



# 2023 BC Athletics Junior Development Pentathlon Championships

Hosted By: NorWesters Track & Field Club  
Sanctioned By: BC Athletics Association

**June 17, 2023**

**Location:**

Burnaby Central Secondary School, 6011 Deer Lake Pkwy, Burnaby, BC V5G 0A9

**Key Contacts:**

Meet Director	Dawn Copping	<a href="mailto:dcopping@telus.net">dcopping@telus.net</a>
Meet Manager	n/a	
BC Athletics Liaison	Megann Vandervliet	<a href="mailto:megann.vandervliett@bcathletics.org">megann.vandervliett@bcathletics.org</a>

## **ENTRY INFORMATION:**

**Entry Fees:**

Regular Registration		Late Registration	
<i>Deadline</i>	Monday, June 12, 2023	<i>Deadline</i>	Wednesday, June 14, 2023
<i>Entry Fee</i>	\$30	<i>Entry Fee</i>	\$40

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

**Meet Registration:**

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

**Event Description**

The pentathlon is a single track & field event consisting of five events – 60m/80m hurdles, long jump, high jump, shot put, and the 600m/800m. Participants receive points for each event based on their performance. At the conclusion of the 5<sup>th</sup> event, all performance points are added up. Winners are determined by the largest points accumulation.



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

### **Athlete Eligibility:**

Participating athletes must be:

- Born in the years 2010 - 2014
- BC Athletics Development members or
- BC Athletics School or School District Club Members (valid Sept 1, 2022 – June 30, 2023) or
- BC Athletics School Day of Event Members paid at the time of entering the Championships (valid Sept 1, 2022 – July 2, 2023)

### **Competition Numbers:**

Meet packages/Competition numbers will be available for pick up at the track at 10AM.

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.

### **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.

An awards presentation for all participants will occur at the conclusion of the meet. Unclaimed awards will not be mailed out.

### **Results:**

Results will be posted approximately 30 minutes after each event.

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

### **Marshalling:**

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

**Equipment:**

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

All equipment will be supplied by the host club. Athletes wishing to use personal equipment must have it approved at least 1 hour prior to the event. 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.

**COMPETITION RULES (EVENT SPECIFIC):**

**Shot Put:**

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

**Long Jump:**

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

**High Jump:**

The bar is to be raised by 3cm. Three consecutive failed attempts will eliminate an athlete.

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

<b>Recommended Starting Heights</b>	
<i>Year of Birth</i>	<i>Both Genders</i>
2014	0.80m
2013	0.90m
2012	1.00m
2011	1.10m
2010	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:**

### **Concession:**

TBA

### **First Aid:**

A registered first aid attendant will be on site.

### **Volunteers:**

All volunteers will be provided by the host club.

### **Facilities:**

Synthetic/Polyurethane track, jump. Concrete throwing surfaces.

Finish Lynx Electronic Timing System

### **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.

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(Schedule may be adjusted once final participation numbers are known)

	13B	13G	12B	12G	11B	11G	10B	10G	9B	9G
	2010B	2010G	2011B	2011G	2012B	2012G	2013B	2013G	2014B	2014G
11:00	80mH	80mH	80mH	80mH			SP#1	LJ#2	HJ#1	HJ#2
11:15					60mH	60mH				
11:30										
11:45		SP#2		LJ#1						
12:00							60mH	60mH		
12:15			HJ#2		SP#1	LJ#2			60mH	60mH
12:30	HJ#1									
12:45										
1:00							LJ#1			SP#2
1:15									SP#1	
1:30										
1:45					LJ#2					
2:00		HJ#1		HJ#2				SP#2		
2:15			LJ#1							
2:30						SP#1				
2:45										
3:00	SP#2									
3:15									LJ#2	LJ#1
3:30					HJ#2		HJ#1			
3:45										
4:00			SP#1							
4:15				SP#2						
4:30	LJ#1	LJ#2								
4:45										
5:00						HJ#2		HJ#1		
5:15									600m	600m
5:30										
5:45					600m		600m			
6:00			800m	800m						
6:15	800m	800m								
6:30						600m		600m		

## EVENTS BY TIMES AND AGE GROUPS

<b>2014 GIRLS (9yrs)</b>	<b>2014 BOYS (9yrs)</b>
11:00 HJ#2 12:15 60mH 1:00 SP#2 3:15 LJ#1 5:15 600m	11:00 HJ#1 12:15 60mH 1:15 SP#1 3:15 LJ#2 5:15 600m
<b>2013 GIRLS (10yrs)</b>	<b>2013 BOYS (10yrs)</b>
11:00 LJ#2 12:00 60mH 2:00 SP#2 5:00 HJ#1 6:30 600m	11:00 SP#1 12:00 60mH 1:00 LJ#1 3:30 HJ#1 5:45 600m
<b>2012 GIRLS (11yrs)</b>	<b>2012 BOYS (11yrs)</b>
11:15 60mH 12:15 LJ#2 2:30 SP#1 5:00 HJ#2 6:30 600m	11:15 60mH 12:15 SP#1 1:45 LJ#2 3:30 HJ#2 5:45 600m
<b>2011 GIRLS (12yrs)</b>	<b>2011 BOYS (12yrs)</b>
11:00 80mH 11:45 LJ#1 2:00 HJ#2 4:15 SP#2 6:00 800m	11:00 80mH 12:15 HJ#2 2:15 LJ#1 4:00 SP#1 6:00 800m
<b>2010 GIRLS (13yrs)</b>	<b>2010 BOYS (13yrs)</b>
11:00 80mH 11:45 SP#2 2:00 HJ#1 4:30 LJ#2 6:15 800m	11:00 80mH 12:30 HJ#1 3:00 SP#2 4:30 LJ#1 6:15 800m

Formal Awards ceremonies will follow 15-20 minutes after the last event for each category. BC Athletics Championship Medals will be presented to the top three athletes in each category, and BC Athletics Championship ribbons to athletes placing 4th to 8th in each category. It is hoped that all participants in each category will remain for the Awards Ceremony so that a group photo may be taken at the end of the ceremony.