



2023 BC Athletics Provincial Championship Jamboree and Combined Events For U16, U18, U20 and Senior Athletes

Hosted by Nanaimo and District Track & Field Club
Sanctioned by
BC Athletics

July 7-9, 2023
Rotary Bowl, Nanaimo, BC

ABOUT:

The 2023 BC Athletics Provincial Championship Jamboree is the Provincial Track & Field Championship for U16, U18, U20, and Senior Athletes. The 2023 Jamboree will service as the selection meet for the 2023 U20/SR BC Team & 2023 15YO/U18 Legion BC Team.

BC Athletics would like to thank Nanaimo & District Track & Field Club for hosting the 2023 Jamboree and to all the BC Athletics Officials and volunteers who will bring this event to life.

LOCATION:

Rotary Bowl, 355 Wakesiah Avenue, Nanaimo, BC. Parking available at the Serauxmen Stadium lot (745 Third Street) or the Nanaimo Aquatic Centre lots (741 Third Street).

FACILITY:

Track: 8 lanes, 400m oval, polyurethane surface, fully automatic FinishLynx electronic timing. Complete jumps and throws areas. Change rooms available. A concession will be available.

MEET DIRECTOR:

Mike Viers

Email: julieandmike@shaw.ca

MEET MANAGER:

Wanda Urbanowicz

Email: wanda.urban@gmail.com

BC ATHLETICS LIASON:

Megann VanderVliet

Email: Megann.vandervliet@bcathletics.org



ELIGIBLE ATHLETES:

- BC Athletics members who hold an ACTIVE COMPETITIVE ATHLETE membership or equivalent from another Prov/Terr or World Athletics Federation.
- Athletes from another Prov/Terr or World Athletics Federation should email Megann.vandervliet@bcathletics.org for a Trackie registration code.
- Day of Event memberships are not available for this event.

MEET ENTRY STANDARDS FOR RACEWALK AND POLE VAULT EVENTS

- 10000m Racewalk – 60:00.00 Men/Women
- Pole Vault – Senior Women 2.00m – Senior Men 3.00m

ENTRY INFORMATION:

ENTRY FEES:

- **Regular Entry Deadline is: Wednesday June 28, 2023**
 - \$25 for the first individual event and \$20 for each additional event and relays
 - \$35 for Combined Events
- **Late Entry Deadline is: Sunday July 2, 2023**
 - \$35 for first individual event and \$30 for each additional event and relays
 - \$45 for Combined Events

REGISTRATION & ENTRIES:

- All entries must be done online at TrackieReg.com
- [REGISTER HERE](#)
- No LATE entries will be permitted after **Sunday July 2, 2023**.
- Refunds are only available up until **Sunday July 2, 2023**. Please email Megann.vandervliet@bcathletics.org to scratch your entry.
- **Seed performances will be considered from results achieved in 2023 only (Jan 1-July 3). All entries will be verified by Trackie.Reg.**

ENTRIES CHAIRPERSON/ COMPETITION SECRETARY:

Win Myint

Email: win@winmyint.com



BC TEAMS SELECTION

U20/SR BC Team

- Athletes who have declared their interest to be selected for the U20/SR BC Team must compete at the 2023 Jamboree as part of selection eligibility.
- Athletes must declare for this team by **Sunday July 9, 2023**.
- Selection criteria and standards can be found [here](#).
- **The final team announcement will be made no later than Friday July 14, 2023.**

BC LEGION TEAM

- Athletes who have declared their interest to be selected for the U18 (06/07) and 15 year old (08) BC Legion Team must compete at the 2023 Jamboree as part of selection eligibility.
- Athletes must declare for this team by **Sunday July 9, 2023**.
- Selection criteria and standards can be found [here](#).
- **The final team announcement will be made no later than Friday July 14, 2023.**

TECHNICAL COMPETITION RULES

SCHEDULE:

- The Meet Schedule is now available. Please note that this Schedule is tentative and event times may change once entries close, but the day in which an event is listed will not change.

REGISTRATION PACKAGES:

- Meet Information Packages and Competitor numbers will be available for pick up at the registration table (location TBA) starting **Friday, July 7 after 2:00 pm**. On Saturday and Sunday, the Registration table will be open at **7:30 am**. There are no refunds once the online registration closes at midnight on **Sunday July 3, 2023**.

COMPETITION CATEGORIES:

- U16 (08/09), U18 (06/07), U20 (04/05), Senior (2003+).
- Athletes are permitted to compete up one age group, but then must do so for all events entered (with the exception of Relays).
- Master's athletes (aged 35+) are welcome to register, but must do so in the Senior category (with Sr technical standards).

RELAYS:

- With the inaugural 2023 BC Athletics Relay Championships being hosted August 5, 2023 in North Delta, BC, all Relays hosted at the Jamboree will be exhibition only.



- Provincial Championship awards for the Relay events will be awarded at the BC Athletics Relay Championships.

AWARDS: (for finals events)

- BC Athletics Championship medals will be awarded for 1st to 3rd place for all events, including BC and non BC Athletes.
- A medal ceremony will take place for each final event once the final results are posted (30 minutes following the conclusion of the event). Medal ceremony location TBA.

MARSHALLING:

- All athletes must check in at the ACC (Athlete Control Centre), location TBA.
- **NOTE: No personal bags or electronic devices of any sort allowed in the ACC or Competition areas.**

Events	ACC Opens	ACC Closes	Entry to Event
Track	30 Minutes	20 Minutes	10 Minutes
High Jump	60 Minutes	50 Minutes	40 Minutes
Pole Vault	80 Minutes	70 Minutes	60 Minutes
Other Field Events	50 Minutes	40 Minutes	30 Minutes

COMPETITION NUMBERS:

- Each athlete will receive two (2) competition numbers which must be worn on the front and the back for all events (at the discretion of the official). Competitor's numbers will be included in the registration packages. Hip numbers, must be worn on both hips and on the upper-left chest area. Lost or destroyed numbers will be replaced with a \$5 replacement fee.

IMPLEMENTS:

- All implements will be supplied by the meet organizers.
- Athletes may use their own implements which must meet WA standards. They must be weighed-in and measured at least **45 minutes** prior to competition start.
- The weigh-in station will be located at the equipment storage area under the south grandstand. Once an implement has been weighed in, it will be kept and brought to the event site when required.
- After the event, the owners will have to pick up their implements at the weigh in station.

SPIKE LENGTH:

- The maximum spike length allowed is 7mm (pyramid or Christmas tree) for all events except high jump and javelin. Maximum 9mm pyramid or Christmas tree for high jump and javelin. No needle spikes will be allowed.

ORDER OF EVENTS:

- All track events will be run youngest to oldest, females then males (exception hurdles).

ATHLETES WITH CONFLICTING EVENTS:



- Track and field events will go as scheduled. Athletes must check in at the ACC for both events and notify the officials at all events which are in conflict. Athletes in field events **will forego their attempt in a round** if the round has been completed before they return.

FIELD EVENTS

- Field events with greater than 16 entries will be split into flights from lowest seed mark to highest seed mark, followed by Finals (additional 3 throws) for the Top 8 athletes following the preliminary rounds.
- Where there are combined age groups, the Top 8 athletes from each age group will receive an additional 3 throws in the Finals.

TRACK EVENTS

- Laned track events with 8 or fewer competitors will advance to the final and compete at the **scheduled final time**.

QUALIFYING FOR FINALS

- **Field Events: Horizontal Jumps & Throws** – In events where there are more than 8 BC athletes, eight (8) BC athletes will advance to the final and receive 3 extra attempts.
- Non-BC athletes who would normally qualify for the final will also advance to the final.
- This might mean that there may be more than 8 in the final. (i.e. go down the performance list until 8 BC athletes are qualified to the finals and any other non-BC athletes who had a performance above the 8th ranked BC athlete will also be invited to the final.)
- **Laned Track Events:** (100m, 200m, 300m, 400m, 100mH, 110mH, 300mH, 400mH) will hold an “A” Final & “B” Final in events where required to ensure that there are up to 8 BC athletes in the final.
- The “A” final is only open to qualified BC Athletes unless there are fewer than 8 BC athletes, whereas the “B” Final is open to non-BC Athletes and the next fastest times to make up 8 athletes. Only “A” Final events will be considered for medal performances.
- **Coaches/athletes are expected to submit current electronic seed times for track events when registering for events to ensure correct seeding.** Trackie will verify any seed marks for Athletics Canada athletes.

Based on WA Rule 4.4

... an athlete shall be excluded from participation in all further events (including other events in which they are simultaneously participating) in the competition, including relays, in cases where:

- 4.4.2 An athlete qualified in a Qualification Round of an event for further participation in that event but then failed to participate further;
- 4.4.3 An athlete failed to compete honestly with bona fide effort...

NOTE: The situation foreseen in Rule 4.4.3 of the Technical Rules will not apply to individual events within Combined Events

COMPETITIVE ATTIRE:



- All Club athletes are encouraged to wear their Club issued uniform.
- Unattached athletes should wear appropriate athletic gear for their event(s).
- Relay teams must wear matching singlets/tops (small differences in design permitted).

PROTESTS

- **WA Rule 8.2** “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 announcements and posting must 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 or Technical Information Centre if the Referee is not immediately available. No deposit is required for a PROTEST.
- **WA RULE 8.4** In track events, “if an athlete makes an immediate oral protest against having been charged with a false start, a Track Referee may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned.” Please also refer to the remaining rules in **RULE 8.4** for clarification of other potential issues.
- 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.

APPEALS TO THE JURY

- The original protestor, or anyone else affected by the Referee’s decision has the right to make an APPEAL TO THE JURY regarding the Referee’s decision, within 30 minutes of the official announcement of that decision. An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A \$50 deposit shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

JURY OF APPEAL:

- A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

OTHER INFORMATION

ONSITE MEDICAL SERVICES:

- Emergency first aid care will be onsite, provided by St John Ambulance.
- Water is available at the facility.

EMERGENCY MEDICAL SERVICES:

- The nearest hospital is **Nanaimo Regional General Hospital (3.8km away)**.



- 1200 Dufferin Crescent, Nanaimo, BC V9S 2B7

CONCESSION:

- Located near the 100m start line. A number of food trucks are expected to be available.

JAMBOREE MERCHANDISE:

- Jamboree merchandise will be available for pre-order and onsite sales.
- Available styles, sizes and pre-order information will be available on Trackie.Reg at a later date.

TRAVEL TO NANAIMO:

- BC Ferries – [RESERVE NOW](#)
 - Horseshoe Bay – Departure Bay (Nanaimo)
 - Tsawassen – Duke Point (Nanaimo)
- Harbour Air – [BOOK NOW](#)
 - Downtown Vancouver – Nanaimo Harbour
 - Richmond YVR – Nanaimo Harbour
- Seair Seaplanes - [BOOK NOW](#)
 - Downtown Vancouver/YVR– Nanaimo Harbour
- Helijet – [BOOK NOW](#)
 - Downtown Vancouver – Nanaimo Harbour
 - Richmond YVR – Nanaimo Harbour

ACCOMODATION IN NANAIMO:

- This is a busy weekend in Nanaimo, so you are advised to book accommodation ASAP.
- **BC Athletic has secured limited room blocks at the following hotels:**
 - [Quality Inn Room Block](#) - \$183 + taxes/fees per night (one king); \$179 + taxes/fess per night (one queen)
 - [Inn at Long Lake Room Block](#) - \$247 + taxes/fees per night (two queens)