



BC Interior Elementary School Championship Hillside Stadium, Kamloops, BC June 10, 2023

Hosted by Kamloops Track and Field Club
Sanctioned by BC Athletics

Location:

Hillside Stadium, 910 McGill Road, Kamloops, BC

Facility:

Track: 8 lanes, 400m oval, polyurethane surface, fully automatic FinishLynx timing. Complete jumps and throws areas. Change rooms available. Concession available.

Meet Director:

Mike Kern – 250-372-1482

Meet Manager:

Judy Armstrong – 250-319-6321

Entries Chairperson:

Brian Beck – 250-579-5346
ktfcregistrar@gmail.com

Eligible Athletes and Events: (2022-2023 school year)

- Grade 4 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 5 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 6 – Boys and Girls (80m, 100m, 300m, 800m, TJ, LJ, HJ, SP)
- Grade 7 – Boys and Girls (100m, 300m, 800m, TJ, LJ, HJ, SP)

Entry Information:

NOTE: Athletes are limited to a maximum of 3 individual events and one relay event each.

All entries are done through Trackie at - <http://www.trackiereg.com/bcinteriorelemchamps>

- Entry Deadline June 3, 2023, at midnight.
- Entry Fee: \$10 per individual event and each relay event
- Late Fee: \$15 per event – enter at the meet, only if there is room available in the event.
- BCA Membership \$3 for non-members of BC Athletics

- Entry fees will not be refunded for any reason (scratch, injury, etc.) after June 8, 2023
- Relay team members must all be athletes of the school they represent and compete in the grade of the oldest athlete on that team. Registration for this event may be at the meet.
- All participants must either be members of BC Athletics, or school memberships can be purchased directly from BC Athletics (contact Sam Collier, BC Athletics, at 604-333-3556 (see the BC Athletics

website for a [List of 2022-2023 SCHOOL / SCHOOL DISTRICT Members](#)). Otherwise, each competing athlete must purchase an individual “Day of Event” insurance fee through BC Athletics when registering. This insurance fee is to cover the athlete for the day of the meet.

- Any school or parent that is registering athletes that do not have the individual BC Athletics membership number, but has school or district membership **must** contact Brian Beck (ktfcregistrar@gmail.com) for a code to bypass the “Day of Event” fee, prior to registering athletes.

Competition Rules and Other Information

Competition numbers will be assigned to each competitor and must be worn ONLY by that individual. Competition numbers must be worn on the front by all competitors for all their events. These numbers must be visible for each track event so that the cameras can see them clearly. The table to collect numbers will be open at 7:30 am on June 10.

Track Events:

All track events will be run as timed finals. Some of the events may run with boys and girls together, depending on the registered numbers. Awards will be given for placement in each gender in these mixed events.

Field Events:

- Long Jump, Triple Jump, and Shot Put - Each athlete will be given 1 practice jump and 3 measured jumps.
- High Jump – each athlete will have 3 attempts at each height.
- Shot Put Weights
 - Gr 4, Gr 5 Boys and Girls – 2.0 Kg
 - Gr 6 Girls – 2.0 Kg
 - Gr 6 Boys, Gr 7 Boys and Girls – 3.0 Kg
- High Jump Starting Heights

GRADE	Gr 4	Gr 5	Gr 6	Gr 7
GIRLS	0.9m	1.00m	1.05m	1.15m
BOYS	0.95m	1.05m	1.10m	1.20m

*Note

Ties, in any event, will be broken with World Athletics (WA) rules. Any other questions will also be resolved with WA rules.

Awards:

Ribbons will be awarded for 1st to 3rd place and can be picked up 30 minutes after the event is completed. Ribbons for relay teams will be awarded to each team member of that team.

Results:

Results will be posted on our Live Results page (<http://www.kamtrack.ca/liveresults>) shortly after each event is completed.

After the meet all results will be posted on [kamtrack.ca](http://www.kamtrack.ca) on the Meets and Results page (scroll down the page to view the Quick Results section).



Marshaling:

Check-in for all field events will be at the event location. Check-in for all track events will be at the start line for each event. All athletes should check in at least 30 min. prior to the scheduled event start time.

Order of Events:

Track events will run from oldest to youngest, females then males, and may start up to 30 minutes earlier than scheduled. **Please pay attention to announcements for any changes to start times.**

Athletes with conflicting events:

Track events will go as scheduled. Athletes must notify the officials at all events that are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

Competitive Attire:

All athletes should wear their school jerseys, shorts, and running shoes or spikes while competing. The maximum spike length allowed is 7mm.

Medical:

St. John's Ambulance on-site.

Concession:

There will be a food truck available at the meet.