



**37<sup>th</sup> ANNUAL VOC  
ELEMENTARY & HIGH SCHOOL TRACK MEET**  
*presented by Nicola Wealth*



**Mercer Stadium, New Westminster  
April 21-22, 2023**

**COMPLETE LIST OF EVENTS:**

<b>8 years old</b> (2015)	50m dash
<b>9-10-year-old</b> (2014, 2013 B&G)	60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
<b>11-year-old</b> (2012 B&G)	60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
<b>12-13 year old</b> (2011, 2010 B&G)	100m, 200m, 300, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2010 only), SP, 4x100m
<b>High School</b> (Gr. 8-9-10, Gr. 11-12 B&G)	100m, 200m, mile, LJ for all the grades, and 200mH only for Gr. 8-9

**Note:** All athletes will compete in their respective events, based on their age group, as per BC Athletics Junior Development Committee Manual.

The athletes must compete in their age class except for Grade 7 students, born in 2009 who may compete in the 2010 age class. They will be awarded separately.

**IMPORTANT REGISTRATION INFORMATION**

**ENTRIES:**

All entries are done through Trackie.reg at [trackiereg.com/2023VOC](http://trackiereg.com/2023VOC)

Entry Deadline:	April 17, 2023, midnight
Entry Fee:	\$10 per event, \$15 per relay team, Rascals 50m Fun Run \$8
Late fee:	\$15 per event, \$20 per relay team
Late registration Deadline:	April 19 <sup>th</sup> at 3:00PM Message <b>Dawn Driver</b> <a href="mailto:dawn_driver@hotmail.com">dawn_driver@hotmail.com</a> (secretary)
BCA Membership:	\$3 for non-members of BC Athletics
Same Day Entry Fees	We will only be able to <b>accept e-transfer or exact cash payment</b>

**INFORMATION:**

- Late Entries will be accepted until April 19<sup>th</sup> 2023, at 3: 00PM. Day of events entries for field events will be accepted, and running events entries will also be accepted if there is a spot in the respective heat.
- Entry fees will not be refunded for any reason (i.e. scratch, injuries etc.)
- For any other information please contact Tatjana Mece: [voc.tatjana@gmail.com](mailto:voc.tatjana@gmail.com) (Meet Director)
- Age groups: determined by year of birth from 2015 (Rascals) and JD 2014 – 2010.
- There is no restriction on the number of events entered by a single athlete including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must either be members of BC Athletics, or school memberships can be purchased directly from BC Athletics, Sam Collier, BC Athletics, at 604-333-3556. Otherwise, each competing athlete must complete an individual **"Day of Event Membership Form"** at a cost of **\$3.00** in addition to the entry fees. This fee is for BC Athletics insurance to cover the athlete for the day of the meet.
- Any school that is registering athletes that do not have the individual BC Athletics membership number, but have school membership, can enter "SCHOOL" in the membership # field at Trackie.reg

**TRACK EVENTS:**

Competitors in each event must report to the designated marshalling area (location to be determined) 30 minutes prior to the start of the event.

- Field events competitors will report for the check-in at the events area.
- All Hurdles events will be timed finals.
- The 60m (9-11 years old), 100m events (9-12 years old), and the Rascal 50m Fun Run will be timed finals.
- The 100m for 13 year olds (2010 G&B), will have finals for the top 8 best times from qualifying rounds.



- The 200m, 300m, 4x100m relay, and all middle distances will be timed finals.  
**Some of the distance events may be run together (G&B) dependent upon the number of the competitors**

**FIELD EVENTS:**

- Long Jump & Shot Put (2014-2010), and Triple Jump (2010) - each competitor will be allowed three attempts and only one practice run-up. Each High School athlete will have three qualification jumps, and the top eight final competitors will have another 3 attempts.
- High Jump - each athlete will have three attempts at each height.
- Shot Put Weights:

For 2014-2013-2012, Girls and Boys: 2 kg      and      For 2011-2010, Girls and Boys: 3 kg

**STARTING HEIGHTS FOR HIGH JUMP:**

AGE	2014	2013	2012	2011	2010
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

**\*NOTE**

Some high jump mats have a minimum height of 0.9 m so the lower starting heights are not possible if the athletes are to clear the pits.

Long Jump and Shot Put should start by flights depending on the number of competitors.

**RULES**

Ties in any event will be broken using World Athletics/CTFA rules. Any other questions will also be resolved with World Athletics /CTFA rules.

**NUMBERS**

Numbers will be issued for each competitor, and must be worn by that individual ONLY. For all the events the numbers must be worn on the front.

**SCORING**

Team score will be calculated based on athletes' points totals, calculated as follows:

1 <sup>st</sup> :	10 points	5 <sup>th</sup> :	4 points
2 <sup>nd</sup> :	8 points	6 <sup>th</sup> :	3 points
3 <sup>rd</sup> :	6 points	7 <sup>th</sup> :	2 points
4 <sup>th</sup> :	5 points	8 <sup>th</sup> :	1 point

**AWARDS**

- Team Champion for each age categories for Girls and Boys – Trophy
- Team Champion for Girls and Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For school athletes, awards will be given directly to teachers or coaches at the end of the meet.
- Other awards for Club and Unattached athletes can be picked up 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eight in individual events, and 1st, 2nd, and 3rd in relays.

**RESULTS**

Following the track meet, results will be available at [www.vancouverolympicclub.ca](http://www.vancouverolympicclub.ca)

**SCHEDULE**

- A tentative schedule is posted, however there might be changes depending on number of competitors.
- Also note that event times may be up to 30 min earlier or later than listed due to the heats involved.
- Be mindful that athletes need plenty of time for proper warm up, so please come early. Coaches and teachers should also advise parents.



#### VENUE

- Bathrooms will be available at the venue
- Parking will be available at the venue

#### INFIELD

- Only participating athletes are allowed in the infield.
- The infield and the finish line area must be kept clear to enable the officials to do their job.

#### LOST AND FOUND

- Lost and found articles may be claimed e-mail: [voc.tatjana@gmail.com](mailto:voc.tatjana@gmail.com) after the meet
- Articles not claimed after 2 months will be donated to charity

#### VOLUNTEERS

Most volunteers are VOC athletes and families, however we might, at times, need additional help so we'd really appreciate it if each **school could provide one volunteer**.

After your registration has been submitted, we will let you know how you can help.

#### ADDITIONAL INFORMATION

The Vancouver Olympic Club Track Meet is open to all public, private, independent schools and track clubs in BC, as well as unattached athletes.

- Elementary schools from across the Lower Mainland are encouraged to participate
- Warm-up for teams and athletes must be done outside the track
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- Concession – to be determined
- Heat Sheets and the Results: will be posted – please stay tuned for the location.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced.
- Athletes not complying with this specification will not be allowed to compete.

VOC sponsor, **Run Inn**, will be at the meet selling a limited selection of Track Spikes and accessories. For School Team orders or Athlete needs, please call or visit The Run Inn @ 2236 W 41<sup>st</sup> Ave Vancouver, tel: 604-267 7866 or at: [info@runinn.com](mailto:info@runinn.com)

#### TRACK MEET SCHEDULE – FIELD EVENTS

##### Friday - April 21nd, 2023

Time	Long Jump		High Jump	Shot Put
	Pit A	Pit B		
3:00pm	2013 G Flight 1	Flight 2	2012 G	2010 G
4:00pm	2013 B Flight 1	Flight 2	2012 B	2010 B
5:00pm	2014 G Flight 1	Flight 2	2011 G	2012 G
6:00pm	2014 B Flight 1	Flight 2	2011 B	2012 B
7:00pm	2012 G Flight 1	Flight 2	2010 B	2014 G

##### Saturday - April 22rd, 2023

Time	Long Jump		Triple Jump		High Jump		Shot Put
	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B	
10:00am	2010 G Flight 1	Flight 2			2013 G		2011 G
11:00am	2010 B Flight 1	Flight 2			2013 B		2011 B
12:00pm	2011 G Flight 1	Flight 2			2014 G		2013 G
1:00pm	2011 B Flight 1	Flight 2			2014 B		2013 B
2:00pm	2012 B Flight 1	Flight 2			2010 G		2014 B
3:00pm			2010 G	2010 B			



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Time	Long Jump		Triple Jump		High Jump		Shot Put
	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B	
	<b>High School Field Events</b>						
3:30pm	Gr 8-9 -10 G	Gr. 8-9-10 B					
4:30pm	Gr. 11 -12 G	Gr. 11-12 B					

**TRACK MEET SCHEDULE – TRACK EVENTS**

**FRIDAY - April 21,2023**

Time	60mH	80mH	200mH	1000m	1200m	4x100m
3:00 pm	2014 G & B					
3:20	2013 G & B					
3:40	2012 G & B					
4:00		2011 G & B				
4:20		2010 G & B				
4:40			2011 G & B			
4:55			2010 G & B			
5:10				2014 G & B		
5:20				2013 G & B		
5:30				2012 G & B		
5:40					2011 G & B	
5:55					2010 G & B	
6:10						2014 G & B
6:20						2013 G & B
6:30						2012 G & B
6: 40						2011 G & B
6:50						2010 G & B

**TRACK MEET SCHEDULE – TRACK EVENTS**

**Saturday - April 22, 2023**

Time	300m	60m	100m	200m	600m	800m
9:30 am	2010 G					
9:36 am	2010 B					
9:40 am	2011 G					
9:46 am	2011 B					
9:55 am		2014, G & B				
10:20 am		2013, G & B				
10:45 am		2012, G				
11:10 am		2012, B				
11:35 am		<b>Rascal 50m</b>				
11:40 am			2010 G & B			
12:35 pm			2014 G & B			
1:00 pm			2013 G & B			
1:25 pm			2012 G & B			
1:50 pm			2011 G & B			
2:15 pm			2010 G Final			
2:18 pm			2010 B Final			
2:20 pm				2012 G		
2:40 pm				2012 B		
3:00 pm				2011 G		
3:20 pm				2011 B		
3:40 pm				2010 G		



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Time	300m	60m	100m	200m	600m	800m
4:00 pm				2010 B		
4:20 pm					2014 G	
4:25 pm					2014 B	
4:30 pm					2013 G	
4:35 pm					2013 B	
4:40 pm					2012 G	
4:45 pm					2012 B	
4:50 pm						2011 G
4:55 pm						2011 B
5:00 pm						2010 G
5:05 pm						2010 B

**Saturday, April 22, 2023, High School Track Events**

	100m	200m	Mile	200m Hurdles
5:10pm	Gr. 8/9/10 and 11&12, G			
5:25pm	Gr. 8/9/10 and 11&12, B			
5:40pm		Gr. 8/9/10 and 11&12, G		
5: 55pm		Gr. 8/9/10 and 11&12, B		
6:00pm			Gr. 8/9/10 and 11&12 G	
6:10pm			Gr. 8/9/10 and 11&12 B	
6:20pm				Gr. 8/9 Boys (U 16)
6:25pm				Gr. 8/9 Girls (U 16)