



**NORWESTERS ELEMENTARIES MEET  
and  
ZONE 5 BC SUMMER GAMES TRIALS  
SATURDAY and SUNDAY  
MAY4 and 5, 2024  
BURNABY CENTRAL TRACK at BURNABY CENTRAL SECONDARY**

**MEET INFORMATION**

**INTRODUCTION**

- **Event Order:** All track events will be run in the order of Oldest to Youngest. This allows the younger athletes to learn race procedures from the older athletes prior to being marshalled. Girls will go before boys in each age group track event.
- **100m Relays:** For the youngest athletes we have placed the 4x100m relays to run immediately following the 100 Meters.. They also have their field events following each other, allowing them to leave earlier each day. Schools are not limited in the number of relay entries per school.
- We shall be providing finals for the 100m and the 60m races except for U16.
- **Age Categories For Distance Races:** The 600m and 1000m are available for those born 2013 to 2015, and the 800m and 1200m for those born in 2011, 2012 and U16. 2000m is for 2011 and U16 athletes only.
- **Javelin is for 2011 to 2014 and U16 athletes.**
- **Hurdles are for all age groups. 200m hurdles are for 2011 and 2012. 300m Hurdles are for U16.**
- **Racewalk is for all athletes. Proper racewalking form will be expected.**
- **Triple jump is for 2011 and U16 only. Other age groups will not be allowed to enter.**
- Please check that athletes can jump more than 2 meters in order to be able to land safely in the long jump pit
- For safety reasons shot put competitors must put the shot correctly and not throw it.
- **Minimum Standards:** Please note that there may be minimum standards in all jumping events.
- **Marshalling:** Only athletes will be allowed in the marshalling areas. **Marshalling for track events is at the start lines. Field events marshal at the event.** After the athlete has entered the marshalling area, parents and coaches are required to leave. Athletes should warm up ahead of marshalling and keep warm clothing on until the start of the event. For track events, runners' clothes will be collected at the starting line and stored in a dry box until after the event should it be raining.
- **If Two Events Occur At The Same Time For An Athlete** the athlete or the parent/coach, should notify the field event head official and the track event marshall of the situation at the time that each event is marshalled. A **short** time before the track event is run the athlete must notify the field event officials and go to the race. The parent/coach must realize that **COMPETITION WILL NOT BE SUSPENDED UNTIL ATHLETES RETURN** (IAAF and JD rules.) The athlete will enter the competition at the point that it has reached when they return. **Sometimes athletes may decide to miss one of the events in order to do well in the one of their choice. This situation is a common occurrence at track and field meets and is according to IAAF and JD rules.**

**AGE CLASSES BY BIRTH YEAR:**

*U16 2011 (Boys/ Girls) 2012 (Boys/Girls) 2013(Boys/Girls) 2014(Boys/Girls) 2015 (Boys/Girls)*

**AGE RESTRICTIONS:**

Athletes younger than those born in 2015 are not eligible to enter this meet. Athletes must compete in their own age class except for Grade 7 students born in 2010 who will compete with the U16 class.

**RELAYS:**

All relay teams must be made up of athletes from the same school or club. An athlete may compete for an older age class in a relay, but may not compete in more than one relay race of each kind or more than once in the same race. If a school enters a relay team, club athletes will run for their school. Clubs may enter relay teams of athletes whose schools are not entered.

On the meet day registrations will be taken from athletes for mixed teams. Any athlete who does not have a team to run with will be allowed to form a team with other athletes in the same situation. Priority must be given by all athletes to run with their school or club.

**TRACK EVENTS:**

- 60m (2015 to 2013)
- 100m (2015 to 2011 and U16)
- 200m timed finals (2013 to 2011 only and U16)
- 300m timed finals (2012 to 2011 only and U16)
- 600m timed finals (2015 to 2013)
- 800m timed finals (2012 to 2011 and U16)
- 1000m timed finals (2015 to 2013)
- 1200m timed finals (2012 to 2011 and U16)
- 2000m timed finals (2011 and U16 only)
- 100m hurdles, timed finals, U16B (33"/13m)
- 80m hurdles, timed finals, U16G 11B (30"/8m), 11G (30"/7.5m), 12G/B (27"/7m)
- 60m Hurdles, timed finals 13G/B (24"/6.5m), 14G/B (24"/6.5m), 15G/B (21"/6.5m)
- 200m Hurdles timed finals 11 G/B (27") 12 G/B (24")
- 800m Racewalk (2015-2012)
- 1500m Racewalk 2011 and U16
- Sprint relay (4x 100m) timed finals (2015 to 2011)
- Medley relay (200/200/200/600) (2015 to 2011)

**FIELD EVENTS:**

- Long Jump (2015 to 2011 and U16)
  - High Jump (2015 to 2011 and U16)
  - Triple Jump (2011 and U16 only)
  - Shot Put (2015 to 2011 and U16)
  - Discus (2014 to 2011 and U16 only)
  - Javelin (2014 to 2011 and U16 only)
  - Hammer (2011 to 2012 and U16 only)
- Please note: NorWesters reserves the right to limit the number of entries in any jumps event in order to keep the meet running on schedule. Entries will be accepted in the order in which they are received.

**AWARDS:**

- Individual events: Medals: 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons: 4<sup>th</sup> to 8<sup>th</sup>
- Relays: Ribbons: 1<sup>st</sup> to 3<sup>rd</sup>
- U16 athletes will not receive awards as these are trials for the Zone 5 Summer Games Team.

Awards will be handed out after results have been posted for 30 minutes.  
Awards will be handed out throughout the day. Please pick up as soon as event is announced. Do not leave to pick up all awards at the end of the day. Awards not picked up will not be mailed.

**RULES:**

EACH SCHOOL OR CLUB IS RESPONSIBLE FOR THE SUPERVISION AND CONDUCT OF THEIR ATHLETES. ON YOUR REGISTRATION FORM, PLEASE DESIGNATE THE ADULT OR COACH RESPONSIBLE FOR YOUR TEAM.

Coaches, athletes and spectators are not allowed on the infield. All coaches and spectators must stay out of the areas designated as competition areas. Coaching must take place from an area designated by the chief official. Athletes who are competing must stay within the competition area with the other competitors.

The sidelines in front of the bleachers or the track must be kept clear to make it possible for officials and timers to carry out their duties effectively. Spectators may not hang over the long jump pits and runways.

**Do Not Cross the Track, Discus, Javelin, High Jump, Long Jump, or Shot Put Area Except Under the Direction of an Official.**

**Dogs are not allowed in the School Grounds. Burnaby Park attendants will ask you to remove any animals.**

This Meet will be run in accordance with IAAF and BC Junior Development rules. Failure to comply with meet rules may result in the disqualification of an athlete, team or coach from the competition.

**FIELD:**

- Long jump: 3 jumps each; top 8 U16 athletes after first 3 jumps get 3 more jumps*
- Triple jump: 3 jumps each; top 8 U16 athletes after first 3 jumps get 3 more jumps*
- High Jump: Starting heights on schedule*  
*5 cm increments until two athletes are left, then the athletes can choose.*
- Shot put 3 throws each; top 8 U16 get 3 more throws*  
*2015 to 2013 B/G – 2Kg; 2012, 2011 B/G and U16 G- 3Kg, U16B-4Kg*
- Discus: 3 throws each; top 8 U16 get 3 more throws*  
*2014 to 2011 G - 750g; 2014 to 2013 B 750g; U16G, 2012 to 2011B, U16B 1kg.*
- Javelin 3 throws each; top 8 U16 get 3 more throws*  
*2014 to 2011G and 2014 to 2013B - 400g javelin*  
*2012 to 2011B & U16G - 500g; U16B – 600g*
- Hammer 3 throws each, top 8 U16 get 3 more throws*  
*2011, 2012 & U16G – 3k. U16B -- 4k*

**ACCELERATION OF EVENTS:**

***Events may be moved forward by 30 minutes at the Meet Director's discretion. Please listen carefully to announcements over the public address system.***

**IMPORTANT INFORMATION:**

***Please note that athletes born in 2015 are limited to 60m, 100m, 4x 100m relay, 600m, 1000m, hurdles, shot put, high jump and long jump. Do not enter athletes born in 2013 in any other <https://www.trackie.com/event/norwesters-elementaries-meet-and-zone-5-bc-summer-games-trials/1008096/events>. They will not be accepted.***

If a coach enters an athlete from a school other than his/her own, that athlete must be entered as running for the school attended and pay all appropriate fees including day of race fees. All athletes must compete for the school that they attend.

CLUBS PLEASE NOTE: If a school enters a team, club athletes enter with their school.

**REGISTRATION & ENTRIES:**

**LINK TO TRACKIE ONLINE REGISTRATION:** <https://www.trackie.com/calendar/>

Meet Registrar: John Millard john\_w\_millard@yahoo.ca

**ENTRY DEADLINE: Wednesday May 1<sup>st</sup> at 10PM**

**ENTRY FEES:** \$10.00 event \$16.00/relay U16 will be charged \$40 for as many events as they wish.

**LATE ENTRIES WILL BE CHARGED \$15.00/event. LATE RELAY ENTRIES WILL BE CHARGED \$20.00/ relay team. Late entries are subject to availability and must be received at least 1 hour prior**

to the scheduled start of the event. All entries are final as of the entry deadline. No refunds will be given for any reason for events scratched or not attended after Wednesday May 1st @10pm.

**CORRECTIONS TO CLUB MISTAKES MAY BE MADE UP TO ONE HOUR PRIOR TO THE START OF AN EVENT.**

**Meet Entry Information will be available on line at [www.norwesterstandf.com](http://www.norwesterstandf.com) by 3pm, Thursday May 5th.** The team coach must make all corrections to entries.

**REGISTRATION PACKAGES:** Registration packages, including athletes' numbers, will be available for pick up by coaches at 8.00.a.m. Please go to the table at the outside of the track near the finish line. Numbers must be worn on the front for all events. Athletes using another athlete's number will be disqualified from participating in the rest of the meet. Any scheduling changes will be announced. All changes to posted results will be made in consultation with the Track or Field Referees and the Meet Director.