



2024 Jack Brow Memorial Track & Field Meet Technical Package

Hosted by Okanagan Athletics Club

Sanctioned by World Athletics

Friday, June 28 – Sunday, June 30, 2024

Meet Director: Brad Heinzman - president@okac.ca

LOCATION:

Apple Bowl Stadium, 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:

Usually sunny, low humidity. The average temperature is 25-28 degrees Celsius. It can be extremely hot, so bring extra drinking water.

ALTITUDE:

360 meters above sea level

MEDICAL:

Certified First Aid attendants will be available.

ELIGIBLE ATHLETES:

2024 BC Athletic members or equivalent from another Province/Territory or National Athletics Federation. 2024 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 \$5.00 when registering.



- ENTRY FEES:** \$15.00 for 1st U10, U11, U12, U13, U14 Event (ages 9-13)
\$10.00 for subsequent U10, U11, U12, U13, U14 Events (ages 9-13)
- \$20.00 for 1st U16, U18, U20, Senior Event (ages 14-34)
\$15.00 for subsequent U16, U18, U20, Senior Events (ages 14-34)
- LATE ENTRIES:** Once an entry is received, refunds will not be given. Late entries will not be accepted if the athlete is not registered in the meet.
\$30.00/event for those already registered in the meet.
This includes athletes switching events. Late entries are not guaranteed correct seeding.
Late entries close 2 hours before the scheduled start time of the event – no exceptions.
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.
- ENTRY DEADLINE:** 11:59 pm Monday, June 24th for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 10:00am, Wednesday, June 26th. 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 and any late entries.
- REGISTRATION PACKAGES:** Registration Package and competitor bib number pick-up starts at 4:00pm, Friday June 28th, 7:30am, Saturday, June 29th, or Sunday, June 30th, at the REGISTRATION tent. Clubs/Teams must designate a responsible person who will pick up and assume responsibility for the package (the Competition Secretary will not look after partial club packages).
- AWARDS:** The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.
Medals and ribbons may be picked up at the AWARDS tent, approx. 30 minutes after the event results are posted. No early pickups allowed.
Awards not picked up, will not be mailed.
- MEET RESULTS:** Meet results will be streamed live at 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.bccathletics.org.
We will not be posting paper copies of results at the track during the meet.
- CONCESSION:** Located next to the stands near to the 100m start.
- EVENT MERCHANDISE:** Available near the entrance to the Apple Bowl, next to the stands
- COACHES MEETING:** Saturday, June 29th at 8:00am at the Apple Bowl, location to be announced.



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.

Note: Athletes who scratch from an event final that has advanced from a preliminary



round are ineligible to compete in any subsequent events at the meet - World Athletics rule TR4.4.2.

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 20 minutes prior to the scheduled start time.

ORDER OF EVENTS:

Track events run youngest to oldest, women and then men (with the exception of Hurdles).

COMPETITOR NUMBERS:

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. Lost or destroyed numbers will be replaced with a \$5 replacement fee.

START LISTS:

Start lists/ heat sheets will be posted at 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. For ages U16 and up, if there are fewer than 8 athletes in events with heats, the event will be run as a timed final at the scheduled heat time. It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.

CONFLICTING 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 U10-U14 divisions.

SEEDING:

Seed times will be verified via TrackieReg from Athletics Canada indoor/outdoor rankings and Usport rankings. 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.

RELAYS:

Team registrations will be accepted on Saturday, June 29th (4 x 400) Sunday, June 30th (4 x 100)

Team registration cut off will be 2 hours before the relays begin. The fee to enter a relay team is \$25.00 per relay.

**QUALIFYING FOR FINALS
FIELD EVENTS:**

Athletes U16-Masters 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 high jump) as per BC Athletics JD policy.

**QUALIFYING FOR FINALS
TRACK EVENTS:**

WA Rule TR 20 will be used to determine advancement to fill eight lanes to the final. In the case of a tie for the eighth position in a final event, the highest-placed athlete in the slowest heat of the tied athletes will proceed to the final. Not all events will have heats and finals. See schedule. Coaches/athletes are expected to submit current electronic seed times for track events when registering for events to ensure correct seeding.

**AGE DIVISIONS FOR
COMPETITIVE GROUPINGS:**

BIRTH YEAR	AGE	AGE GROUP	GENDERS	ABBREVIATION
2015	9 years	U10	Boys + Girls	B/G
2014	10 years	U12	Boys + Girls	B/G
2013	11 years	U12	Boys + Girls	B/G
2012	12 years	U14	Boys + Girls	B/G
2011	13 years	U14	Boys + Girls	B/G
2010-2009	14-15 years	U16	Men + Women	M/W
2008-2007	16-17 years	U18	Men + Women	M/W
2006-2005	18-19 years	U20	Men + Women	M/W
2004 -1990	20-34 years	Senior	Men + Women	M/W
1989-	35+	Masters	Men + Women	M/W

**HIGH JUMP STARTING
HEIGHTS:**

AGE GROUP	HEIGHT	AGE GROUP	HEIGHT
9 Girls	80 cm	9 Boys	85 cm
10 Girls	90 cm	10 Boys	95 cm
11 Girls	100 cm	11 Boys	105 cm
12 Girls	105 cm	12 Boys	110 cm
13 Girls	115 cm	13 Boys	120 cm
U16 Girls	120 cm	U16 Boys	140 cm
U18 Women	140 cm	U18 Men	150 cm
U20/Senior Women	145 cm	U20/Senior Men	155 cm

POLE VAULT:

The starting height will be 90cm with increments of 20cm up to 2.90cm. Then there will be 15cm increments until there are 3-5 athletes left in the competition, then we proceed by 10cm increments.

IMPLEMENT WEIGHTS:

AGE GROUP	SHOT PUT	DISCUS	JAVELIN	HAMMER
U10 Girls	2 kg	n/a	n/a	n/a
U12 Girls	2 kg	750 g	400 g	n/a



U14 Girls	3 kg	750 g	400 g	3 kg
U16 Women	3 kg	1 kg	500 g	3 kg
U18 Women	3 kg	1 kg	500 g	3 kg
U20 Women	4 kg	1 kg	600 g	4 kg
Senior Women	4 kg	1 kg	600 g	4 kg
U10 Boys	2 kg	n/a	n/a	n/a
U12 Boys	2 kg	750 g	400 g	n/a
U14 Boys	3 kg	1 kg	500 g	3 kg
U16 Men	4 kg	1 kg	600 g	4 kg
U18 Men	5 kg	1.5 kg	700 g	5 kg
U20 Men	6 kg	1.75 kg	800 g	6 kg
Senior Men	7.26 kg	2 kg	800 g	7.26 kg

*Masters throw weights as per masters' age categories.

TRACK RASCALS:

Lollipop Run – Kids ages 6 & under, Sunday at 12:15pm. Cost - Free
 Run, Jump, Throw Event – Kids ages 6-8, Sunday at 12:30pm. Cost - Free

FAMILY FUN RELAY:

We will be holding our 3rd Annual Family Fun Relay where families are invited to put together a 4 x 100 relay team. Entry fee is by donation.

EVENTS OFFERED:

FIELD EVENTS																				
MEN										GROUP AGE	WOMEN									
Mast 35+	Senior 20-34	U20 18/19	U18 16/17	U16 14/15	U14 13	U14 12	U12 11	U12 10	U10 9		U10 9	U12 10	U12 11	U14 12	U14 13	U16 14/15	U18 16/17	U20 18/19	Senior 20-34	Mast 35+
X	X	X	X	X	X	X	X	X	X	High Jump	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	Long Jump	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X					Triple Jump				X	X	X	X	X	X	X
X	X	X	X	X	X					Pole Vault				X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	Shot Put	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X		Discus		X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X		Javelin		X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X				Hammer				X	X	X	X	X	X	X
X										Throws Pentathlon										X



TRACK EVENTS

TRACK EVENTS																			
MEN									WOMEN										
Senior	U20	U18	U16	U14		U12		U10	GROUP	U10	U12			U14		U16	U18	U20	Senior
20-34	18/19	16/17	14/15	13	12	11	10	9	AGE	9	10	11	12	13	14/15	16/17	18/19	20-34	
						X	X	X	60m	X	X	X							
X	X	X	X	X	X	X	X	X	100m	X	X	X	X	X	X	X	X	X	
X	X	X	X	X	X	X			200m			X	X	X	X	X	X	X	
			X	X	X				300m				X	X	X				
X	X	X							400m							X	X	X	
						X	X	X	600m	X	X	X							
X	X	X	X	X	X				800m				X	X	X	X	X	X	
						X	X	X	1000m	X	X	X							
			X	X	X				1200m				X	X	X				
X	X	X							1500m							X	X	X	
			X	X					2000m					X	X				
	X	X							3000m							X	X		
X	X								5000m								X	X	
						X	X	X	60m Hurdles	X	X	X							
				X	X				80m Hurdles				X	X	X				
			X						100m Hurdles							X	X	X	
X	X	X							110m Hurdles										
				X	X				200m Hurdles				X	X					
			X						300m Hurdles						X				
X	X	X							400m Hurdles							X	X	X	
			X						1500m SC						X				
		X							2000m SC							X			
X	X								3000m SC								X	X	
X	X	X	X	X	X	X	X	X	4x100m Relay	X	X	X	X	X	X	X	X	X	
X	X	X	X	X	X	X	X	X	4x100m family fun relay	X	X	X	X	X	X	X	X	X	
X	X	X							4x400m Relay							X	X	X	

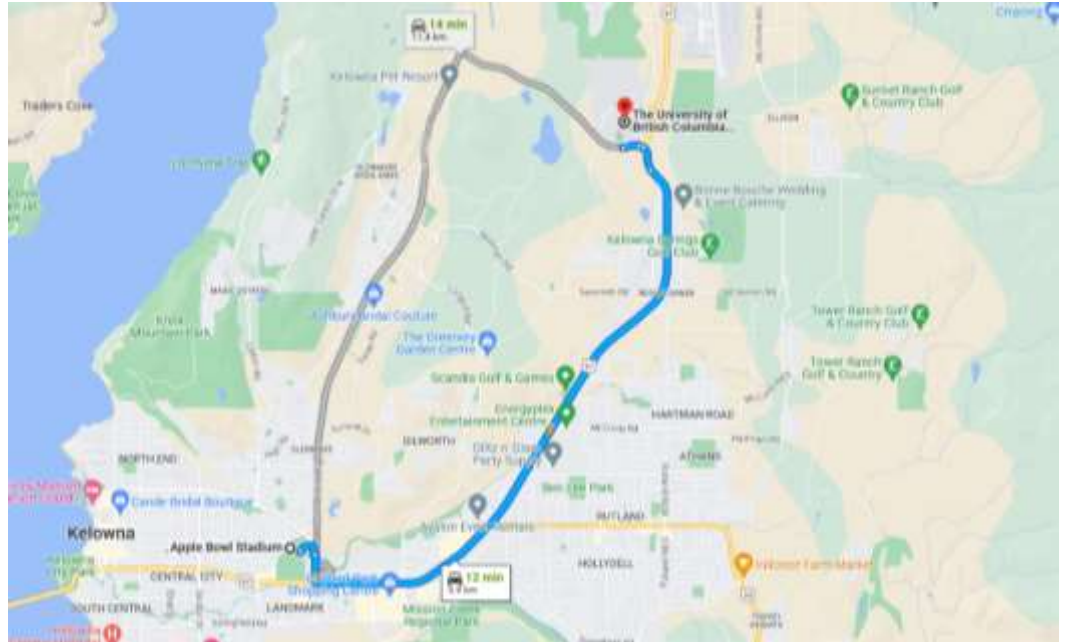


**NEAREST
ACCOMODATIONS:**

UBCO CAMPUS ACCOMMODATION is available for a 10% discount on all room types, minimum 2 nights, based on availability between June 17 and July 1.

Follow the link below to book (input stay dates with number guests and click “search”):

UBCO Campus Accommodation [LINK HERE](#)



HYATT PLACE:
(Walking distance to the Apple Bowl)
[BOOKING LINK HERE](#)

RECREATION INN & SUITES:
(Walking distance to the Apple Bowl)
[BOOKING LINK HERE](#)

BEAR CREEK OR FINTRY PROVINCIAL
CAMPGROUNDS:
[BOOKING LINK HERE](#)

COAST CAPRI HOTEL:
[BOOKING LINK HERE](#)

ACCENT INNS:
[BOOKING LINK HERE](#)

DAYS INN BY WYNDHAM:
[BOOKING LINK HERE](#)

ECONO LODGE INN & SUITES:
[BOOKING LINK HERE](#)

BEST WESTERN PLUS:
[BOOKING LINK HERE](#)

