



# CORY HOLLY CLASSIC

## 2020 Vernon Throws Challenge

Hosted by the Cory Holly Institute

Online School of Holistic Health,

Sport & Exercise Nutrition

**Sanctioned by BC Athletics**

**Saturday, September 19, 2020**

**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 & Weight Throw. The weight throw is the last event and will be thrown from the discus circle using an insert.

**Meet Director:**

Cory Holly: Phone: (236) 426-2003

Email: [cory@coryholly.com](mailto:cory@coryholly.com)

**Assistant Meet Director:**

Tracy Holly: Phone: (250) 260-0931

Email: [tracy@coryholly.com](mailto:tracy@coryholly.com)

**Eligible Athletes:**

- 2020 BC Athletics Annual Athlete members BC Residents Only (COVID restrictions).

**Entry Fees:**

- \$40.00 for first event & \$20.00 per additional event online at TrackieReg
- **Late entries will be charged \$60.00 for first event & \$40.00 per additional event.**
- **TrackieREG** – Register online and payment may be made using a credit card – Cory Holly Classic

**\*\*ENTRY DEADLINE\*\*:** 11:59 pm, Sunday, Sept 13th, 2020. All entries must be received by this date to avoid late entry fees. The late entry deadline is 10:00 pm, Friday, Sept 18st, 2020. No late entries are permitted on site on the day of the meet.

**[BC Athletics Phase 3 for Sport For Provincial Competition](#)**

# **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+).

## **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:**

Team and athletic meeting at 10:30am for roll call and COVID health confirmation. Please do not come if you are not well or have any symptoms.

## **IMPLEMENTS:**

Due to COVID restrictions all athletes must bring and use their own implements which must meet IAAF standards. We have no weight throw implements on hand. Implements 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