

# ***Universal JD T&F Meet, Sunday, May 19, 2024***

**Entry Deadline, Midnight May 15, 2024, 11:59 pm.**

**Hosted and Organized by *Universal Athletics Club***

Sanctioned By: BC Athletics Association

**Meet Director:** Jessie Dosanjh, [unisports2000@hotmail.com](mailto:unisports2000@hotmail.com)

**Meet Manager:** Sue Kydd, [suekydd50@gmail.com](mailto:suekydd50@gmail.com)

**Meet Venue:** All events will be held at North Delta Secondary School, 11447 82 Ave, Delta, BC V4C 5J6

## **Age Divisions:**

- **Rascals** aged 6 to 8, (birth years, 2016/17/18.) **Activities:** LJ, Jav throw, low barrier run, 60m sprint
- **JD Athletes**, aged 9 to 13 will be scored in single age groups but may compete in multiple age groups within events depending on numbers

## **Entry Information:**

- Registration is only online via Trackie except for late entries at the meet. [Click here](#) to register.
- \$5.00 per Rascal for 4 activities.
- \$10.00 per Junior Development event.
- When entering athletes in Trackie, it's important to have the correct BIRTH YEAR. For example, you can use Dec. 31, 2011 for all 13-year old's. We don't need to know their actual birth date.
- Birth years (13yr = 2011) (12yr. = 2012) (11yr. = 2013) (10yr. = 2014) (9yr. = 2015)
- No refunds or changes once entries closed.
- Athletes must register by event.
- Athletes will be seeded by performances listed within online entry form.
- Non-BCA members must pay a one time \$3.00 insurance/membership fee for the meet.

**Package/Bib # Pick-up:** Packages/Bib # will be available for pick-up after 8:45 a.m. at the track. Clubs must pick up the entire package for their club and distribute the bib numbers.

## **Late Entries and Fees:**

- No late e-mail/phone entries will be taken.
- Late entries must be done at the meet and paid for at time of registration. Late entries will be cut-off 60 min. prior the event being registered for except 9:30am events which will be 30 min before
- Late fees are \$20.00 for all. Payable by exact cash or cheque made out to Universal Athletics Club.
- Late entries will not be seeded and may not be accepted if lanes are full.

## **Awards:**

- Podiums will be available for photos.
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. Ribbons for 4<sup>th</sup> to 8<sup>th</sup>.
- Awards may be picked up 30 minutes after results are posted, (barring protests.)
- Unclaimed awards will not be mailed out.
- Rascals will receive a special gift at the completion of their events.

## **Results:**

- Posted at meet and available on [Universal Athletics Club](#) and [BC Athletics](#) websites after meet.

## **Meet Rules:**

- IAAF rules with BC Athletics Junior Development variations.

## **Equipment:**

- All equipment will be supplied by Universal Athletics. Competitors are required to use meet equipment.

**FIRST AID:** A registered Kinesiologist will be onsite. Surrey Memorial Hospital – 8 km away.

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## **Marshalling:**

- The schedule lists the “**START**” of the competition, not the start of an athletes warm-up.
- Field events will marshal at their venue. As soon as the prior event is finished athletes may start getting their marks and checking in with the official.
- Track events will marshal near the start lines. Older athletes should check in 10 minutes before the scheduled start time of the event. Younger athletes should check in when athletes who are 2 years older are actually competing. Checking in too soon will just slow things down.

## **Conflicting Events:**

- Be advised there will be conflicts with some age groups between track and field events.
- To avoid missing field events or races, athletes should report to **BOTH** field and track events. Parents/Coaches should help their athletes keep track of when their events are being run.
- BCA officials will **TRY** to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of field events, nor move into different heats/races and/or compete with other age groups because of missed events.

## **Seeding:**

- Athletes will be seeded for heats and timed finals according to provided seed times at the time of online registration. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. Athletes will not be moved because of missed seed times.
- **IT IS THE RESPONSIBILITY OF THE PERSON ENTERING THE ATHLETE TO FILL IN SEED TIMES ON THE ONLINE ENTRY FORM, AND ENSURE SEED TIMES ARE ACCURATE.**
- The meet has the right to verify seed times and will adjust as necessary.
- Athletes without seed times may be placed in unseeded heats or unfilled lanes.

## **Preliminary Heats:**

- Heats will be held in the 100M events. All other Track events will be run as timed finals.
- **If there are 8 or less athletes in a heat, that heat will be run as final at the time of the heat.**

## **Throws and Horizontal Jumps:**

- Each athlete is permitted 3 attempts.

## **Vertical Jumps:**

- The bar is to be raised by 5 cm in HJ. 3 consecutive failed attempts will eliminate an athlete.
- The starting height will be determined at the start of the event by the BCA official in charge.

## **Facilities:**

- Spike lengths are 7mm with the exception of 9mm for high jump.
- Synthetic/Polyurethane track, jump and javelin run ups. Concrete throwing surfaces
- Finish Lynx Electronic Timing System

## **Protest:**

- Athletes or a representative must attempt to resolve the concern, either verbally or in writing, within 30 minutes of posting, with the Event Referee. The Event Referee will deliver a decision.

## **Appeal:**

- The decision of the Event Referee may be appealed, within 30 minutes, by any athlete or representative affected by the decision.
- The Appeal is made to the Jury Of Appeal, in writing, and must be accompanied by \$50.00 cash. If the appeal is upheld, the fee will be returned.
- Results officials shall be advised there is a protest/appeal immediately so awards will not be given out until dispute is resolved.

## **Jury of Appeal:**

- A jury, comprised of two BC Athletics officials (not involved in the conflict and experienced in the field of play questioned,) and the Meet Director or Meet Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.

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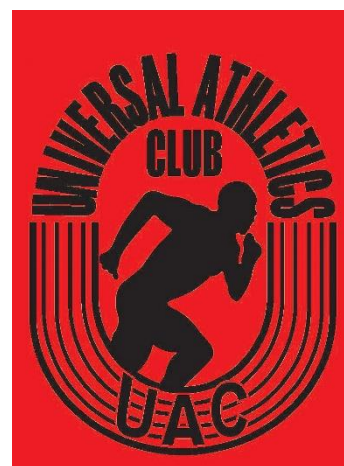
## Schedule

Events NOT offered: 60M, 300M, 2000M 200MH, Racewalk, Relays Javelin, Hammer and Discus

All Track events except for the 100m will be timed finals  
 Events may be run up to 30 minutes earlier than the scheduled time after 12:00 pm  
 Competition bib numbers must be worn on the front for all events.

### Track Events

9:30AM	80m Hurdles F&M	13/12 Year Old's
10:00AM	60m Hurdles F&M	11/10/9 Year Old's
10:45AM	1200m F&M	13/12 Year Old's
11:10AM	1000m F&M	11/10/9 Year Old's
11:35AM	100m Heats F&M	13 to 9 Year Old's
	Lollipop Race	Under 9 Year Old's
1:15PM	200m F&M	13/12/11 Year Old's
2:10PM	800m F&M	13/12 Year Old's
2:35PM	600m F&M	11/10/9 Year Old's
3:00PM	100m Finals F&M	13 to 9 Year Old's



- **Track Events** will be scheduled **Oldest to Youngest, Girls then Boys**. Example, 13-year Girls then 13-year Boys. Hurdle events will follow distances/heights to efficiently setup the up the hurdles
- **Age groups** in distance races may be combined by gender where numbers warrant.
- The infield (inside the track) is **OUT OF BOUNDS** except for the High Jump and Hammer/Discus apron and the Rascal activities.
- Only Athletes and officials are permitted in the competition areas as defined by the BCA Official.

### Field Events

Time	High Jump	Shot Put	Long Jump
10:00AM	9/10/11M	9/10/11F	12/13F
11:35AM	12/13M	9/10/11M	9/10/11F
12:50PM	12/13F	12/13M	9/10/11M
2:00PM	9/10/11F	12/13F	12/13M



### Rascal Events Start, 11:30 am

Rascal events will start at 11:30AM. and will use a running schedule, (one event after the other,) in the following order/location. Long Jump at the LJ pit, Circle Hurdles and Nerf Javelin in the infield near the high jump apron. 60 Meters on the track.

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## Useful Information

### Competitive Ages for the 2024 Track Season

IF an athlete was born in a calendar year, (Jan. 1<sup>st</sup> through Dec. 31<sup>st</sup>.)  
then they are deemed to be this competitive age.

Born in 2011 = 13-year old's	Born in 2014 = 10-year old's
Born in 2012 = 12-year old's	Born in 2015 = 9-year old's
Born in 2013 = 11-year old's	Born in 2016/17/18 = Rascals



### BCA Specifications for Hurdles and Throws

As per the

[Events & Technical Specifications Manual for Athletics, Sept. 2020](#)

## Hurdles

We will be using practice/scissor /kick away hurdles. Distance colours are for the Delta track.

### 80 Meter, 8 Hurdles

13 Yr. M	30"	Black, 8.00M	12:00M to first hurdle
13 Yr. W		Grey, 7.50M	
12 Yr. W/M	27"	White, 7.0M	

### 60 Meter, 6 Hurdles

11/10 Yr. W/M	24"	Orange 6.5M	11:00M to first hurdle
9 Yr. W/M	21"		

## Throws

### Shot Put

Women		Men	
9 to 11	2 kg	9 to 11	2 kg
12 to 13	3 kg	12 to 13	3 kg