

# HARRY JEROME



# INDOOR GAMES



**Saturday, February 3<sup>rd</sup>, 2024**

## **Meet Information Bulletin**

***JD (BORN 2011-2012-2013-2014-2015), U16 (born 2009 or 2010),  
U18 (born 2007 or 2008), Masters & Open Divisions ~ Men & Women***

This event offers competition on the indoor track and field complex at the Richmond Oval. There is a level 5-lane, 200-meter oval running track and room for shot put and high jump. A separate 100m straightaway offers a safe, 5-lane environment for 60m sprints and 60m hurdles events.

### **Co-sponsors:**

Richmond Kajaks Track  
Field Club and The Achilles  
International Track & Field  
Society



**Location:** Richmond Olympic Oval ~ 6111 River Road, Richmond, BC – [www.richmondoval.com](http://www.richmondoval.com)

**Events:** **JD (born 2011-2015):** 60m - 200m-600m - 4X200m & 800m Sprint Mixed Medley Relays (2G/2B)  
**JD (born 2011-2012): Shot Put (Boys/Girls)**  
**U16, U18, Masters, Open:**  
 60m – 60mH\* – 300m – 600m – 1000m – **1200m\*\***/1500m - 4x200m Relay & 1600m Sprint Mixed Medley Relay - HJ – SP  
 \* **There are NO Masters specific 60mH;** Masters may enter Open Category.  
 \*\* 1200m is the official distance event for U16 W/M  
**CO-ED RACE-WALK EVENTS 1500m U16,U18,Open: 800m JD (2011-2012)**

**Awards:** **Medals** to top 3 finishers in **divisions where there are at least 3 competitors.**  
**The Eaton Cup** for the Club team (U16-U18-Open) aggregate winner. Scoring: 6-4-3-2-1  
**Individual Awards** for best individual performance in U16 W/M; U18 W/M, Masters W/M, Open W/M. Note: To qualify for medals there must be 3 or more competitors in an age division. We may combine some Masters divisions to ensure sufficient number of competitors participating in an event. This will not over-ride the requirement for 3 competitors in an age division for awards.

**Entry Fees:** **Early Bird \$17.50 per person per event; \$30.00 per relay team** – by January 28<sup>th</sup> 11:59pm  
 Athletes will be eligible to have their names on their bibs if registered in early-bird section  
**Late Online Registration \$17.50 per person per event; \$30 per relay team** –January 31<sup>st</sup>, 11:59pm  
 Athletes will not have names on their bib in late online section  
**Day of Event registration \$25 per person per event; \$35 per relay team**  
 There is no guarantee that all events will be open for day of event registrants  
**No Day of Event Registrations will be available for 60mH UNLESS there is an open lane with appropriate hurdle heights and distances. No additional heats will be added.**  
**No Large Team Entry Fee Ceiling**

**BC Athletics Membership Requirements:**

All participants in the meet must hold a 2024 BC Athletics or equivalent membership in order to take part in the meet. More BC Athletics information at: <http://www.bcatletics.org/main/index.htm>

Eligible memberships are:

- 2024 Competitive BC Athletics membership or 2024 Competitive membership with another province.
- 2024 Team Roster membership with a 2024 BC Athletics affiliated Post-Secondary Club/2023/2024 BC Athletics School Club (Elementary through High School) membership  
 Elementary through High School aged athletes who are not with a 2023/2024 BC Athletics School Club are permitted to take out a \$3.00 **Day of Event** membership in order to participate in the meet.

**Note: Day of Event memberships are not permitted for any other age group.**

## Important Changes & Reminders:

- In 2024 individual entrance fees remain at 2023 levels, **the cost of relays have dropped by \$5.00 and the \$500 entry cap for large teams has been eliminated.**
- **Pin spikes** are available for purchase from the Richmond Olympic Oval store which will open at 8:30 AM on the day of the event. **They will not be available on the registration page or the registration desk at the Oval.** Spikes may also be purchased on line for \$7.25 after January 15th 2024; **Go to <https://ovalsportstore.ca>** \* See technical notes below about eligible spikes.
- The University Challenge Cup has been eliminated; **a 200m event has been added for JD athletes.**
- **New: Mixed Sprint Medley Relays have been added for all age groups. This is a Charity event and entrance fees will be donated to Richmond Kidsport.**
- Events run simultaneously on both the oval and the straightaway.
- Avoid time conflicts with events by reviewing this bulletin and schedule before completing entry applications. Events will not be delayed for athletes who are participating in another event at the same time.
- **Top 5 fastest qualifiers advance to Finals;** heat winners are not guaranteed a place in the finals.
- **Starting Blocks** are used only for U16 athletes and higher.

## Technical Notes:

- Events for U16 – U18 – Open – Master -JD (born 2008 and older): 60m+, 60m Hurdles, 300m 600m, 1000m, 1200m\*\*, 1500m, 4X200mR, 1600m Mixed **(2W/2M)** Sprint Medley Relay, High Jump, Shot Put (\*\* 1200m is the official distance event for U16 W /M).
- Events for JD (born 2011-2015) Girls and Boys: 60m-200m-600m-4x200m Mixed **(2G/2B)** Relay, 800m Mixed **(2G/2B)** Sprint Medley Relay,

JD 9	<b>U10</b>	2015 birth year	<b>(Gr. 3)</b>
JD 10	<b>U11</b>	2014 birth year	<b>(Gr. 4)</b>
JD 11	<b>U12</b>	2013 birth year	<b>(Gr. 5)</b>
JD 12	<b>U13</b>	2012 birth year	<b>(Gr. 6)</b>
JD 13	<b>U14</b>	2011 birth year	<b>(Gr. 7)</b>

- **Continued Events in 2024 for JD (born 2011-2012) G/B: Shot Put (3 kg) will be available.**
- **Continued Events in 2024 for U16 – U18 – Open: 1500m co-ed Race Walk will be available.**
- Separate 'Masters-only' sections of the 60m are available if numbers permit.
- Junior-aged and Masters-aged athletes may apply to compete in the Open division.
- Open Women and Open Men 60m B-finals will only be run if size of field warrants.
- All athletes, especially relay team members, are encouraged to wear club jerseys during their competition.
- **SPIKES Note:** if spikes are worn, only the following pin spike will be allowed for use on the Pulastic flooring. Omni-Lite 5mm Ceramic Indoor Pyramid spike and Omni-Lite 7mm Ceramic Indoor Pyramid spike The use of any other type or longer length of spike is prohibited and will be strictly enforced. **Spikes may be purchased through the meet – availability only at the Oval store.**
- The Track Zone starting blocks will be the only ones utilized.
- We endeavour to ensure that the appropriate shot weights and sizes and hurdle heights and spacing are available during the competition.

- **High Jump**

- Opening or Starting Heights for High Jumps has been established.
- Women - 1.20m (all ages)
- Men - 1.35m (all ages)
- Increments will be 5cm until the last remaining athlete (includes all age groups)
- Specs for 60m Hurdles:
  - Age Classes: U16 Women/Men; U18 Women/Men; U20 Women/Men; Open Women/Men; Masters Women/Men

	Men				Women			
	Height	To 1 <sup>st</sup> H	Spacing	To Finish	Height	To 1 <sup>st</sup> H	Spacing	To Finish
U16	.840m/33"	13m	8.5m	13m	.762m/30"	12m	8m	16m
U18	.914m/36"	13.72m	9.14m	9.72m	.762m/30"	13m	8.5m	13m
U20	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
OPEN	1.067m/42"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 35-39	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 40-49	.991m/39"	13.72m	9.14m	9.72m	.762m/30"	12m	8m	16m
M: 50-59	.914m/36"	13m	8.5m	13m	.762m/30"	12m	7m	20m
M: 60-69	.840m/33"	12m	8m	16m	<del>.806m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
M: 70-79	.762m/30"	12m	7m	20m	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
M: 80+	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>

As in previous years this event will be available for Masters Men 79 years and younger, Masters Women 59 years and younger. The stadium does not have 27" Hurdles and this will remove the necessity of our having to borrow or rent them from elsewhere and then transport them to the stadium.

- **Specs for Shot Put:**

- Age Classes: JD B/G ; U16 W/M ; U18 W/M ; U20 W/M ; Open; Masters W/M.
- Throwing Implements are provided. JD weight is 3 kg.

MEN	U16	U18	U20	Open	M 35-49	M 50-59	M 60-69	M 70-79	M 80+
				(16#)	(16#)				
	4 kg	5 kg	6 kg	7.26 kg	7.26 kg	6 kg	5 kg	4 kg	3 kg

WOMEN	U16	U18	U20	Open	W 35-49	W 50-59	W 60-69	W 70-74	W 75+
	3 kg	3 kg	4 kg	4 kg	4 kg	3 kg	3 kg	3 kg	2 kg

- **Start Lines & Stagers: (\* = run on straightaway)**

- 60m\*, 60mH\*, 300m – run in lanes all the way (300 has 3-curve staggered start)
- 600m – 2-curve staggered start; break in after second curve
- 1000m – start on single or double curved line; break in when clear; 8 runners max
- 1200m and 1500m - start on single or double curved line; break in when clear; 9 runners max
- 4 x 200m Relay – 3-curve staggered start: break in after third curve; 20m exchange zone
- 1500m Race Walk – start on single or double curved line; break in when clear; 24 runners max
- 800m Race Walk – start on single or double curved line; break in when clear;

**Straightaway Schedule January 16, 2024**  
**Top 5 times advance to finals from heats**

8:45	<b>Technical Meeting Chair: Larry Blaschuk</b>		
9:30	Open	M (U20)	60mH Prelim
9:40	U18	M	60mH Prelim
9:45	Open	W (U20)	60mH Prelim
9:50	U16	M	60mH Prelim
10:00	U18	W	60mH Prelim
10:05	U16	W	60mH Prelim
<b>20 minute break before finals</b>			
10:25	U16	W	60mH Final
10:30	U18	W	60mH Final
10:35	U16	M	60mH Final
10:40	Open	W (U20)	60mH Final
10:45	U18	M	60mH Final
10:50	Open	M (U20)	60mH Final
11:00	U16	W	60m Prelim
11:20	U16	M	60m Prelim
11:35	U18	W	60m Prelim
11:50	U18	M	60m Prelim
12:15	Open	W	60m Prelim
12:30	Open	M	60m Prelim
1:10	<b>Lunch Break</b>		
1:20	JD U13, U14	G	60m Prelim
1:45	JD U13,U14	B	60m Prelim
2:00	JD U10,U11,U12	G	60m <b>Timed Finals</b>
2:10	JD U10,U11,U12	B	60m <b>Timed Finals</b>

2:25	JD U13, U14	G	60m Section Finals
2:30	JD U13, U14	B	60m Section Finals
2:45	U18	W	60m Final
2:50	U18	M	60m Final
2:55	Open	W	60m Final A+B
3:05	Open	M	60m Final A+B
3:15	U16	W	60m Final
3:20	U16	M	60m Final
3:25	Masters	W	60m Final
3:30	Masters	M	60m Final

### Oval Schedule- Sectioned Timed Finals **January 16, 2024**

9:30	<b>Richmond Kidsport 4x800m Relay Invitational Charity Race</b>		
9:45	U16	W	600m
9:50	U16	M	600m
10:00	U14, U16,U18,Open	M	Shot Put
10:00	U18	W	600m
10:05	U18	M	600m
10:15	Open	W	600m
10:20	Open	M	600m
10:30	JDs (U10-U14)	G	600m
10:45	JDs (U10-U14)	B	600m
11:00	U16,U18, Open	W	1000m
11:10	U16,U18	M	1000m
11:20	Open	M	1000m
11:30	U14, U16,U18,Open	W	Shot Put
11:30	JDs (U10-U14)	G	200m

11:45	JDs (U10-U14)	B	200m
12:00	U16	W	300m
12:20	U16	M	300m
12:30	<b>Track Oval Closed for OM 60m / Lunch Break</b>		
1:15	U14, U16,U18, O	M/W	Race Walk 800/1500m
1:15	U16,U18, Open	W	High Jump
1:35	U18	W	300m
1:45	U18	M	300m
2:05	Open	W	300m
2:10	Open	M	300m
2:45	U 14, U16	W	1200m
2:50	U14, U16	M	1200m

**Track Oval Closed for OM 60m Final**

3:05	<b>Track Oval Closed for OM 60m Final</b>		
3:15	U16,U18, Open	M	High Jump
3:15	U18, Open	W	1500m
3:25	U18, Open	M	1500m
3:35	JDs (U10-U14)	G/B	4X200 Mixed Relay
3:55	U16	W	4X200m Relay
4:00	U16	M/Mixed	4X200m Relay
4:10	U18	W	4X200m Relay
4:15	U18	M/Mixed	4X200m Relay
4:25	Open	W	4X200m Relay
4:30	Open	M/Mixed	4X200m Relay

<b>Charitable Sprint MedleyRelays:</b>		<b>All Entrance Fees Donated to Kidsport</b>	
4:45	JDs (U10-U14)	G/B	(200,100,100, 400) Mixed Sprint Medley Relay
5:00	U16,U18, Open	M/W	(400,200,200, 800 ) Mixed Sprint Medley Relay
5:15	<b>Awards: Eaton Cup - Outstanding Performances</b>		



**Early Bird Entry Deadline: January 28<sup>th</sup>, 11:59pm**

**\*\*see details of late reg & day of event reg on page 2, Entry Fees**

### **Entry Process:**

- All entries are entered online @ <https://trackie.com/event/harryjeromeindoor2024>
- Please review carefully BC Athletics membership requirements: <https://www.bcathletics.org/Membership/>  
(If membership is required, please set aside time to complete this membership process as it can take several days, please contact BC Athletics for more information)
- Relay Teams: When entering relay teams, all members must be identified by first selecting number of relay teams and then entering the names of members (section 2 of 3).
- There are no refunds for scratches that occur after the entry deadline.
- Technical meeting at 8:45 am on meet day is last opportunity to scratch from events.

**Inquiries re Entries:** Direct your questions to Entry Chairperson: [dawn\\_driver@hotmail.com](mailto:dawn_driver@hotmail.com)

**Start List and Final Schedule:** Will be posted on Friday February 2<sup>nd</sup> <https://www.harryjerome.com/events>

## Seeding and Finals:

- Athletes will be placed into sections or heats based on submitted **best 2023 OUTDOOR performances**.
- All track events with the exception of the 60m, and 60m Hurdles are **sectioned timed finals**.

## Athlete Accreditation (Bibs) & Spectators:

- Registered athletes may pick up their numbers at the **Athlete Check-in** table at the second level entrance to the Oval from **8:30 am**.
- Athlete and spectator access to the Track Zone is available after **8:30 am**.
- General Admission tickets: \$5.00. Children under 13 accompanied by an adult are free.

**Meet Program:** Our PAPERLESS PROGRAM will be available at [www.harryjerome.com/events](http://www.harryjerome.com/events)

## Check-in Times & Locations:

- Check-in **for all Oval track events** will be located at the northwest corner of the Track Zone (left end of the window wall). Check-in **for all 60m or 60m hurdle** will be located at the northeast corner of the Track Zone (at the start line) Check-in must occur **no later than 15 minutes before the posted start times**. The athlete control clerks will escort competitors to the start of their event when it is time.

## Parking:

- Covered pay parking (\$2.50 per hour capped at \$20) is available at the Oval. West Park is a multi-level parking lot with access off River Road just east of the Lobby entrance to the Oval and with 40 parking stalls available also at \$2.00 per hour. With large groups at special events (like ours) parking becomes quite limited. We suggest you plan ahead with car-pooling or drop off plans.
- **Check this link for up-to-date overflow pay-parking options as of November 15, 2023**

[https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022\\_OverflowParking-Map-with-Legend.pdf](https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022_OverflowParking-Map-with-Legend.pdf)