



GREYHOUNDS MASTERS MULTI-EVENTS MEET

Plus BC Masters Pole vault championships

Hosted by Greyhounds Masters Track and Field Club
Sanctioned by BC Athletics

DATE: Saturday and Sunday, August 7-8, 2021

VENUE: Bear Creek Park, 13750 88 Avenue, SURREY, BC

Except Men's Decathlon pole vault and **BC Masters Championship pole vault(s)** at:
North Surrey Secondary School, 15945 96 Avenue, Surrey

Meet Director: Harold Morioka 604-589-9034 isaohmorioka@gmail.com

HOC Chair: Urith Hayley 604-209-9646 greyhoundspres@gmail.com

Entries/Registration: Gary Silvester 604-369-0251 gary@thesilvesters.net

* Register online at TrackieREG www.Trackiereg.com/BCMCEC2021

Additional individual/relay events: (on Sunday, August 8) Sub-Masters (M30-34) are welcome.

* 100M, 400m, 1500M (Register on Trackie)

* 4 x 100M, 4 x 800M (Registration with payment at meet, at least one hour before race)

Eligible Athletes:

- * All Masters athletes who are 2021 Competitive members of BC Athletics.
- * Membership Variance – for the period June 25 to December 31, 2021. **BC Athletics athletes who have a Training Membership pay DOE Fee (\$3.00) upon entry. Special only this year due to Covid-19 difficulties.**

Entry Fees:

- * Athletes with BCA Training Membership - \$3.00 date of entry fee (Pay at time of registration).
- * Mens Decathlon - \$100, Womens Heptathlon - \$70, Mens & Womens Throws Pentathlon - \$50
- * Individual Pole vault (BC Masters Championship) - \$20
- * All other Individual events (non championship) - \$12 per event
- * Relay events (non championship) - \$40 per team (To be paid on the day of competition)
- * No refunds given unless the event is cancelled by the HOC.

Awards:

- * Medals will be given out in 5-year age groups. Age as of August 7, 2021.
- * BC Athletics Championship medals for the individual pole vault(s).
- * Greyhounds Club medals for all other non-championship events.

Track Events:

All running events will be run as Finals.

Age groups will be combined to maximize lanes but no athlete will be separated from his/her age group.

Women will compete first, oldest to youngest. Followed by the men, oldest to youngest.

Field Events:

Athletes will be given practice time as time permits.

All throws and jumps will be allowed 3 trials in the multi-events.

NOTE: All events will follow World Athletic (WA) rules, except where different from the WMA rules.

Weigh In/Measurement of Equipment:

Athletes who wish to use their own equipment must contact the Greyhounds equipment manager. (Alan Essex at 604-329-4426). All of the equipment will be weighed and measured on August 5.

Spike Length:

Maximum is 7mm for the track events, and also 7mm for field events where applicable.

Acceleration of Events:

The starting time of events may be moved up by 30 minutes at the discretion of the meet director.

Marshalling:

All multi-event athletes will check in at the start of their first event. The athletes then will move as a group along with the officials. Permission to leave the group is at the discretion of the officials.

For the individual track events and relays, marshalling/clerking will be done at the start of the race.

Registration Pickup:

Registration packages with competitor numbers may be picked up at Bear Creek Park, starting at 8 am on Saturday, August 7.

Competition Numbers:

Competition numbers must be worn on the Front for all track events, and Front or Back for the field events (at the discretion of the officials).

Electronic Timing:

All running events will be timed electronically. Wind readings will be provided for the sprints and long jump.

Protests:

Protests must be submitted to the relevant referee (track or field). The referee's decision may be appealed in writing to the Jury and must be accompanied with a \$25.00 protest fee. If the protest is upheld then the protest fee will be returned. All Jury of Appeal decisions will be final.

Records:

- * For BC Masters records – must complete a BC Masters record form.
- * For Canadian Masters records – must complete a CMA record form and include a copy of the Zero Gun Test and a photo-finish for a track record, or a copy of the official event sheet for a field record.
- * For World Masters records – A WMA record form must be completed. For a track record, a Zero Gun Test plus a copy of the photo-finish is also required. For a field record, a copy of the official event sheet is also required. Your proof of age must be on file with the CMA.

WMA HURDLES SPECIFICATIONS

WOMEN	<u>AGE</u>	<u>RACE</u>	<u>HEIGHT</u>	<u>#</u>	<u>FIRST</u>	<u>BETWEEN</u>
SPRINT	W35-39	100M	.840m(33")	10	13m	8.5m
	W40-49	80M	.762m(30")	8	12m	8.0m
	W50-59	80M	.762m(30")	8	12m	7.0m
	W60+	80M	.686m(27")	8	12m	7.0m
LONG	W35-49	400M	.762m(30")	10	45m	35m
	W50-59	300M	.762m(30")	7	50m	35m
	W60-69	300M	.686m(27")	7	50m	35m
	W70+	200M	.686m(27")	5	20m	35m
MEN	<u>AGE</u>	<u>RACE</u>	<u>HEIGHT</u>	<u>#</u>	<u>FIRST</u>	<u>BETWEEN</u>
SPRINT	M35-49	110M	.991m(39")	10	13.72m	9.14m
	M50-59	100M	.914m(36")	10	13m	8.5m
	M60-69	100M	.840m(33")	10	12m	8.0m
	M70-79	80M	.762m(30")	8	12m	7.0m
	M80+	80M	.686m(27")	8	12m	7.0m
LONG	M35-49	400M	.914m(36")	10	45m	35m
	M50-59	400M	.840m(33")	10	45m	35m
	M60-69	300M	.762m(30")	7	50m	35m
	M70-79	300M	.686m(27")	7	50m	35m
	M80+	200M	.686m(27")	5	20m	35m

WMA STEEPLECHASE SPECIFICATIONS

WOMEN	W35+	2000M	.762m(30")	18 barriers and 5 water jumps
MEN	M35-59	3000M	.914m(36")	28 barriers and 7 water jumps
	M60+	2000M	.762m(30")	18 barriers and 7 water jumps

WMA IMPLEMENTS SPECIFICATIONS

	<u>AGE</u>	<u>HAMMER/SHOT</u>	<u>DISCUS</u>	<u>JAVELIN</u>	<u>WEIGHT</u>
WOMEN	W35-49	4K	1.0K	600G	9.08K(20#)
	W50-59	3K	1.0K	500G	7.26K(16#)
	W60-74	3K	1.0K	500G	5.45K(12#)
	W75+	2K	.75K	400G	4.00K(8.9#)
MEN	M35-49	7.26K(16#)	2.0K	800G	15.88K(35#)
	M50-59	6K	1.5K	700G	11.34K(25#)
	M60-69	5K	1.0K	600G	9.08K(20#)
	M70-79	4K	1.0K	500G	7.26K(16#)
	M80+	3K	1.0K	400G	5.45K(12#)

PROPOSED SCHEDULE: **The FINAL SCHEDULE will be available after entries close.**

The first event for all multi-evens will start each day as indicated. The following events will start at the discretion of the officials.

MENS DECATHLON:	SATURDAY, AUG 7	SUNDAY, AUGUST 8
	100M – 9:00	HURDLES – 9:30
	Long Jump – 10:00	Discus – 10:45
	Shot put – 11:30	Pole vault – 12:15
	High jump – 1:00	Javelin – 2:30
	400M – 3:00	1500M – 4:15

WOMENS HEPTATHLON:	SATURDAY, AUG 7	SUNDAY, AUG 8
	Hurdles – 9:45	Long jump – 10:45
	High jump – 11:15	Javelin – 12:15
	Shot put – 1:30	800M – 1:45
	200M – 3:15	

THROWS PENTATHLON:	SATURDAY, AUG 7	SATURDAY, AUG 7
	MEN	WOMEN
	Hammer – 9:00	Hammer – 10:45
	Shot put – 10:30	Shot put – 12:15
	Discus – 12:15	Discus – 1:45
	Javelin – 2:00	Javelin – 3:15
	Weight – 3:30	Weight – 4:30

INDIVIDUAL POLE VAULT: **SUNDAY, AUGUST 8** (2:00 pm)
(immediately following decathlon pole vault)

OTHER INDIVIDUAL/RELAY EVENTS: **SUNDAY, AUGUST 8**
(SUB-MASTERS, age 30-34 welcome to register)

3:30	100M	Women first, followed by men (oldest to youngest)
4:30	1500M	Women followed by men (if entries are large) Both to compete together (if entries are small).
4:45	400M	Women followed by men (might be combined)
5:00	4 x 100M	Women first, followed by men Both women and men relay teams to compete together (if entries are small)
5:20	4 x 800M	Both women and men relay teams to compete together