0.838m)	80m - 30" (0.762m)
Junior	100m - 36" (0.914m)	80m - 30" (0.762m)
Senior	110m - 36" (0.914m)	100m - 33" (0.838m)

Distance Hurdle Specifications

	BOYS	GIRLS
Grade 8	200m - 30" (0.762m)	200m - 30" (0.762m)
Junior	300m - 33" (0.838m)	300m - 30" (0.762m)
Senior	400m - 36" (0.914m)	400m - 30" (0.762m)

Steeplechase Specifications

	BOYS	GIRLS
Junior	1500m - 30" (0.762m) with water	1500m - 30" (0.762m) with water
Senior	2000m - 33" (0.838m) with water	1500m - 30" (0.762m) with water

Throws Weights

Girls	Shot Put	Hammer	Discus	Javelin
Grade 8	3 kg	3 kg	1 kg	500g
Junior	3 kg	3 kg	1 kg	500g
Senior	4 kg	4 kg	1kg	600 g
Boys	Shot Put	Hammer	Discus	Javelin
Grade 8	4 kg	4 kg	1 kg	600 g
Junior	5 kg	5 kg	1.5 kg	700 g
Senior	6 kg	6 kg	1.75 kg	800 g

Fraser Valley High School Invitational Track Meet

Map of Bear Creek Park 13750 88th Ave. Surrey, B.C

