



BC MASTERS OUTDOOR CHAMPIONSHIPS

SUB-MASTERS (30-34) WELCOME – not part of BC Masters Championships

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

DATE: Saturday and Sunday, August 21-22, 2021

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

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/BCMTFC2021

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 Training Membership plus DOE Fee (\$3.00) upon entry. Special only this year due to Covid-19 difficulties. Must pay during registration.**

Entry Fees:

- * Athletes with BCA Training Membership - \$3.00 date of entry fee.
- * Individual events - \$20.00 per event (as per BC Athletics Championships policies)
- * Relay events - \$40.00 per team (To be paid on the day of competition)
- * No refunds given unless the event is cancelled by the HOC.
- * **ENTRY DEADLINE:** SUNDAY, AUGUST 15, 23:59.
- * **LATE ENTRY DEADLINE:** FRIDAY, AUGUST 20 (No late entries accepted at the meet)
- * **LATE ENTRY FEE:** - \$30.00 per event

Awards:

- * BC Athletics Championship medals will be awarded in 5-year age groups.
- * Greyhounds Masters Club medals will be awarded to Sub-Masters.
- * Age determined as of August 21, 2021

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. Except hurdles.

Field Events:

Athletes will be given practice time as time permits.
All throws and jumps will be allowed 6 trials.

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

Weigh In/Measurement of Equipment:

Athletes who wish to use their own equipment(s) must have their implement(s) **approved by 8am on the morning of the competition.**

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:

For the individual track events and relays, marshalling/clerking will be done at the start of the race.
Field event athletes will report directly to their events.

Registration Pickup:

Registration packages with competitor numbers may be picked up at Bear Creek Park, starting at 8 am on Saturday, August 21.

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 and triple jumps.

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: Since this is a BC Championships

- * For BC Masters records – No record forms are required.
- * For Canadian Masters records – only one Provincial record form is required. This form will be completed by the meet director. A proof of age must be on file with the CMA. No individual record forms are required.
- * For World Masters records – A WMA record form must be completed. For a track record, a Zero GunTest plus a copy of the photo-finish is also required. For a field record, a copy of the official event sheet is also required. If your proof of age is not on file with the CMA, then you must provide a POA. For example, a copy of your drivers licence or passport.

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 5 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#)

FINAL SCHEDULE

(Please note the following **changes in RED**!)

TRACK SCHEDULE

SATURDAY, AUGUST 21

9:15 3000m Race Walk (M & W combined)

9:45 1500m (Women & M70+)
1500m (M35-69)

10:30 80m hurdles *

11:30 100m *

12:30 400m *

1:00 ---

1:30 4x100m

2:00 4x800m

SUNDAY, AUGUST 22

3000m (M & W combined)

300m hurdles (M & W combined)
200m hurdles (M & W combined)

800m *

200m *

(12:30 -1:00) ***(BREAK FOR SPONSORS APPRECIATION)***

3000m Steeplechase (M35 - M59)
2000m Steeplechase (M60+ & all Women)

4X400m

* Women first followed by men. Oldest to youngest.

FIELD SCHEDULE ***(Several time changes)***

SATURDAY, AUGUST 21

9:00 Hammer (M35-69), Shot put (W35-69)

10:00 Hammer (M70-84), Shot put (W70-89)

11:00 Shot put (M35-69), Javelin (W35-69)

12:00 Shot put (M70-84), Javelin (W70-89)

12:00 Mens Long Jump

12:30 ---

1:00 Javelin (M35-69), Hammer (W35-69)

2:00 Javelin (M70-84), Hammer (W70-89)

2:00 Womens Long Jump

3:00 ---

SUNDAY, AUGUST 22

Discus (M35-69)

Discus (M70-84), Mens Triple Jump

Discus (W35-69), Womens High Jump

Discus (W70-89)

Weight throw (All men)

Womens Triple Jump, Mens High Jump

Weight (W35-69)

Weight (W70-89)

NOTE: The pole vault was held on Sunday, August 8, at North Surrey Secondary School during the Greyhounds MULTI-EVENTS MEET. Located at: 13750 88 Avenue, Surrey.