



## 2023 Twilight Meet #4 Technical Package.

Hosted by Okanagan Athletics Club

Sanctioned by World Athletics and BC Athletics

**Thursday October 12<sup>th</sup> 2023**

**Meet Director:** Brad Heinzman: [president@okac.ca](mailto:president@okac.ca)

**LOCATION:** 1555 Burtch Rd, Kelowna, BC V1Y 4A9

**FACILITY:** 400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles: World Athletics standard hammer/discus cage and 100m field: pole vault facility: dressing rooms with washrooms and showers: covered seating for 500 spectators, an additional 400 seats uncovered: a concession is located at the North end of the stands.

**WEATHER:** The average maximum daytime temperature in Kelowna in October lies at 8.5°C (47.3°F).

**ALTITUDE:** 360 meters above sea level

**MEDICAL:** Certified First Aid attendants will be available.

### ELIGIBLE

**ATHLETES:** 2023 BC Athletic members or equivalent from another Province/Territory or National Athletics Federation.

2023 School club members – Elementary, middle, or high school students whose schools hold a School Club Membership are eligible to compete.

“Day of Event” school club members - **Elementary, middle, or high school students** whose schools **do not** hold a school club membership must purchase “Day of event” insurance for \$3.00 when registering.

**ENTRY FEES:** \$20.00 per athlete regardless of number of events.

**LATE ENTRIES:** Once an entry is received, refunds will not be given.

Late entries \$30.00. Late entries are not guaranteed correct seeding.

ENTRY

DEADLINE: 11:59 pm Wednesday Oct. 11<sup>th</sup> for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 9:00am, Thursday Oct. 12<sup>th</sup>. After this date, any further entries will only be accepted at the meet and only if there is room in the event (i.e. additional heats/sections do NOT have to be created).

ENTRY

PROCEDURE: All entries will be through Trackiereg.com. Payment must be made through Trackiereg and will not be accepted at the meet with the exception of relays.

COMPETITOR

NUMBERS: Competitor numbers will be available for collection at the registration desk from 4:00pm. Each athlete will be issued one competitor number for the entire meet. This number is to be worn on the front of their shirt/singlet for all track and field events.

AWARDS: There are no medals or ribbons for this event

MEET RESULTS: Meet results will be streamed live at [www.okac.ca/live/](http://www.okac.ca/live/). Results will be posted on our website at <https://okac.ca/results/> and linked to the BC Athletics website at [www.bcathletics.org](http://www.bcathletics.org). We will not be posting paper copies of results at the track during the meet.

PROTESTS: 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 postings will 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 if the Referee is not immediately available. 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. A \$50.00 protest fee is to accompany all protests that are advanced to the Jury. If the protest is upheld, then the protest fee will be returned.

JURY OF APPEAL: A Jury of Appeal, consisting of 3 qualified persons selected from guest clubs/officials will be available to deal with any formal protests arising during the meet as per BC Athletics policy. All jury of appeal decisions are final.

RULES: All World Athletics, Athletics Canada and BC Athletics rules apply.

TIMING: FinishLynx Photo Finish Timing

- WIND GAUGES:** Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.
- EQUIPMENT:** The Okanagan Athletics Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked and weighed. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of competition.
- SPIKE LENGTH:** Track and Horizontal jumps: 7mm maximum  
High jump and Javelin: 9mm maximum
- WARM UP/  
COOL DOWN:** Use fields outside the Apple Bowl stadium. Please stay off the infield.
- MARSHALLING  
AREA:** Check in for all field events is at the event site. Check in for all track events is at the event start line area. All athletes must check in a minimum of 10 minutes prior to the scheduled start time.
- ORDER OF  
EVENTS:** Track events run youngest to oldest, female and then male (with the exception of Hurdles).
- START LISTS:** Start lists and heat sheets will be displayed on the boards at the entrance to the Apple Bowl near the registration area. They will also be available at [www.okac.ca/live/](http://www.okac.ca/live/)  
Track events will be run according to the schedule posted on the day of the meet, which may differ from that published in the Technical package.  
Track heat sheets are subject to change based on scratches, no shows, and consolidations for meet efficiency. Coaches and athletes must pay attention to the pace of the meet and prepare accordingly
- SIMULTANEOUS  
EVENTS:** Track events will not be delayed. Athletes should report to their field event to check in. A delay in returning to a field event may result in missed attempts. Every effort will be made to accommodate athletes in the 2010-2014 age divisions.
- SEEDING:** Athletes will be seeded for heats and finals, so please indicate results achieved by the athlete in the past year. Entries without seed times will be treated as slower. Coaches and athletes should be able to verify performances from sanctioned meets held in the 2021 and 2022/23 outdoor seasons.

AGE DIVISIONS FOR COMPETITIVE GROUPINGS:

Birth Year	Age	Age Group
2014	9 years	U10
2013	10 years	U12
2012	11 years	U12
2011	12 years	U14
2010	13 years	U14
2009-2008	14-15 years	U16
2007-2006	16-17 years	U18
2005-2004	18-19 years	U20
2003 -	20+ years	Senior/Masters

THROWS: Athletes born 2010-2014 will be allowed 3 attempts. Athletes born in 2009 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts. Masters will throw their age-appropriate weights.

HORIZONTAL

JUMPS: Athletes born 2010-2014 will be allowed 3 attempts. Athletes born in 2009 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts.