



# 2024 Van Ryswyk Indoor Invitational Meet and BC Masters Indoor Championships

Hosted by the Kamloops Track and Field Club  
Sanctioned by BC Athletics

**Friday & Saturday, March 8 – March 9, 2024**

**Location:**

Tournament Capital Centre, 910 McGill Rd., Kamloops, BC (See page 3 for driving directions).

**Facility:**

Track: 6 lanes - 200m oval, 8 lanes - 60m, **Mondo surface**, fully automatic timing. Complete jumps and shot put/weight throws areas. Change rooms available. Concession available at TCC

**Meet Director:**

Wayne Elke: Ph: (250) 554-4240

Email: wcelke@shaw.ca

**Meet Manager:**

Judy Armstrong: Ph: (250) 319-6321

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**Eligible Athletes:**

- 2024 BC Athletics Annual Athlete members or equivalent from another Prov/Terr, or National Athletics Federation.
- 2024 School Club Members – Elementary, middle, or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete (this includes all SD#73 public schools - contact registrar for by-pass code).
- “Day of Event” School Club Members – **Elementary, middle or high school students only**, whose schools **do not** hold a BC Athletics School Club Membership can purchase “Day of Event” School Club Membership insurance for \$3.00

**Entry Fees:**

- JD athletes \$15.00 for the first event and \$10.00 per event for additional events.
- 14 and older athletes \$20.00 for the first event and \$15 per event for additional events.
- Masters athletes are \$20 per event.
- \$20.00 per relay regardless of the method of submission. Relay entries will be accepted up to 1 hour prior to the event start time.
- **Late entries will be charged \$30.00 per event (except relays).**

**Registration & Entries:**

Masters’ athletes’ age is determined by their age as of the first day of the meet – March 8, 2024. For all other athletes, the age is calculated as of Dec. 31, 2024.

**Seed Times:** Athletes should use seed times from 2020 to 2023 indoor meets only.

**Entries Chairperson:** Brian Beck

email: ktfcregistrar@gmail.com

All entries must be submitted to Brian by the following method:

- **Trackie** – Register online and payment must be made using a credit card.
- NOTE: Masters Indoor Championship ( <https://www.trackie.com/event/2024IndoorChamps> ) and
- Van Ryswyk ( <https://www.trackie.com/event/2024VanRyswyk> ) are separate registrations \*\*

**\*\*ENTRY DEADLINE\*\*:** 11:59 pm, Friday, March 1, 2024. All entries must be received by this date to avoid late entry fees. The late entry deadline is 7:00 pm, Monday, March 4, 2024. After this date, any further entries will only be accepted at the meet and only if there is room in the event (ie. additional heats/sections do NOT have to be created).

# **COMPETITION RULES AND OTHER INFORMATION**

## **COMPETITION PACKAGES:**

Payment must be made on Trackie.com. Payment cannot be made at the meet. **Clubs must designate a responsible person who will pick up and manage the club package and pass out numbers to their club members** (the meet secretary will not be able to do this last part). The Registration Table will be open at 3:00 pm on March 8, 2024, and at 8:30 am on March 9, 2024.

## **COMPETITION CATEGORIES - 2024:**

9 yr. old (2015), 10 yr. old (2014), 11 yr. old (2013), 12 yr. old (2012), 13 yr. old (2011), U16 (2009/2010), U18 (2007/2008), U20 (2005/2006), Senior (1990-2004), master (1989 and earlier - 35 years of age and older as of 1<sup>st</sup> day of the meet).

## **AWARDS:**

Medals will be awarded to 1<sup>st</sup>-3<sup>rd</sup> place. Master's athletes will receive BC Athletics Masters Championships medals. Other athletes will receive Van Ryswyk medals. Ribbons will be awarded to athletes younger than Masters, placing 4<sup>th</sup> - 6<sup>th</sup> or 8<sup>th</sup> place for individual events only. Ribbons will be awarded to all relay members from 1<sup>st</sup> - 3<sup>rd</sup> place, with medals to master's teams only. Awards must be picked up at the meet and will be available on Saturday morning and 30 minutes after the event results have been posted. **No mail-outs.**

## **MARSHALLING:**

Check-in for all field events is at the event location. Check-in for all track events is at the start line area for the event. All athletes must check in a minimum of 30 minutes before the scheduled start time.

## **COMPETITOR'S NUMBERS:**

Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official). If hip numbers are assigned, they must be worn as directed by the Starter's Assistants.

## **IMPLEMENTS:**

All implements will be supplied by the meet organizers. Indoor weight throw and shot-put implements will be used. Athletes may use their own Indoor implements which must meet World Athletics standards. They must be weighed in and measured at least 45 minutes before the competition. The weigh-in station will be located near the throws area of the Fieldhouse.

## **SPIKE LENGTH:**

The maximum spike length allowed is 7 mm for all events. **NOTE:** only Pyramid or Christmas Tree spikes are allowed. No Needle spikes.

## **ORDER OF EVENTS:**

All track events will be run from oldest to youngest, females first then males (exception hurdles), and may start up to 30 minutes earlier than the scheduled time. Heats/sections will run slow to fast according to seed times. Athletes not submitting seed times will be placed in slower heats. **Please pay attention to announcements regarding time changes for events.**

## **ATHLETES WITH CONFLICTING EVENTS:**

Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

## **TRACK EVENTS**

All track events will be run as timed finals. Sections will be consolidated where possible. Events may be run up to 30 minutes earlier than the scheduled time.

## **QUALIFYING FOR FINALS**

**Field Events:** Athletes U16 and older who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts. Athletes 9-13 years of age will all receive three attempts (except the high jump) as per BC Athletics JD policy.

## **COMPETITIVE ATTIRE:**

All athletes are encouraged to wear their club uniform.

## **PROTESTS**

Athletes and coaches should be aware of WA rule TR8 regarding False start protests, specifically TR8.4.1.

"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 are time-stamped, and that time is considered the beginning of the 30 minutes. 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 immediately 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 there is one) if the Referee is not immediately available. No deposit is required for a PROTEST.

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.

### **JURY OF APPEAL:**

A jury of appeal consisting of three competent and qualified persons (at least one being a track official and at least one being a field official) will be available for decisions arising from protests. All Jury of Appeal decisions are final.

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 deposit of \$50 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.

### **MEDICAL:**

St. John's Ambulance on site.

### **CONCESSION:**

There is a concession available during the meet, near the main entrance to the Tournament Capital Centre.

### **Meet Accommodations**

There are many other hotels near the Tournament Capital Site on Columbia Street West and on Rogers Way. The TRU Accommodations are not available. Please see the Tourism Kamloops website - <https://www.tourismkamloops.com/stay/> - for hotel suggestions. Use the Aberdeen – Sahali – Dufferin region for accommodation closest to the Tournament Capital Centre.

### **Driving Direction to the Tournament Capital Centre:**

Arriving from the west (Highway #5): Exit to the right at exit 367 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road to the Tournament Capital Centre. (**NOTE:** left turns are not permitted on McGill to the TCC parking. Please continue through the light at Hillside Drive and follow University Drive. Then make your way through the parking area for Hillside Stadium.)

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left after the Real Canadian Superstore onto McGill Rd. Follow McGill until you reach the Tournament Capital Centre.

