



GREYHOUNDS MASTERS MULTI-EVENTS MEET

Plus BC Masters Pole Vault Championship

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

DATE: Saturday and Sunday, August 27-28, 2022

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

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/BCMCEC2022

Additional individual/relay events: (on Sunday, August 28) Sub-Masters (M30-34) welcome.

* 100M, 400M, 1500M, Mile Race walk (Register on Trackie)

* 4 x 100M, 4 x 800M (Registration with payment at meet, at least one hour before race)
We will try to organize these teams prior to posting the Final Schedule.

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

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 who are members of their National Affiliate.

Entry Fees:

- * Mens Decathlon - \$100, Womens Heptathlon - \$70, Mens & Womens Throws Pentathlon - \$50
- * **MAXIMUM ENTRIES:** Maximum of 10 athletes in the Multi-events.
- * Individual Pole vault (BC Masters Championship) - \$20
- * All other Individual events (non championship) - \$15 per event
- * Relay events - \$40 per team (Can register your team and pay on the day of competition)
- * **ENTRY DEADLINE:** SUNDAY, AUGUST 21, 23:59. (Except relays)
- * **LATE ENTRY DEADLINE:** WED., AUGUST 24. (No late entries accepted at the meet)
- * **LATE ENTRY FEES:** Extra \$25 for the Multi-Events, Extra \$10 for the individual events.

Awards:

- * Medals will be given out in 5-year age groups. Age as of August 27, 2022.
- * BC Athletics Championship medals for the individual pole vault(s).
- * Greyhounds Club medals for the Multi-Events and all other non-championship events.

Track Events:

All individual 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.

Weigh In/Measurement of Equipment:

Competition grade implements will be provided for all throwing events.

Athletes who wish to use their own equipment must have them certified at least one hour prior to the start of the competition. All approved personal equipment become part of the competition equipment pool.

Please address any questions or concerns regarding throwing equipment to alan_essex@hotmail.com

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 or Multi-events referee.

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 the South Surrey Athletic Park, starting at 8 am on Saturday, August 27.

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 birth certificate 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 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#)

TENTATIVE SCHEDULE:

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

MENS DECATHLON:	SATURDAY, AUG 27	SUNDAY, AUGUST 28
	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 27	SUNDAY, AUG 28
	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 27	SATURDAY, AUG 27
	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 28 (12:15 pm)

***WILL BE RUN CONCURRENTLY WITH MENS DECATHLON POLE VAULT
(or Immediately after the conclusion of the mens decathlon, depending on number of pole vaulters)***

OTHER INDIVIDUAL/RELAY EVENTS: SUNDAY, AUGUST 28
(SUB-MASTERS, age 30-34 welcome to register)

3:15	Mile Race Walk (Women and Men together)
3:30	100M Women first, followed by Men
4:00	1500M Women and Men together
4:15	<i>NOTE: Mens Decathlon 1500m run at this time</i>
4:30	400M Women first, followed by Men
4:45	4 x 100M Probably only one heat of combined women and men relay teams.
5:00	4 x 800M One heat of women and men relay teams