



2023 BC Athletics Provincial Relay Championship For Junior Development, U16, U18, U20, Senior & Masters Athletes

Hosted by Universal Athletics Club
Sanctioned by:
BC Athletics

August 5, 2023
North Delta, BC

ABOUT:

The 2023 BC Athletics Provincial Relay Championship is the inaugural Provincial Track & Field Relay Championship for Junior Development (U12, U14), U16, U18, U20, Senior & Masters Athletes.

BC Athletics would like to thank Universal Athletics Club for hosting the inaugural 2023 BC Athletics Provincial Relay Championships and to all the BC Athletics Officials and volunteers who will bring this event to life.

LOCATION: (see map below for parking information)

North Delta Secondary School
11447 82 Ave, Delta, BC V4C 5J6

FACILITY:

Track: 8 lanes, 400m oval, polyurethane surface, fully automatic FinishLynx electronic timing.

MEET DIRECTOR:

Sue Kydd

Email: suekydd50@gmail.com

MEET MANAGER:

Jessie Dosanjh

Email: unisports2000@hotmail.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.
- Day of Event memberships is only available for the "Community Mixed Distance Medley Relay".



RELAY TEAMS COMPOSITION:

- Relays teams must be composed of athletes from one Club affiliation (1st or 2nd claim). Except for the Mixed 4 X 400m, where composite teams are permitted.
 - Teams must wear matching singlets/tops (small differences in design permitted).
- Unattached athletes may form teams with other Unattached athletes.
 - Teams should make every effort to wear matching colour singlets/tops.
- **Age Groups:** U12 (inc. 9 year olds) || U14 || U16 || U18 || U20 || Senior || Masters
 - JD Relays will be run as U12, U14 age groups, but races may be combined to fill all lanes.
 - JD athletes should comprise a Relay Team within their age group, where this is not possible, athletes may “run up”. Ex. A 10 year old may run on a team with 12 year olds, but this team will be considered in the 12 year old age group.
 - JD athletes may not “run up” to the U16 category.
 - U16 + athletes may “run up”, where they will compete in the age category of the eldest athlete (except Masters), except for the 4X400m Relay and 4X400m Mixed Relay.
 - Depending on the # of entries U18, U20, SR, Masters age groups may be combined to fill all lanes.
 - Masters’ athletes are permitted to run in the SR category.
- The Mixed 4X400m will be run as an “OPEN” (U18-MASTERS) event where composite teams are permitted (teams consisting of different Club/Unattached members).
- The “OPEN” Community Mixed Distance Medley Relay will be run as an exhibition event and open to Non Members with Day of Event Membership, U18 +.
- Coaches and/or team must submit a relay card which declares which athletes will make up each team no later than 45 minutes prior to the start of the event, at which point changes to the composition of team are not permitted.

ENTRY INFORMATION:

ENTRY FEES:

- **Regular Entry Deadline is: July 28, 2023**
 - \$40 per relay entry + GST/Trackie Fees
- **Late Entry Deadline is: Tuesday August 1, 2023**
 - \$50 per relay entry + GST/Trackie Fees

REGISTRATION & ENTRIES:

- All entries must be done online at TrackieReg.com
- [REGISTER HERE](#)

ENTRIES CHAIRPERSON/ COMPETITION SECRETARY:

Kevin Kydd

Email: kkydd55@gmail.com



COMPETITION RULES AND OTHER INFORMATION

REGISTRATION PACKAGES:

- Meet Information Packages and Competitor numbers will be available for pick up beginning at 9:30am. See map below for Registration Table.

COMPETITION CATEGORIES:

- Junior Development U12 (2012/2013/2014), U14 (2010/2011), U16 (08/09), U18 (06/07), U20 (04/05), Senior (2003-1987), Masters (1987+)

RESULTS & AWARDS:

- Championship medals will be awarded for all age groups and events, 1-3rd place.
- Medals will be awarded 30 minutes following the conclusion of the race at the Awards Podium (see map).
- Event results will be posted at the conclusion of each event and available online following the conclusion of the Championship.

MARSHALLING:

- Athletes should marshal to the start area of their race 10 minutes prior to their race with all team members.

COMPETITION NUMBERS:

- Each athlete will receive one (1) competition number which must be worn on the front for all events. 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.

SPIKE LENGTH:

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

ORDER OF EVENTS:

- All track events will be run oldest to youngest, females then males.

TIMED FINALS:

- All relays will be timed finals. There will be no qualifying rounds.

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.

MEDICAL:

Onsite Medical Coordinator: Jasmine Gill

Nearest Hospital: Surrey Memorial Hospital 13750 96 Ave, Surrey, BC V3V 1Z2

CONCESSION:TBA



TENTATIVE SCHEDULE OF EVENTS: (timing will depend on entries)

*Event start times will be announced once entries close

11:00am Start Time:

Order of Events:

Events will be run oldest to youngest, with female athletes running first. Each age group will be completed (female & male) before moving on to the next age group.

Event:	Age Group(s):	Notes:
4 X 400m Relay	Masters, SR, U20, U18	Championship Medals awarded in each category.
1200m Medley Relay (200m, 200m, 200m, 600m)	U16, U14, U12	Championship Medals awarded in each category.
Distance Medley Relay (1200m, 400m, 800m, 1600m)	Masters, SR, U20, U18	Championship Medals awarded in each category.
OFFICIALS BREAK		
4 X 100m Relay	Masters, SR, U20, U18, U16, U14, U12	Championship Medals awarded in each category.
Community Mixed Open Distance Medley Relay	OPEN (must be U18+ to enter) * Open to Non Members	Each team must have 2 males and 2 females. Championship Medals NOT awarded.
Mixed 4 X 400m Relay	OPEN (must be U18+ to enter)	Each team must have 2 males and 2 females. Composite teams permitted. Championship Medals awarded.



TECHNICAL RULES FOR EACH RELAY

All participants are responsible for understanding the rules of the event(s) in which they are participating, prior to getting on the start line

Basic Rules for All Relays

- When receiving the baton, the receiving runner in **ALL** relays will always start their forward motion within in the takeover/handoff zone. There is no acceleration zone, no standing on the scratch line or before the scratch line.
- The baton must be passed within the takeover zone. This means the receiving runner cannot touch the baton before it's passed over the scratch line and the incoming runner cannot touch the baton after its passed the scratch line at the end of the zone.
- Officials watch the baton, not the athletes.
- If a baton is dropped, the runner who dropped it must be the one to pick it up and then return to the spot that it was dropped to continue the race.
- Runners passing the baton while in lanes shall stay in their lanes until the field has passed. Runners who are passing based on their order shall stay in their running direction/lane until it is safe to exit one way or the other while paying attention to the runners coming from behind.
- Remember, the runners receiving the baton behind you are probably looking back towards their teammate and they will not see you.

4 X 100m Relay

- All age groups are permitted to participate in the 4X100m Relay.
- The "Takeover/Handoff Zone" shall be 30M for the 4x100m.
- Blocks will be used for U16 + age groups.

4 X 400m Relay

- U18, U20, SR, Masters age groups are permitted to participate in the 4 X 400m Relay.
- The "Takeover/Handoff Zone" shall be 20M for the 4x400.
- Blocks will be used to start the race.
- The 1st runner shall run 400M in their lane and pass to the second runner in that lane. The 2nd runner runs 1 bend, (approx. 100M) in their lane and then will merge at the cut-in zone on the back straight and run on the inside lane.
- The 3rd and 4th runners in the 4x400 shall be placed in a receiving order, (inside to outside,) based on their team's race order at the beginning of the last bend. (Rule 24.20.) Runners may not change order after they are placed.

Mixed 4 X 400m Relay

- Athletes aged U18 – Masters are permitted to participate in the 4 X 400m Relay, where the relay will be run as an OPEN event, and composite teams can be enters (athletes from different Club affiliates)
- Each team must be comprised of two males and two females.
- Each team can determine the running order of each athlete.



- The “Takeover/Handoff Zone” shall be 20M for the 4x400.
- Blocks will be used to start the race.
- The 1st runner shall run 400M in their lane and pass to the second runner in that lane. The 2nd runner runs 1 bend, (approx. 100M) in their lane and then will merge at the cut-in zone on the back straight and run on the inside lane.
- The 3rd and 4th runners in the 4x400 shall be placed in a receiving order, (inside to outside,) based on their team’s race order at the beginning of the last bend. (Rule 24.20.) Runners may not change order after they are placed.

1200m Relay (200m, 200m, 200m, 600m)

- U12, U14, U16 age groups are permitted to participate in the 1200m Medley Relay.
- The 1200m Medley Relay will be run in the following order, 200-200-200-600.
- The start line will be the staggered one used for the 400M.
- The first two 200M runners will run in lanes for 400M.
- The first handoff will use the 4x100 handoff zones at the 200M start. The second handoff will be in lanes, all athletes will line up 10M before the finish line
- The third 200M runner will cut in after the hand off at the finish line and run in lane 1.
- The third handoff (last handoff,) will lineup 10M before lane 1’s 200M start in the order their team is in 150M before the handoff.

Distance Medley Relay (DMR)

- U18, U20, Senior, Masters age groups are permitted to participate in the Distance Medley Relay.
- The DMR shall be run without the use of lanes as per rule 24.18
- The DMR will start at the 800m curved start line and runners will cut in when it is safe to do so.
- The DMR will be run in the following order, 1200m/400m/800m/1600m.
- The 2nd, 3rd and 4th runners in the DMR shall be placed in a receiving order, (inside to outside,) based on their team’s race order at the beginning of the last bend. (Rule 24.20.) Runners may not change order after they are placed.

Community OPEN MIXED Distance Medley Relay (DMR)

- This is an OPEN race, where teams can be comprised of athletes aged 16+.
- No BC Athletics Competitive membership is require for this event.
- Teams must have 2 Females and 2 Males on each team.
- The DMR shall be run without the use of lanes as per rule 24.18.
- The DMR will start at the 800m curved start line and runners will cut in when it is safe to do so.
- The DMR will be run in the following order, 1200m/400m/800m/1600m.
- The 2nd, 3rd and 4th runners in the DMR shall be placed in a receiving order, (inside to outside,) based on their team’s race order at the beginning of the last bend. (Rule 24.20.) Runners may not change order after they are placed.



MAP OF NORTH DELTA FACILITY

