



VANCOUVER
OLYMPIC CLUB

2024 VANCOUVER OLYMPIC CLUB TRACK MEET



You are invited to participate in
VOC's 38th Annual VOC Track Meet
April 19-20, 2024

Mercer Stadium Track, Address: 900, 6th Street, New Westminster, BC, V3L 3C8

COMPLETE LIST OF EVENTS:

8 years old (2016/ Rascal):	50m dash
9/10-year-old (2015-2014 B&G)	60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
11-year-old (2013 B&G)	60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
12/13-year-old (2012-2011 B&G)	100m, 200m, 300m, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2011 only), SP, 4x100m
U16/U18/U20	100m, 200m, Mile, Long Jump

Note: All athletes will compete in their respective events, based on their age group, as per BC Athletics Junior Development Committee Manual.

The athletes must compete in their age class except for Grade 7 students, born in 2010 who may compete in the 2011 age class. They will be awarded separately.

IMPORTANT REGISTRATION INFORMATION

ENTRIES: All entries are: www.trackie.com/event/2024VOC.

Entry Deadline:	April 15, 2024, midnight
Entry Fee:	\$10 per event, \$15 per relay team
Late fee:	\$15 per event, \$20 per relay team
Late registration Deadline:	April 17 th at midnight at www.trackie.com/event/2024VOC .
BCA Membership:	\$3 for non-members of BC Athletics
Meet Entries Chair Person:	dawn_driver@hotmail.com

INFORMATION:

- Late Entries will be accepted until April 17th 2024, at midnight. No entry in the days of the meet.
- Entry fees will not be refunded for any reason (i.e. scratch, injuries etc.)
- For any other information please contact Tatjana Mece: voc.tatjana@gmail.com
- Age groups: determined by year of birth from 2016 (Rascals) and 2011-2015 (Junior Development.)
- There is no restriction on the number of events entered by a single athlete including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must either be members of BC Athletics or school memberships can be purchased directly from BC Athletics, (For more info please contact BC Athletics at 604-333-3556.)
- Otherwise, each competing athlete must complete an individual "Day of Event Membership Form" at a cost of **\$3.00** in addition to the entry fees.
- This fee is for BC Athletics insurance to cover the athlete for the day of the meet.
- Any school that is registering athletes that do not have the individual BC Athletics membership number, but have school membership, can enter "SCHOOL" in the membership # field at Trackie.reg**

TRACK EVENTS:

Competitors in each event must report to the designated marshalling area (at the northeast corner of Mercer Stadium) 30 minutes prior to the start of the event.

- Field events competitors will report for the check-in at the event's area.
- All the Hurdles events will be timed finals.
- The 60m (9-11-year-old), and the 100m (9-12 years-old), will be timed finals.
- The 100m for 13-year-old (2011 for G&B), will have finals for top 8 best times from qualifying rounds.
- The 200m, 300m, 4x100m relay, and all middle distances will be timed finals.

Some of the distance events may be run together (G&B) dependent upon the number of competitors

FIELD EVENTS:

Shot Put Weights: 2015-2013 Girls and Boys - 2 kg; 2012-2011, Girls and Boy - 3 kg.

The athletes are not allowed to use their personal throwing implements.

Long Jump & Shot Put (2015-2011), & Triple Jump (2011) - each competitor will be allowed three attempts and only one practice run-up. Each High School athlete will have three qualification jumps and top eight final competitors will have another 3 attempts.

High Jump - each athlete will have three attempts at each height.

STARTING HEIGHTS FOR HIGH JUMP:

AGE	2015	2014	2013	2012	2011
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

NOTE

Some high jump mats have a minimum height of 0.90 m so the lower starting heights are not possible if athletes are to clear the pits.

Long Jump and Shot Put should start by flights depending on the number of competitors.

RULES

Ties in any event will be broken using WA/CTFA rules. Any other questions will also be resolved with WA/CTF rules.

NUMBERS

Numbers will be issued for each competitor and must be worn by that individual ONLY. For all the events the numbers must be worn on the front.

SCORING

Team score will be calculated based on athletes' points totals, calculated as follows:

1 st :	10 points	5 th :	4 points
2 nd :	8 points	6 th :	3 points
3 rd :	6 points	7 th :	2 points
4 th :	5 points	8 th :	1 <i>point</i>

AWARDS

- Team Champion for each age category for Girls and Boys – Trophy
- Team Champion for Girls and Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For school athletes, awards will be given directly to teachers at the end of the meet.
- Other awards can be picked up 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eighth in individual events and 1st, 2nd, and 3rd in relays.

RESULTS

Following the track meet, results will be available at www.vancouverolympicclub.ca

SCHEDULE

A tentative schedule is posted, however there might be changes depending on number of competitors.

- Also note that event times may be up to 30 min earlier or later than listed due to the heats involved.
- Be mindful that athletes need plenty of time for proper warm up, so please come early. Coaches and teachers should also advise parents.

VENUE

Bathrooms are available at the Mercer Stadium

No Concession

Parking is available at 6th Street, NWSS partaking lots and the street around the area of Mercer Stadium.

INFIELD

Only participating athletes are allowed in the infield.

The infield and the finish line area must be kept clear to enable the officials to do their job.

LOST AND FOUND

- Lost and found articles may be claimed e-mail: voc.tatjana@gmail.com after the meet
- Articles not claimed after 2 months will be donated to charity

VOLUNTEERS

Most volunteers are VOC athletes and families, however we might, at times, need additional help so we'd really appreciate if **each school could provide one volunteer. After your registration has been submitted, we will let you know how you can help.**

ADDITIONAL INFORMATION

Vancouver Olympic Club Track Meet is open to any public, private, independent school or club in BC.

- Elementary schools from across Lower Mainland are encouraged to participate
- Warm-up for teams and athletes must be done outside the track
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- Heat Sheets and the Results: will be posted besides the Registration wall at the Mercer Stadium Storage # 1.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced.
- Athletes not complying with this specification will not be allowed to compete.

VOC sponsor, **Run Inn**, will be at the meet selling a limited selection of Track Spikes and accessories. For School Team orders or Athlete needs, please call or visit The Run Inn @ 2236 W 41st Ave Vancouver, tel: 604-267 7866, or at: info@runinn.com

TRACK MEET SCHEDULE – FIELD EVENTS

Friday - April 19th, 2024

Time	Long Jump		Triple Jumps		High Jump	Shot Put
	Pit A	Pit B	Pit A	Pit B		
3:00pm	2014 G Flight 1	Flight 2			2013 G	2011 G
4:00pm	2014 B Flight 1	Flight 2			2013 B	2011 B
5:00pm	2015 G Flight 1	Flight 2			2012 G	2012 G
6:00pm	2015 B Flight 1	Flight 2			2012 B	2012 B
7:00pm	2013 G Flight 1	Flight 2			2011 B	2015 G

Saturday - April 20th, 2024

Time	Long Jump		Triple Jump		High Jump		Shot Put
	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B	
10:00am	2011 G Flight 1	Flight 2			2014 G		2014 G
11:00am	2011 B Flight 1	Flight 2			2014 B		2014 B
12:00pm	2012 G Flight 1	Flight 2			2015 G		2013 G
1:00pm	2012 B Flight 1	Flight 2			2015 B		2013 B
2:00pm	2013 B Flight 1	Flight 2			2011 G		2015 B
3:00pm			2011 G	2011 B			
	High School Field Events						
3:30pm	G - U16 / U18 / U20						
4:30pm	B - U16 / U18 / U20						

TRACK MEET SCHEDULE – TRACK EVENTS**Friday - April 19th, 2024**

Time	60mH	80mH	200mH	1000m	1200m	4x100m
3:00 pm	2015 G&B					
3:20	2014 G&B					
3:40	2013 G&B					
4:00		2012 G&B				
4:20		2011 G&B				
4:40			2012 G&B			
4:55			2011 G&B			
5:10				2015 G&B		
5:20				2014 G&B		
5:30				2013 G&B		
5:40					2012 G&B	
5:55					2011 G&B	
5:10						2015 G&B
6:20						2014 G&B
6:30						2013 G&B
6: 40						2012 G&B
6:50						2011 G&B

TRACK MEET SCHEDULE – TRACK EVENTS**Saturday - April 20th, 2024**

Time	300m	60m	100m	200m	600m	800m	Rascals 50m
9:30 am	2011 G						
10:00 am	2011 B						
10:03	2012 G						
10:06	2012 B						
10:15		2015 G					
10:30		2015 B					
10:45		2014 G					
11:00		2014 B					
11:10		2013 G					
11:20		2013 B					
11:30			2012 G				
11:40			2012 B				
11:50			2011 G				

12:00 pm			2011 B				
12:10			2015 G				
12:15							Rascals 50m
12:45			2015 B				
1:00			2013 G				
1:15			2013 B				
1:25			2014 G				
1:35			2014 B				
1:45			2011G(Fin)				
1:50			2011B(Fin)				
1:55				2013 G			
2:05				2013 B			
2:10				2012 G			
2:20				2012 B			
2:30				2011 G			
2:40				2011 B			
2:50					2015 G		
3:00					2015 B		
3:10					2014 G		
3:20					2014 B		
3:25					2013 G		
3:30					2013 B		
3:35						2012 G	
3:40						2012 B	
3:45						2011 G	
3:50						2011 B	

Saturday - April 20th, 2024, High School Track Events

	100m	200m	Mile
4:00	G - U16 / U18 / U20		
4:25	B - U16 / U18 / U20		
4:50			G-B, U16 / U18 / U20
5:20		G - U16 / U18 / U20	
5:45		B - U16 / U18 / U20	