



# 2024 Okanagan Zones Championship

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

**Monday, May 27, 2023**

**Location:**

Hillside Stadium, 910 McGill Rd., Kamloops, BC – beside TRU (See pg. 3 for driving directions).

**Facility:**

Track: 8 lanes, 400m oval, Mondo surface, fully automatic FinishLynx timing. Complete jumps and throws areas. Change rooms available. Concession available.

**Meet Director:**

Renee Landry (OK Zone Commissioner): e-mail: [rlandry@cisnd.ca](mailto:rlandry@cisnd.ca)

**Meet Manager:**

Judy Armstrong: Ph: (250) 319-6321 e-mail: [judy54armstrong@gmail.com](mailto:judy54armstrong@gmail.com)

**Eligible Athletes:**

- 2024 Grade 8-12 High School Athletes from the various Okanagan Zones high schools who must be members of BC High School Sports.
- All athletes for this meet must be advanced from their 2024 Zone Championship meet through their zone coordinators.
- Each Zone may enter up to:
  1. 3 grade 8 male and 3 grade 8 female athletes per event
  2. 3 Jr male and 3 Jr female athletes per event
  3. 3 Sr male and 3 Sr female athletes per event

**Entry Fees:**

Individual athletes may compete in a maximum of 3 events plus 2 relays

- \$20.00 per event per athlete to a maximum of \$500/school **plus** a \$5 Admin fee for each athlete.
- Athletes who are only attending as a member of a relay team DO NOT pay the athlete entry fee. They will not be given a competitor number.
  - Relay teams may be submitted on paper forms available at the registration table, no later than 2 hours before the scheduled relay start times. The forms must show the school name, gender, grade category (8, Jr, Sr), and the names and competitor numbers of the relay athletes (for those athletes without numbers, their full name and grade must be included).

**Entries Chairperson:**

Brian Beck: Ph: (250) 319-1900 e-mail – [ktferegistrar@gmail.com](mailto:ktferegistrar@gmail.com)

All entries must be submitted to Brian through the Hy-Tek Meet Manager Advancer file:

- The top 3 finishers in each event from each zone are eligible to compete in the Okanagan Championship.
- All entries to the meet are automatically advanced from the zone meets through the Hy-Tek Meet Manager Advancers File. Athletes who are scratching from the Okanagan Championship meet must inform their Zone Coordinator as soon after the zone meet as possible so that the next eligible athlete(s) in the zone can be contacted to try and fill the available slot.
- Each school team attending the Okanagan Championship must bring a cheque to cover their school entry fees. Receipts will be issued.



## **COMPETITION RULES AND OTHER INFORMATION**

### **REGISTRATION PACKAGES:**

Payment must be received before the package of competition numbers is released to a person who will assume responsibility for the entire team package (the Competition Secretary will not manage partial envelopes). Payment must be made at the meet. Make all cheques payable to "Kamloops Track and Field Club".

### **COMPETITION CATEGORIES (Divisions):**

Grade 8, Junior (Grades 9 & 10), Senior (Grades 11 & 12).

### **MARSHALLING:**

Check-in for all track events is at the event start line area. Check-in for all field events is at the event site. All athletes must check in a minimum of 20 minutes before the scheduled start time. Please be aware that the schedule is a rolling schedule and events may begin earlier (or later) than the scheduled start time. Please listen for announcements so that events are not missed.

### **COMPETITION NUMBERS:**

Competition numbers must be worn on the front for all events (or at the discretion of the event chief official). If hip numbers are available, they must be visible and worn on at least the right hip (against a dark background) and on the upper left-hand chest visible from the front.

### **IMPLEMENTS:**

All implements will be supplied by the meet organizers. Athletes may use their own implements which must meet WA (World Athletics) standards. They must be weighed in and measured at least 45 minutes before the competition's start. The weigh-in station will be located at the throws building on the lower field throwing area.

### **SPIKE LENGTH:**

The maximum spike length allowed is 6mm for all events.

### **ORDER OF EVENTS:**

All track events will be run from oldest to youngest, females and then males (exception hurdles).

### **ATHLETES WITH CONFLICTING EVENTS:**

Track events will run as scheduled. Athletes (or a designate) 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. Please listen to announcements for any time changes in events.

### **TRACK EVENTS**

All Track events will run as timed finals. Track events will follow a rolling schedule, so start times may differ from those posted. Please listen to the announcements.

### **FIELD EVENTS \*\***

**All athletes will receive 3 measured attempts.** After that, the top 8 athletes in an age group will receive 3 more attempts, time permitting. **Field events will be considered finished, once the final throw/jump is complete, or 30 minutes after the start time if no athletes have shown up.** \*\*

### **Seed Times**

All athletes advancing from their Zone meet will have seed times and distances for their events. Track events run in sections will have the slowest section run first, followed by the fastest section.

### **COMPETITIVE ATTIRE:**

All athletes must wear their school uniform at their events.

### **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 will only be available online ([www.kamtrack.ca/liveresults](http://www.kamtrack.ca/liveresults)), and that time is considered the beginning of the 30 minutes. The Protest is made orally to the relevant Referee, (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 immediately, before the race starts.

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. 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 protest this decision.

**JURY OF APPEAL:**

A jury of appeals consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

**MEDICAL:**

St. John's Ambulance.

**CONCESSION:**

There will be a concession available on-site, during the meet.

**PARKING:**

Parking at Hillside Stadium is limited to the area by the track. If necessary, park in the TRU Parking lot above the Throws area but be aware that the TRU area is paid parking. Violations will be ticketed by TRU.

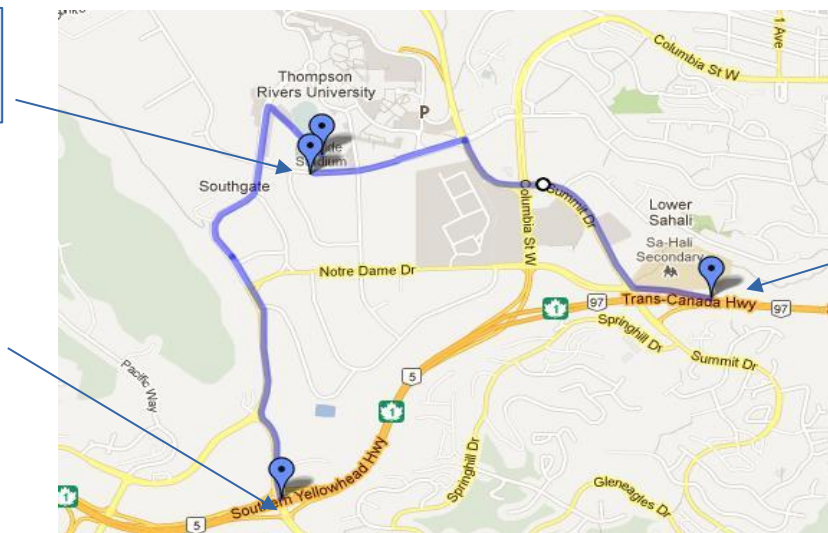
**Driving Direction to Hillside Stadium at the Tournament Capital Centre:**

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 to the parking area for Hillside Stadium and TRU.)

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.

Tournament Capital Centre – Hillside Stadium

Exit 367 from the west.



Exit 370 from the east.