



2021 Jack Brow Memorial Track & Field Meet Technical Package.

Hosted by Okanagan Athletics Club

Sanctioned by BC Athletics

Friday, Saturday & Sunday July 1ST – 3rd 2022

Meet Director: Brad Heinzman: president@okac.ca

LOCATION: 1555 Burtch Rd, Kelowna, BC V1Y 4A9

FACILITY: 400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles: World Athletics standard hammer/discus cage and 100m field: pole vault facility: dressing rooms with washrooms and showers: covered seating for 500 spectators, an additional 400 seats uncovered: a concession is located at the North end of the stands.

WEATHER: Usually sunny, low humidity. Average temperature 25-28 degrees Celsius. Can be Extremely hot, bring extra drinking water.

ALTITUDE: 360 meters above sea level

MEDICAL: Certified First Aid attendants will be available.

ELIGIBLE

ATHLETES: 2022 BC Athletic members or equivalent from another Province/Territory or National Athletics Federation.

2022 School club members – Elementary, middle, or high school students whose schools hold a School Club Membership are eligible to compete.

“Day of Event” school club members - **Elementary, middle, or high school students** whose schools **do not** hold a school club membership must purchase “Day of Event” insurance for \$3.00 when registering.

TRACK

RASCALS: Lollipop Run – Kids aged 6 & under. Sunday at 11:15am. Free.
Run, Jump, throw – Kids aged 6-8. Sunday at 11:30am. Free

FAMILY

FUN RELAY: New this year! – We will be holding a family fun relay where families are invited to put together a 4 x 100 relay team. Entry fee by donation.

ENTRY FEES: \$10.00 per JD events
\$15.00 per U16 and older
\$30.00 Throws Pentathlon

LATE ENTRIES: Once an entry is received, refunds will not be given.
Late entries will not be accepted if the athlete is not registered in the meet.
\$25.00/event for those already registered in the meet. (\$40 for throws pentathlon)
This includes athletes switching events. Late entries are not guaranteed correct seeding.
Late entries close 2 hours before the scheduled start time of the event – no exceptions.
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.

ENTRY

DEADLINE: 11:59 pm Monday June 27th for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 10:00am, Wednesday June 29th.
After this date, any further entries will only be accepted at the meet and only if there is room in the event (i.e. additional heats/sections do NOT have to be created).

ENTRY

PROCEDURE: All entries will be through Trackiereg.com. Payment must be made through Trackiereg and will not be accepted at the meet with the exception of relays.

REGISTRATION

PACKAGES: Pick up registration packages starting at 4:00pm, Friday July 1st or 7:30am, Saturday July 2nd, 2022 at the registration desk. Clubs/Teams must designate a responsible person who will pick up and assume responsibility for the package (the Meet Secretary will not look after partial club packages).

AWARDS:

The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.
Medals and ribbons may be picked up at the Awards table near the finish line 30 minutes after the event results are posted. Sorry no early pickups allowed.
Awards not picked up, will not be mailed.

MEET RESULTS: Meet results will be streamed live at www.okac.ca/live/ Results will be posted on our website at <https://okac.ca/results/> and linked to the BC Athletics website at www.bcathletics.org.
We will not be posting paper copies of results at the track during the meet.

COACHES MTG: Saturday July 2nd at 8:00am at the Apple Bowl, location to be announced.

PROTESTS: Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event. Result postings will be time stamped, and that time is considered the beginning of the 30-minute period. The Protest is made orally to the relevant referee, e.g., the field referee for the field event, or the track referee for the track event. A protest concerning a false

start shall be made to the track referee, or (if there is one) the start referee. Only an athlete, or his/her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director if the Referee is not immediately available.

The referee should record his/her decision and the reasons for that decision on the protest and appeal form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to lodge a protest concerning this decision. A \$50.00 protest fee is to accompany all protests that are advanced to the Jury. If the protest is upheld, then the protest fee will be returned.

JURY OF APPEAL: A Jury of Appeal, consisting of 3 qualified persons selected from guest clubs/officials will be available to deal with any formal protests arising during the meet as per BC Athletics policy. All jury of appeal decisions are final.

RULES: All World Athletics, Athletics Canada and BC Athletics rules apply.
Note: Athletes who scratch from an event final that has advanced from a preliminary round are ineligible to compete in any subsequent events at the meet.
World Athletics rule 4 (4.4)

TIMING: FinishLynx Photo Finish Timing

WIND GAUGES: Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.

EQUIPMENT: The Okanagan Athletics Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked and weighed. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of competition.

SPIKE LENGTH: Track and Horizontal jumps: 7mm maximum
High jump and Javelin: 9mm maximum

**WARM UP/
COOL DOWN:** Use fields outside the Apple Bowl stadium. Please stay off the infield.

**MARSHALLING
AREA:** Check in for all field events is at the event site. Check in for all track events is at the event start line area. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.

**ORDER OF
EVENTS:** Track events run youngest to oldest, female and then male (with the exception of Hurdles).

**COMPETITOR
NUMBERS:** Each athlete will be issued one competitor number for the entire meet. This number is to be worn on the front of their shirt/singlet for all track and field events.

START LISTS: Start lists and heat sheets will be displayed on the boards at the entrance to the Apple Bowl near the registration area. Track events will be run according to the schedule posted on the day of the meet, which may differ from that published in the Technical package.

Track heat sheets are subject to change based on scratches, no shows, and consolidations for meet efficiency. Coaches and athletes must pay attention to the pace of the meet and prepare accordingly. For ages U16 and up, if there are fewer than 8 athletes in events with heats, the event will be run as a timed final at the scheduled heat time.

It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.

SIMULTANEOUS EVENTS: Track events will not be delayed. Athletes should report to their field event to check in. A delay in returning to a field event may result in missed attempts. Every effort will be made to accommodate athletes in the 2008-2012 age divisions.

SEEDING: Athletes will be seeded for heats and finals, so please indicate results achieved by the athlete in the past year. Entries without seed times will be treated as slower. Coaches and athletes should be able to verify performances from sanctioned meets held in the 2019 and 2020/21 outdoor seasons.

RELAYS: Team registrations will be accepted on Saturday July 2nd (4 x 400) Sunday July 3rd (4 x 100) Team registration cut off will be 2 hours before the relays begin. The fee to enter a relay team is \$25.00 per relay.

QUALIFYING FOR FINALS: All 100m races for athletes aged 9-13 years will be run as timed finals during the heat sections.

The general rules for qualification from heats to finals in the sprints are:
 If 2 Heats, then top 3 and 2 (next) fastest times advance.
 If 3 Heats, then top 2 and 2 (next) fastest times advance.
 If 4 or more Heats, then top 1 and (next) fastest times advance.

AGE DIVISIONS FOR COMPETITIVE GROUPINGS:

Birth Year	Age	Age Group
2013	9 years	U10
2012	10 years	U12
2011	11 years	U12
2010	12 years	U14
2009	13 years	U14
2008-2007	14-15 years	U16
2006-2005	16-17 years	U18
2004-2003	18-19 years	U20
2002 -	20+ years	Senior/Masters

HIGH JUMP STARTING HEIGHTS:

Age Group	Height	Age Group	Height
9 Girls	80 cm	9 Boys	85 cm
10 Girls	90 cm	10 Boys	95 cm
11 Girls	100 cm	11 Boys	105 cm
12 Girls	105 cm	12 Boys	110 cm
13 Girls	115 cm	13 Boys	120 cm
U16 Girls	120 cm	U16 Boys	140 cm
U18 Women	140 cm	U18 Men	150 cm
U20/Senior Women	145 cm	U20/Senior Men	155 cm

POLE VAULT:

The starting height will be 90cm with increments of 20cm up to 2.90cm. Then there will be 15cm increments until there are 3-5 athletes left in the competition, then we proceed by 10cm increments.

THROWS: Athletes born 2009-2013 will be allowed 3 attempts. Athletes born in 2008 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts. Masters will throw their age-appropriate weights.

HORIZONTAL

JUMPS: Athletes born 2009-2013 will be allowed 3 attempts. Athletes born in 2008 and before will initially receive 3 attempts, with the top 8 receiving and additional attempts.

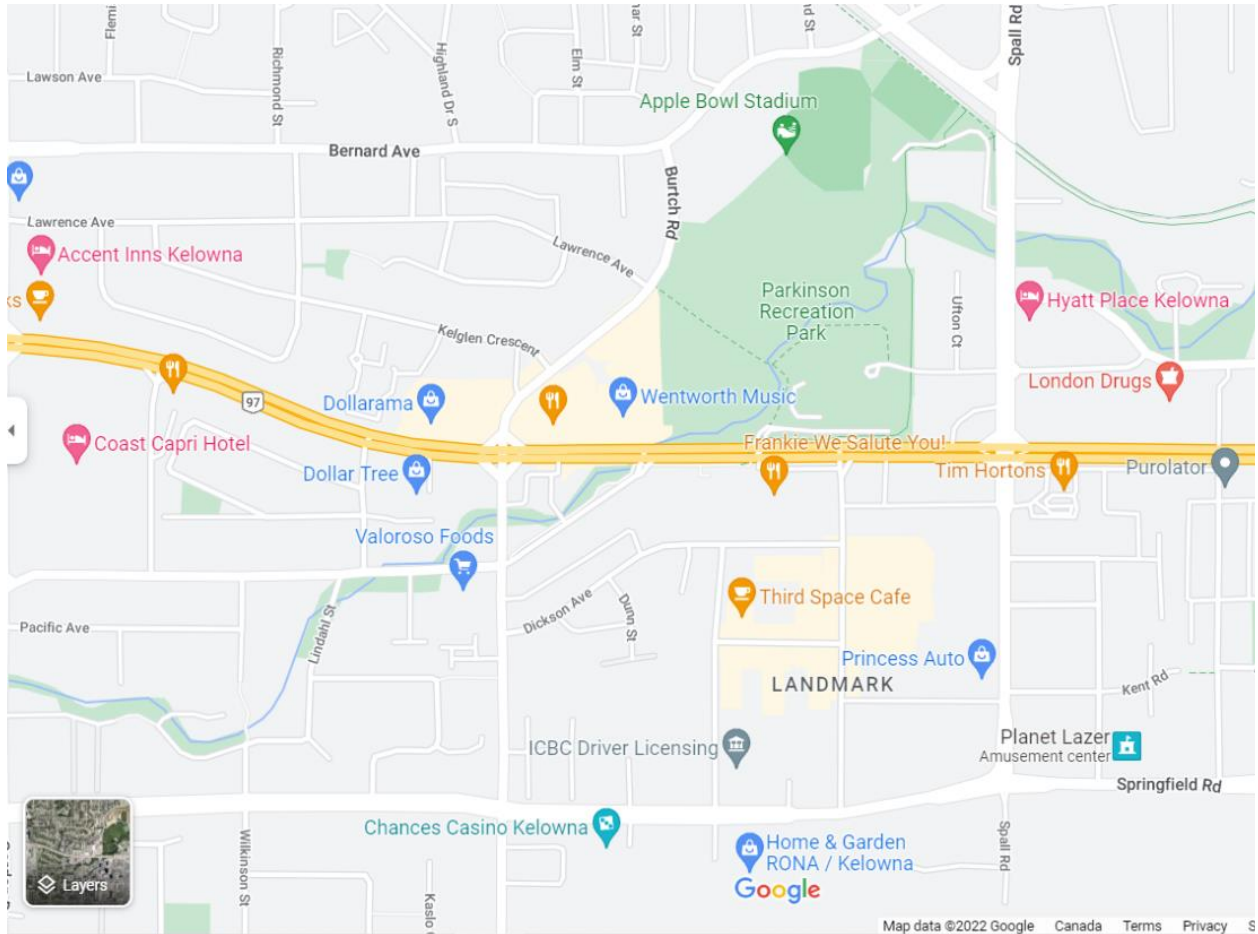
IMPLEMENT WEIGHTS:

Age Group	Shot Put	Discus	Javelin	Hammer
U10 Girls	2 kg	n/a	n/a	n/a
U12 Girls	2 kg	750 g	400 g	n/a
U14 Girls	3 kg	750 g	400 g	3 kg
U16 Women	3 kg	1 kg	500 g	3 kg
U18 Women	3 kg	1 kg	500 g	3 kg
U20 Women	4 kg	1 kg	600 g	4 kg
Senior Women	4 kg	1 kg	600 g	4 kg
U10 Boys	2 kg	n/a	n/a	n/a
U12 Boys	2 kg	750 g	400 g	n/a
U14 Boys	3 kg	1 kg	500 g	3 kg
U16 men	4 kg	1 kg	600 g	4 kg
U18 Men	5 kg	1.5 kg	700 g	5 kg
U20 Men	6 kg	1.75 kg	800 g	6 kg
Senior Men	7.26 kg	2 kg	800 g	7.26 kg

*Masters throw weights as per masters' age categories.

ACCOMMODATIONS:

<https://www.coasthotels.com/coast-capri-hotel>



UBC Okanagan – 3333 University way

<http://www.okanagan.ubcconferences.com/accommodations/>

Bear Creek or Fintry Provincial Campgrounds

www.discovercamping.ca

