



# 2023 BC Athletics Junior Development Track & Field Championships

Hosted By: Universal Athletics Club  
Sanctioned By: BC Athletics Association

**July 15-16, 2023**

**Location:**

North Delta Track & Field Facility, 11447 82 Avenue, Delta, BC V4C 5J6

**Key Contacts:**

Meet Director	Sue Kydd	<a href="mailto:suekydd50@gmail.com">suekydd50@gmail.com</a>
Meet Manager	Jessie Dosanjh	
BC Athletics Liaison	Megann Vandervliet	<a href="mailto:megann.vandervliett@bcathletics.org">megann.vandervliett@bcathletics.org</a>

**ENTRY INFORMATION:**

**Entry Fees:**

Regular Entry Fees		Late Entry Fees	
Individual Events		Individual Events	
First Event	\$13 per event	First Event	\$20 per event
Additional Events	\$8 per event	Additional Events	\$15 per event
Relays	\$20 per relay team	Relays	\$20 per relay team

*The first event includes a \$5 surcharge to support Officials Development*

**Entry Deadline:**

Regular Registration Deadline	Monday, July 10, 2023 at 11:59PM
Late Registration Deadline	Wednesday, July 12, 2023 at 11:59PM

**Meet Registration:**

All entries must be done online at [www.trackiereg.com/2023BCAJDTFChamps](http://www.trackiereg.com/2023BCAJDTFChamps). Late entries will not be accepted at the track.

Relay registration can occur online *or* at the meet up to 1 hour before the race start.



## **COMPETITION RULES (GENERAL):**

### **Athlete Eligibility:**

Participating athletes must be born in the years 2010 – 2014.

Participating athletes must be current Junior Development members of BC Athletics. The following membership categories are ineligible to participate at the championships: Training, Day of Event, and School

### **Competition Numbers:**

Meet packages/Competition numbers will be available for pick up at the track at 10AM on Saturday and 8:30AM on Sunday.

Competition numbers must be worn on the front for all events.

There will be a fee of \$5.00 for athletes who require replacement bib numbers.

### **Competition Categories:**

Athletes will compete and be awarded in single age categories based on their year of birth.

In certain events with limited field sizes, athletes may compete with multiple age categories but will still be awarded based on their year of birth.

### **Para Events:**

Para Ambulatory athletes may register and compete in all events permitted by the BC Athletics JD Para Guidelines.

In 2023, the following seated and wheelchair para events will be offered:  
100m wheelchair, 400m wheelchair and seated shot put.

### **Competition Rules:**

This meet will be conducted using World Athletics rules with BC Athletics JD variations, as laid out in the Junior Development Track & Field and Cross Country Manuals.

### **Awards:**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Ribbons will be awarded for 4<sup>th</sup> to 8<sup>th</sup> place.

Awards will be presented in the tennis courts at the times listed on the schedules.

Medals and ribbons may be picked up at the awards desk 30 minutes after results are posted online. Unclaimed awards will not be mailed out.

All relay teams are eligible for Awards.

### **Results:**

Results will be posted online during the meet approximately 30 minutes after each event.

Paper results will only be posted for events going to a final.

Results will also be available on the Universal Athletics Club and BC Athletics websites after the meet.



### **Marshalling:**

Athletes are advised to check in at least 15 minutes prior to the start of their event.

Events may run up to 30 minutes prior to their scheduled start time after 3pm on Saturday and after 12pm on Sunday.

Track Events: Athletes should check in at the start line.

Field Events: Athletes should check in directly at the event. Athletes arriving late will not be allowed to delay competition to set marks or have practice jumps/throws.

### **Event Conflicts:**

Be advised that there may be conflicts for some age groups between track & field events.

To avoid missing an event, athletes should check in for both conflicting events.

Parents/coaches should help their athletes keep track of when their events are being run.

Event officials will try to facilitate athletes doing both events. However, athletes cannot “catch up” on missed rounds of field events, or change heats because of missed track events.

### **Equipment:**

Maximum spike length is 6mm, with the exception of high jump which is 9mm

All equipment except pole vault poles will be supplied by the host club. Athletes wishing to use personal equipment must have it approved at the “Weigh In” area. Weigh in times are 9:30am Saturday and 8:00am Sunday and will last for one hour each day. Athletes are encouraged to get all their equipment approved at one time. Personal equipment becomes usable to all athletes for the duration of the event.

Extra hurdles will be put out for athlete warm up. Please do not remove hurdles placed for competition.

### **Seeding:**

Athletes will be seeded for heats and timed finals according to the provided seed times at the time of online registration.

Timed finals will be seeded with the fastest seeds in the same section and the fastest section competing last.

### **Preliminary Heats:**

Heats will be held in the 60m, 100m, 60m Hurdles, and 80m Hurdles. All other Track events will be run as timed finals.

If there are 8 or less athletes in a heat, the heat will run as a final at the time of the heat.

### **Finals:**

The fastest 8 times from the heats will advance to the final.



## **COMPETITION RULES (EVENT SPECIFIC):**

### **4 x 100m Relay:**

This relay is open to all participants.

### **1200m Medley Relay:**

This relay is only open to all participants.

Race format:

- The relay will be run in the following order: 200m, 200m, 200m, 600m.
- The start line will be the 400m laned start lines.
- For the first two legs of the race, athletes will run in their lanes.
- The first handoff will use the 4x100m handoff zones at the 200m start.
- For the second handoff, athletes will line up 10m before the finish line.
- The third runner will cut in after the hand off and run in Lane 1.
- For the third handoff, athletes will line up 10m before Lane 1's 200m start line in the order their team is in 150m before the handoff

### **Relay Eligibility:**

Teams may be formed by:

- i. Individuals from various age groups, but the team must run in the age category of its oldest member
- ii. Members of the same club, and those athletes having second claim club status with that club. Athletes must run for their own club if possible.
- iii. Unattached members
- iv. Combining unattached and club members. Combining members from different clubs who cannot field a four-member team

### **Throws:**

Each athlete is permitted up to 3 attempts. All fair attempts will be measured.

### **Horizontal Jumps:**

Each athlete is permitted up to 3 attempts. All fair attempts will be measured.



**Vertical Jumps:**

The bar is to be raised by 5cm in High Jump and 10cm in Pole Vault.

Three consecutive failed attempts will eliminate an athlete. This includes two failed attempts, a pass, then a failed attempt at the next height.

The starting heights will be determined at the start of the event by the official in charge

<b>Recommended High Jump Starting Heights</b>		
<i>Year of Birth</i>	<i>Female</i>	<i>Male</i>
2014	0.80m	0.80m
2013	0.90m	0.90m
2012	1.00m	1.00m
2011	1.10m	1.10m
2010	1.15m	1.15m

**PROTESTS & APPEALS:**

**Protests:**

Athletes or a representative must attempt to resolve the concern, within 30 minutes of results posting, with the Event Referee (i.e. the lead event official). The Event Referee will make a decision regarding the concern.

**Appeals:**

The decision of the Event Referee (i.e. the lead event official) may be appealed, within 30 minutes, by an athletes’ representative affected by the decision.

The appeal is made to the Jury of Appeal, in writing, and must be accompanied by \$25 cash. If the appeal is upheld, the fee will be returned.

Results officials shall be advised there is a protest/appeal immediately so awards are not given out until the dispute is resulted.

**Jury of Appeal:**

A jury comprised of two BC Athletics Officials (not involved in the conflict and experience in the field of play questioned) and the Meet Director or Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.



## **OTHER INFORMATION:**

### **Awards/Registration:**

Located in the tennis court behind the covered stands

### **Concession:**

Located in the tennis court behind the covered stands, 11am to 3pm Saturday,  
9am to 1pm Sunday

### **First Aid:**

A registered Kinesiologist will be onsite located in the tennis court behind the covered stands.

Surrey Memorial Hospital is ~8km away, 13750 96 Ave, Surrey, BC, V3V 1Z2

### **Souvenir T-Shirts:**

T-shirt will be available for sale online prior to the Championships. A limited number of shirts will also be available for sale at the event. T-shirt sales/pick up will be located in the tennis courts behind the covered stands.

### **Volunteers:**

All volunteers will be provided by the host club.

### **Facilities:**

Synthetic/Polyurethane track, jump, and javelin run ups. Concrete throwing surfaces

Finish Lynx Electronic Timing System

### **Tent Area:**

A tent area for club and personal tents has been set aside at the east end of the facility on the grassy knoll.

### **Accommodations:**

There are many hotels located within a 20-minute drive of the track. Due to peak-travel rates, participants are encouraged to book accommodation as soon as possible.



## BCA Specifications for Hurdles and Throws

As per the

[Events & Technical Specifications Manual for Athletics, Sept. 2020](#)

### Hurdles

We will be using scissor /kick away hurdles. Distance colours are specific to the Delta track.

#### 80 Meter, 8 Hurdles

13 Yr. M	30"	Black, 8.00M	12M to first hurdle
13 Yr. W		Grey, 7.50M	
12 Yr. W/M	27"	White, 7.00M	
<b>200 Meter, 5 Hurdles</b>			
13 Yr W/M	27"		20M to first hurdle
12 Yr. W/M	24"		

#### 60 Meter, 6 Hurdles

11/10 Yr. W/M	24"	Orange 6.50M	11M to first hurdle
9 Yr. W/M	21"		

### Throws

#### Shot Put

Women		Men	
9 to 11 Yr.	2 kg	9 to 11 Yr	2 kg
12 to 13 Yr.	3 kg	12 to 13 Yr	3 kg

#### Discus

Women		Men	
10 to 13	750 g	10 to 11	750 g
		12 to 13	1 kg

#### Javelin

Women		Men	
10 to 13 Yr.	400g	10 to 11 Yr	400 g
		12 to 13 Yr	500 g

#### Hammer

Women		Men	
12 to 13	3 kg	12 to 13	3 kg

Track events will be scheduled Oldest to Youngest, Girls then Boys.

ex. 13 year old Girls, then 13 year old Boys

Hurdle events will follow the distance/heights listed above to allow for efficient set up.

Age groups in distance races may be combined by gender if numbers warrant.

Only athletes and officials are permitted in the competition areas.

The infield is not to be used for warm-ups



# 2023 BC Athletics Junior Development Track & Field Championships

**Location:** North Delta Track & Field Facility,  
11447 82 Avenue, Delta, BC V4C 5J6

## Saturday, July 15, Track Events

Event Time	Event	Comments	Age Group	Awards Time
11:00am Sat.	80m Hurdles	Heats	2010-2011 Girls/Boys	
11:30am Sat	60m Hurdles	Heats	2012-2014 Girls/Boys	
12:20pm Sat	1500/800m RW	Timed Finals	2010-2014 Girls/Boys	2:00pm Sat
12:40pm Sat	200m	Timed Finals	2010-2012 Girls/Boys	2:30pm Sat
1:30pm Sat	2000m	Timed Finals	2010 Girls/Boys	2:30pm Sat
1:45pm Sat	60m	Heats	2012-2014 Girls/Boys	
2:15pm Sat	800m	Timed Finals	2010-2011 Girls/Boys	3:30pm Sat
2:35pm Sat	80m Hurdles	Finals	2010-2011 Girls/Boys	3:30pm Sat
3:15pm Sat	60m Hurdles	Finals	2012-2014 Girls/Boys	4:15pm Sat
3:45pm Sat	600m	Timed Finals	2012-2014 Girls/Boys	4:45pm Sat
4:15pm Sat	60m	Finals	2012-2014 Girls/Boys	5:15pm Sat
4:30pm Sat	Medley Relay	Timed Finals	2010-2012 Girls/Boys	5:30pm Sat

## Sunday, July 16, Track Events

Time	Event	Comments	Age Group	Awards Time
9:00am Sun	100m JD & Wheelchair	Heats	2010-2014 Girls/Boys	
11:00am Sun	1000m	Timed Finals	2012-2014 Girls/Boys	12:00pm Sun
11:30am Sun	300m JD & 400m WC	Timed Finals	2010-2011 Girls/Boys	12:30pm Sun
12:00pm Sun	100m	Finals	2010-2014 Girls/Boys	1:30pm Sun
12:30pm Sun	1200m	Timed Finals	2010-2011 Girls/Boys	1:30pm Sun
1:00pm Sun	200m Hurdles	Timed Finals	2010-2011 Girls/Boys	2:30pm Sun
2:00pm Sun	4x100 relays	Timed Finals	2010-2014 Girls/Boys	3:00pm Sun





### Saturday, July 15, 2023 Field Events

Event Time	High Jump	Long Jump	Pole Vault	Awards Time
11:00am Sat.	2011 Boys Pit 1	2012 Girls Pit 1	2010 Girls/Boys	2:00pm Sat.
	2011 Girls Pit 2	2013 Boys Pit 2		
1:00pm Sat.	2012 Boys Pit 1	2013 Girls Pit 1		4:00pm Sat.
	2014 Boys Pit 2	2010 Boys Pit 2		
3:00pm Sat.	2014 Girls Pit 1	2010 Girls Pit 1		5:00pm Sat.
	2012 Girls Pit 2	2011 Boys Pit 2		

Event Time	Shot Put	Discus	Javelin	Hammer	Awards Time
11:00am Sat.	2012 Boys			2010-11 Girls	1:00pm Sat.
12:00pm Sat.	2014 Boys			2010-11 Boys	2:00pm Sat.
1:00pm Sat.	2014 Girls	2013 Boys	2010 Girls		3:00pm Sat.
2:00pm Sat.	2012 Girls	2012 Boys	2011 Boys		4:00pm Sat.
3:00pm Sat.	2013 Boys	2012 Girls	2011 Girls		5:00pm Sat.
4:00pm Sat.	Seated Para, Boys/Girls				

### Sunday, July 16, Field Events

Event Time	High Jump	Long Jump	Triple Jump	Awards Time
9:00am Sun.	2013 Boys Pit 1	2011 Girls Pit 1		11:45am Sat.
	2013 Girls Pit 2	2012 Boys Pit 2		
11:00am Sun.	2010 Boys Pit 1	2014 Boys Pit 1		1:45pm Sun.
	2010 Girls Pit 2	2014 Girls Pit 2		
1:00pm Sun.			2010 Boys Pit 1	2:30pm Sun.
			2010 Girls Pit 2	

Event Time	Shot Put	Discus	Javelin	Awards Time
9:00am Sun.	2013 Girls	2011 Girls	2012 Boys	11:00am Sun.
10:00am Sun.	2010 Boys	2013 Girls	2012 Girls	12:00pm Sun.
11:00am Sun.	2010 Girls	2010 Boys	2013 Boys	1:00pm Sun.
12:00pm Sun.	2011 Boys	2010 Girls	2013 Girls	2:00pm Sun.
1:00pm Sun.	2011 Girls	2011 Boys	2010 Boys	2:00pm Sun.

