



## BC MASTERS OUTDOOR T&F 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 13-14, 2022

**VENUE:** South Surrey Athletic Park, 14600 20 Avenue, SURREY, BC, V4A 2C8

**Meet Director:** Harold Morioka 604-589-9034 [isaohmorioka@gmail.com](mailto:isaohmorioka@gmail.com)

**HOC Chair:** Urith Hayley 604-209-9646 [greyhoundspres@gmail.com](mailto:greyhoundspres@gmail.com)

**Entries/Registration:** Gary Silvester 604-369-0251 [gary@thesilvesters.net](mailto:gary@thesilvesters.net)

\* Register online at TrackieREG [www.trackiereg.com/BCMTFC2022](http://www.trackiereg.com/BCMTFC2022)

### Eligible Athletes:

- \* All Masters athletes who are 2022 Competitive members of BC Athletics.
- \* Canadians from outside of BC who are members of their Provincial Branch of Athletics Canada
- \* Residents from outside of Canada must be members of their National Affiliate.

### Entry Fees:

- \* 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 7, 23:59.
- \* **LATE ENTRY DEADLINE:** WED., AUGUST 10 (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.
- \* Non-BC athletes finishing in the top three will also receive duplicate BC Championship medals.
- \* Greyhounds Masters Club medals will be awarded to Sub-Masters.
- \* Medals may be picked up as soon as the results are posted. Medals will not be mailed out.
- \* Age determined as of August 13, 2022 (first day of the meet).

### 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 should check in to the throwing/jumping areas at least 30 minutes prior to the start of their 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 must have their implements approved at least one hour prior to the start of competition. All approved personal implements become part of the equipment pool and may be used by all competitors.

**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 line of the race. For the field events, check in at the individual field event area. Please be ready to check in 30 minutes prior to the start of your event.

**Registration Pickup:**

Registration packages with competitor numbers may be picked up at South Surrey Athletic Park, starting at 8 am on Saturday, August 13.

**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. Protests must be submitted no later than 30 minutes after results are posted. 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 (drivers licence, passport, etc) 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. The WMA now accepts only your **birth certificate** as your proof of age. The HOC will provide the meet results as required.

## WMA HURDLES SPECIFICATIONS

<b>WOMEN</b>	<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
<b>MEN</b>	<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

<b>WOMEN</b>	W35+	2000M	.762m(30")	18 barriers and 5 water jumps
<b>MEN</b>	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>	<u>SUPERWT</u>
<b>WOMEN</b>	W35-49	4K	1.0K	600G	9.08K (20#)	15.88K (35#)
	W50-59	3K	1.0K	500G	7.26K (16#)	11.34K (25#)
	W60-74	3K	1.0K	500G	5.45K (12#)	9.08K (20#)
	W75+	2K	.75K	400G	4.00K (8.9#)	7.26K (16#)
<b>MEN</b>	M35-49	7.26K(16#)	2.0K	800G	15.88K (35#)	25.45K (56#)
	M50-59	6K	1.5K	700G	11.34K (25#)	25.45K (56#)
	M60-69	5K	1.0K	600G	9.08K (20#)	20.00K (44#)
	M70-79	4K	1.0K	500G	7.26K (16#)	15.88K (35#)
	M80+	3K	1.0K	400G	5.45K (12#)	11.34K (25#)

## TENTATIVE SCHEDULE:

The **FINAL** schedule will be posted after entries close. The **DAY** of the event will not change, but only **TIMES** might be adjusted.

### TRACK SCHEDULE

#### SATURDAY, AUGUST 13

9:00	3000m Race Walk (M&W combined)
9:30	1500m
10:00	---
10:30	Sprint hurdles
11:00	---
11:30	100m
12:30	4x100m
1:30	400m
2:30	4x800m ???

#### SUNDAY, AUGUST 14

3000m
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200
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Long Hurdles
800m
Steeplechase
4x400m

### FIELD SCHEDULE

#### SATURDAY, AUGUST 13

9:00	Mens Hammer, Womens Shot put
10:30	---
11:00	Mens Shot put, Womens Javelin
12:00	Womens Long jump
1:30	Mens Javelin, Womens Hammer
2:30	Mens Long jump
3:00	---

#### SUNDAY, AUGUST 14

Mens Discus, Mens High jump
Mens Triple jump, Womens Weight
Womens High jump
Mens Weight
Womens Discus, Womens Triple jump
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Mens & Womens Superweight

**NOTE:** The mens and womens **Pole Vault** will be held two weeks later during the Greyhounds Multi-events meet. The individual pole vault for men and women will either be run concurrently with the mens decathlon pole vault (scheduled for noon on Sunday, August 28) or immediately after the decathlon pole vault has been completed.