



3rd Annual BC Interior Elementary School Championship

Hillside Stadium, Kamloops, BC

June 15, 2024

Hosted by Kamloops Track and Field Club
Sanctioned by BC Athletics

Location:

Hillside Stadium, 910 McGill Road, Kamloops, BC

Facility:

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

Meet Director:

Mike Kern - 250-372-1482
mikekern@shaw.ca

Meet Manager:

Judy Armstrong – 250-319-6321
Judy54armstrong@gmail.com

Entries Chairperson:

Brian Beck – 250-319-1900
kftcregistrar@gmail.com

Eligible Athletes and Events: (2023-2024 school year)

- Grade 4 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 5 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 6 – Boys and Girls (80m, 100m, 300m, 800m, TJ, LJ, HJ, SP)
- Grade 7 – Boys and Girls (100m, 300m, 800m, TJ, LJ, HJ, SP)

Entry Information:

NOTE: Athletes are limited to a maximum of 3 individual events and one relay event each.

All entries are done through Trackie at - <https://www.trackie.com/event/bcinteriorelemchamps2024>

- Entry Deadline June 12, 2024, at midnight.
 - Entry Fee: \$10 per individual event and each relay event
 - Late Fee: \$15 per event – enter at the meet, only if there is room available in the event.
 - BCA Membership \$5 for non-members of BC Athletics
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- Entry fees will not be refunded for any reason (scratch, injury, etc.) after June 13, 2024
 - Relay team members should be athletes of the school they represent and compete in the grade of the oldest athlete on that team. Registration for this event may be at the meet if there is room available in

the event(s). For schools with fewer athletes, we will allow multi-school relay teams as long as athletes from a school have the opportunity to be on a team.

- Athlete registration can be done by someone at the school (at the discretion of the school adult), or by each athlete’s parent.
- Any school or parent who is registering athletes that do not have the individual BC Athletics membership number, but has school or district membership **must** contact Brian Beck (ktfcregistrar@gmail.com) for a code to bypass the “Day of Event” fee before registering athletes. At the time of writing this document, SD #73 Kamloops Public Schools and SD #83 Salmon Arm Public Schools have purchased this for their district’s **public** schools.
- Each competing athlete who is not a member of BC Athletics, or from a public school within a district that has purchased a District or School Membership with BC Athletics will be charged an individual “Day of Event” insurance fee (\$5) when registering. This insurance fee is to provide insurance coverage for the athlete for the day of the meet.

Competition Rules and Other Information

Competition numbers will be assigned to each competitor and must be worn ONLY by that individual for the whole meet. Competition numbers must be worn on the front by all competitors for all their events. These numbers must be visible for each track event so that the cameras can see them. The table to pickup numbers will be open at 7:45 am on June 15.

Track Events:

All track events will be run as timed finals. Some of the events may run with boys and girls together, depending on the registered numbers. Awards will be given for placement in each gender in these mixed events.

Field Events:

- Long Jump, Triple Jump, and Shot Put - Each athlete will be given 1 practice jump and 3 measured jumps.
- High Jump – each athlete will have up to 3 attempts at each height until they have 3 misses in a row.
- Shot Put Weights
 - Gr 4, Gr 5 Boys and Girls – 2.0 Kg
 - Gr 6 Girls – 2.0 Kg
 - Gr 6 Boys, Gr 7 Boys and Girls – 3.0 Kg
- High Jump Starting Heights

GRADE	Gr 4	Gr 5	Gr 6	Gr 7
GIRLS	0.9m	1.00m	1.05m	1.15m
BOYS	0.95m	1.05m	1.10m	1.20m

*Note

Ties, in any event, will be broken with World Athletics (WA) rules. Any other questions will also be resolved with WA rules.

Awards:

Ribbons will be awarded for 1st to 3rd place and can be picked up 30 minutes after the event is completed. Ribbons for relay teams will be awarded to each team member of that team.

Results:

Results will be posted on our Live Results page (<http://www.kamtrack.ca/liveresults>) shortly after each event is completed.

After the meet all results will be posted on [kamtrack.ca](http://www.kamtrack.ca) on the Meets and Results page (scroll down the page to view the Quick Results section).

**Marshaling:**

Check-in for all field events will be at the event location. Check-in for all track events will be at the start line for each event. All athletes should check in at least 20 min. before the scheduled event start time. Be aware that events may be ahead or behind the scheduled times.

Order of Events:

Track events will run from oldest to youngest, males followed by females, and may start up to 30 minutes earlier than scheduled. **Please pay attention to announcements for any changes to start times.**

Athletes with conflicting events:

Track events will go as scheduled. Athletes must notify the officials at all events that are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

Competitive Attire:

All athletes should wear their school jerseys, shorts, and running shoes or spikes while competing if the school will allow them to be used. The maximum spike length allowed is 6mm.

Medical:

St. John's Ambulance on-site.

Concession:

There will be a food truck available at the meet.