

BC Elementary Track & Field Championships 2024

@BCELEMENTARYTFCHAMPS www.kajaks.ca/bcec @KAJAKSTFC

GENERAL REMINDERS

- a. PLEASE NOTE THIS IS A TENTATIVE SCHEDULE. A Final Schedule will be posted online at www.kajaks.ca/bcec and emailed to registered athlete email addresses after registration closes.
- b. It is recommended that athletes arrive at Clement Track (Minoru Park) at least 1 HOUR before the scheduled start of their event.
- c. If time permits, the meet may run ahead of schedule. If this occurs, the meet will run no more than 20 minutes ahead.

TRACK EVENT REMINDERS

- a. Athletes will be called to the marshalling tent prior to the start of their event by the meet announcer. Each event will receive a First, Second and Final call. Please listen carefully for your event to be called. NOTE: Announcer may be difficult to hear if you are away from the main track area - it is the responsibility of the athlete to be paying attention to what events are currently running on the track and to report to marshalling tent when you are called.

FIELD EVENT REMINDERS

- a. Field Event athletes are asked to please check in at their event.
- b. Athletes will be called to check in for their events by the meet announcer. Please listen carefully for their event to be called. Athletes should plan to be at their event 10 minutes prior to the scheduled start of their event.
- c. THROWS & HORIZONTAL JUMPS: All athletes competing in the throws and horizontal jumps events will receive 1 practice attempt (in order) and 3 competition attempts. Athletes, Coaches, and parents are reminded that there are minimum standards for measurement. Athletes will be allowed 1 (one) legal attempt under the minimum standard. All other attempts below standard will not be measured.
- d. SHOT PUT. For safety reasons, proper technique will be monitored at field events. Specifically, athletes entered in the Shot Put are reminded that the shot (implement) cannot come away from the athlete's neck during the throw. The implement (shot) must be pushed/put from the neck.
- e. HIGH JUMP. This meet will be utilizing 2 high jump pits. This will allow for the meet to run more than one high jump competition at a time or split large groups into two pits.

Please note updated events in this schedule will show in RED.

FRIDAY *TENTATIVE*
MAY 24, 2024

| FRIDAY TRACK EVENTS | | | | | |
|---------------------|------|-----|---------|------------------------|-------------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 4:00 PM | 2015 | 9Y | Girls | 1000m | Timed Final |
| 4:15 PM | 2015 | 9Y | Boys | 1000m | Timed Final |
| 4:30 PM | 2014 | 10Y | Girls | 1000m | Timed Final |
| 4:45 PM | 2014 | 10Y | Boys | 1000m | Timed Final |
| 5:00 PM | 2013 | 11Y | Girls | 1000m | Timed Final |
| 5:15 PM | 2013 | 11Y | Boys | 1000m | Timed Final |
| 5:30 PM | 2012 | 12Y | Girls | 1200m | Timed Final |
| 5:45 PM | 2012 | 12Y | Boys | 1200m | Timed Final |
| 6:00 PM | 2011 | 13Y | Girls | 1200m | Timed Final |
| 6:15 PM | 2011 | 13Y | Boys | 1200m | Timed Final |
| 6:30 pm | 2011 | 13Y | Mixed* | 4 x 100m | Timed Final |
| 6:40 PM | 2015 | 9Y | Mixed* | 4 x 100m | Timed Final |
| 6:50 PM | 2014 | 10Y | Mixed* | 4 x 100m | Timed Final |
| 7:00 PM | 2013 | 11Y | Mixed* | 4 x 100m | Timed Final |
| 7:10 PM | 2012 | 12Y | Mixed* | 4 x 100m | Timed Final |
| 7:20 PM | 2011 | 13Y | Girls** | Rmd Relay Invitational | Timed Final |
| 7:30 PM | 2011 | 13Y | Boys** | Rmd Relay Invitational | Timed Final |
| | | | | | |

* Mixed Relay teams are comprised of 4 athletes of the same age, with each team made up of 2 boys and 2 girls. Athletes can run in whatever order they choose. These relays are non-scoring events.

** Richmond Relay Invitational relays are 4 X 100 relays for 2011 13Y Richmond School athletes only. Awards will be presented. These are non-scoring events. Entrants are invited Richmond Schools only, you will need a code for registration in this event. Contact info@kajaks.ca for more info.

FRIDAY *TENTATIVE*

MAY 24, 2024

| FRIDAY FIELD EVENTS | | | | | |
|---------------------|------|-----|--------|-----------|---------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 3:00 PM | 2015 | 9Y | Boys | Shot Put | Final |
| 3:30 PM | 2014 | 10Y | Boys | High Jump | Final |
| 3:30 PM | 2014 | 10Y | Girls | High Jump | Final |
| 4:00 PM | 2012 | 12Y | Girls | Discus | Final |
| 5:00 PM | 2015 | 9Y | Girls | Long Jump | Final |
| 5:00 PM | 2013 | 11Y | Girls | Shot Put | Final |
| 5:30 PM | 2013 | 11Y | Boys | High Jump | Final |
| 5:30 PM | 2012 | 12Y | Boys | High Jump | Final |
| 6:00 PM | 2011 | 13Y | Boys | Shot Put | Final |
| 7:00 PM | 2014 | 10Y | Boys | Long Jump | Final |
| 7:00 PM | 2012 | 12Y | Boys | Discus | Final |

SATURDAY *TENTATIVE* MAY 25, 2024

| Time | YOB | Age | Gender | Event | Note(s) |
|----------|-------|-----|--------|----------------------|-------------|
| 10:00 AM | 2012 | 12Y | Girls | 300m | Timed Final |
| 10:10 AM | 2012 | 12Y | Boys | 300m | Timed Final |
| 10:30 AM | 2011 | 13Y | Girls | 300m | Timed Final |
| 10:40 AM | 2011 | 13Y | Boys | 300m | Timed Final |
| 11:00 AM | 2015 | 9Y | Girls | 600m | Timed Final |
| 11:10 AM | 2015 | 9Y | Boys | 600m | Timed Final |
| 11:25 AM | 2014 | 10Y | Girls | 600m | Timed Final |
| 11:35 AM | 2014 | 10Y | Boys | 600m | Timed Final |
| 11:45 AM | 2013 | 11Y | Girls | 600m | Timed Final |
| 11:55 AM | 2013 | 11Y | Boys | 600m | Timed Final |
| 12:10 PM | 2012 | 12Y | Girls | 800m | Timed Final |
| 12:20 PM | 2012 | 12Y | Boys | 800m | Timed Final |
| 12:30 PM | 2011 | 13Y | Girls | 800m | Timed Final |
| 12:40 PM | 2011 | 13Y | Boys | 800m | Timed Final |
| 12:55 PM | | | | Presentation & Lunch | |
| 1:05 PM | | | | | |
| 1:15 PM | 2014 | 10Y | Girls | 60m | Timed Final |
| 1:25 PM | 2014 | 10Y | Boys | 60m | Timed Final |
| 1:35 PM | 2015 | 9Y | Girls | 60m | Timed Final |
| 1:45 PM | 2015 | 9Y | Boys | 60m | Timed Final |
| 2:00 PM | 2011 | 13Y | Girls | 100m | Timed Final |
| 2:15 PM | 2011 | 13Y | Boys | 100m | Timed Final |
| 2:30 PM | 2012 | 12Y | Girls | 100m | Timed Final |
| 2:45 PM | 2012 | 12Y | Boys | 100m | Timed Final |
| 3:00 PM | 2013 | 11Y | Girls | 100m | Timed Final |
| 3:15 PM | 2013 | 11Y | Boys | 100m | Timed Final |
| 3:25 PM | Break | | | | |

SATURDAY *TENTATIVE*

MAY 25, 2024

| SATURDAY TRACK EVENTS (Continued) | | | | | |
|-----------------------------------|-------------------|-----|--------|----------|-------------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 3:30 PM | Track Rascals 50m | | | | |
| 4:00 PM | 2015 | 9Y | Girls | 4 x 100m | Timed Final |
| 4:10 PM | 2015 | 9Y | Boys | 4 x 100m | Timed Final |
| 4:20 PM | 2014 | 10Y | Girls | 4 x 100m | Timed Final |
| 4:30 PM | 2014 | 10Y | Boys | 4 x 100m | Timed Final |
| 4:40 PM | 2013 | 11Y | Girls | 4 x 100m | Timed Final |
| 4:50 PM | 2013 | 11Y | Boys | 4 x 100m | Timed Final |
| 5:00 PM | 2012 | 12Y | Girls | 4 x 100m | Timed Final |
| 5:10 PM | 2012 | 12Y | Boys | 4 x 100m | Timed Final |
| 5:20 PM | 2011 | 13Y | Girls | 4 x 100m | Timed Final |
| 5:30 PM | 2011 | 13Y | Boys | 4 x 100m | Timed Final |

SATURDAY ***TENTATIVE***
MAY 25, 2024

| SATURDAY FIELD EVENTS | | | | | |
|-----------------------|------|-----|--------|-----------|---------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 9:00 AM | 2014 | 10Y | Boys | Discus | Final |
| 9:00 AM | 2012 | 12Y | Girls | High Jump | Final |
| 9:00 AM | 2013 | 11Y | Boys | Long Jump | Final |
| 10:00 AM | 2012 | 12Y | Boys | Shot Put | Final |
| 11:00 AM | 2013 | 11Y | Boys | Discus | Final |
| 11:00 AM | 2013 | 11Y | Girls | Long Jump | Final |
| 12:00 PM | 2012 | 12Y | Girls | Shot Put | Final |
| 12:00 PM | 2011 | 13Y | Girls | High Jump | Final |
| 1:00 PM | 2014 | 10Y | Girls | Discus | Final |
| 1:00 PM | 2011 | 13Y | Girls | Long Jump | Final |
| 2:00 PM | 2013 | 11Y | Boys | Shot Put | Final |
| 3:00 PM | 2011 | 13Y | Girls | Shot Put | Final |
| 3:00 PM | 2015 | 9Y | Girls | High Jump | Final |
| 3:00 PM | 2015 | 9Y | Boys | High Jump | Final |
| 3:00 PM | 2014 | 10Y | Girls | Long Jump | Final |
| 4:00 PM | 2013 | 11Y | Girls | Discus | Final |
| 5:00 PM | 2012 | 12Y | Girls | Long Jump | Final |

SUNDAY *TENTATIVE*

MAY 26, 2024

| SUNDAY TRACK EVENTS | | | | | |
|---------------------|------|-----|--------|-------------------|-------------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 9:00 AM | 2015 | 9Y | Girls | 60m Hurdles | Timed Final |
| 9:10 AM | 2015 | 9Y | Boys | 60m Hurdles | Timed Final |
| 9:20 AM | 2014 | 10Y | Girls | 60m Hurdles | Timed Final |
| 9:30 AM | 2014 | 10Y | Boys | 60m Hurdles | Timed Final |
| 9:40 AM | 2013 | 11Y | Girls | 60m Hurdles | Timed Final |
| 9:50 AM | 2013 | 11Y | Boys | 60m Hurdles | Timed Final |
| 10:00 AM | 2012 | 12Y | Girls | 80m Hurdles | Timed Final |
| 10:05 AM | 2012 | 12Y | Boys | 80m Hurdles | Timed Final |
| 10:15 AM | 2011 | 13Y | Girls | 80m Hurdles | Timed Final |
| 10:20 AM | 2011 | 13Y | Boys | 80m Hurdles | Timed Final |
| 10:30 AM | 2011 | 13Y | Girls | 2000m | Timed Final |
| 10:50 AM | 2011 | 13Y | Boys | 2000m | Timed Final |
| 11:15 AM | 2015 | 9Y | Girls* | 60m Shuttle Relay | Timed Final |
| 11:25 AM | 2015 | 9Y | Boys* | 60m Shuttle Relay | Timed Final |
| 11:35 AM | 2014 | 10Y | Girls* | 60m Shuttle Relay | Timed Final |
| 11:45 AM | 2014 | 10Y | Boys* | 60m Shuttle Relay | Timed Final |
| 11:55 AM | 2013 | 11Y | Girls* | 60m Shuttle Relay | Timed Final |
| 12:05 PM | 2013 | 11Y | Boys* | 60m Shuttle Relay | Timed Final |
| 12:15 PM | | | | Break | |

*Shuttle Relays take place on the straight-away in front of the grandstand

Please note updated events in this schedule will show in RED.

SUNDAY *TENTATIVE*
MAY 26, 2024

| SUNDAY TRACK EVENTS (Continued) | | | | | |
|---------------------------------|------|-----|---------|-----------------|-------------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 12:30 PM | 2013 | 11Y | Girls | 200m | Timed Final |
| 12:40 PM | 2013 | 11Y | Boys | 200m | Timed Final |
| 12:50 PM | 2012 | 12Y | Girls | 200m | Timed Final |
| 1:00 PM | 2012 | 12Y | Boys | 200m | Timed Final |
| 1:10 PM | 2011 | 13Y | Girls | 200m | Timed Final |
| 1:20 PM | 2011 | 13Y | Boys | 200m | Timed Final |
| 1:30 PM | 2013 | 11Y | Girls** | SMR 1200m Relay | Timed Final |
| 1:40 PM | 2013 | 11Y | Boys** | SMR 1200m Relay | Timed Final |
| 1:50 PM | 2012 | 12Y | Girls** | SMR 1200m Relay | Timed Final |
| 2:00 PM | 2012 | 12Y | Boys** | SMR 1200m Relay | Timed Final |
| 2:10 PM | 2011 | 13Y | Girls** | SMR 1200m Relay | Timed Final |
| 2:20 PM | 2011 | 13Y | Boys** | SMR 1200m Relay | Timed Final |

** Sprint Medley Relay (SMR) is a 1200m race with athletes of a single gender, single age group, running these distances in this order: 600m, 200m, 200m, 200m.

SUNDAY *TENTATIVE*

MAY 26, 2024

| FIELD EVENTS | | | | | |
|--------------|------|-----|--------|-----------|---------|
| Time | YOB | Age | Gender | Event | Note(s) |
| 9:00 AM | 2011 | 13Y | Boys | High Jump | Final |
| 9:00 AM | 2015 | 9Y | Girls | Shot Put | Final |
| 9:30 AM | 2015 | 9Y | Boys | Long Jump | Final |
| 10:00 AM | 2011 | 13Y | Boys | Discus | Final |
| 11:00 AM | 2012 | 12Y | Boys | Long Jump | Final |
| 11:00 AM | 2014 | 10Y | Boys | Shot Put | Final |
| 12:00 PM | 2011 | 13Y | Girls | Discus | Final |
| 12:00 PM | 2013 | 11Y | Girls | High Jump | Final |
| 1:00 PM | 2011 | 13Y | Boys | Long Jump | Final |
| 1:00 pm | 2014 | 10y | Girls | Shot Put | Final |
| | | | | | |

Please note updated events in this schedule will show in RED.