



GREYHOUNDS COMBINED EVENTS MEET

Hosted by Greyhounds Masters Track and Field Club

Sanctioned by BC Athletics

Date	3-4 August 2024	
Venue	Percy Perry Stadium, 1299 Pinetree Way, Coquitlam, BC	
Events	Women's Decathlon	U20, Open, Masters
	Men's Decathlon	U18, U20, Open, Masters
	Women's Heptathlon	U18, U20, Open, Masters
	Men's Throws Pentathlon (Aug 3)	Masters, Open
	Women's Throws Pentathlon (Aug 4)	Masters, Open
	Individual track events and relays (Aug 4)	Masters, Open
Meet Director	Gary Silvester	gary@thesilvesters.net
HOC Chair	Urith Hayley	greyhoundspres@gmail.com 604-209-9646
Entries/Registration	Gary Silvester	gary@thesilvesters.net
Website	https://www.trackie.com/event/GCEM2024	

Entry Fees	Decathlon	\$120
	Heptathlon	\$80
	Throws Pentathlon	\$60
	Individual track	\$15 (\$22 late entry)
	Relays	\$40, payable on the day
No refunds given unless the event is cancelled by the HOC.		
Decathlon	Men and Women's decathlon will run concurrently and in the same event order - WA Technical Rule 39.4. There are currently no Canadian Women's decathlon records for Masters age-groups.	
Rules	All events will follow World Athletics (WA) rules except where WMA (Masters) rules differ for Master's events.	
Event Times	Combined events will only run ahead of schedule with the consensus of the group and the Combined Events Referee. Individual track events may run up to 30 minutes earlier than the scheduled time. Any schedule changes will be announced as required.	
Individual Track Events	All events will be run as timed finals. Athletes will be grouped based on age and seed time.	
Spike Length	Maximum length is 7mm for all events except Javelin which is 9mm.	
Check-in	All combined event athletes will check in at the start of their first event. Athletes will subsequently move as a group along with the Combined Events Referee. Permission to leave the group is at the discretion of the Combined Events Referee. For the individual track events, check-in will be done at the start-line of the race.	
Competition Numbers	Competitor numbers may be picked up at Percy Perry Athletic Park starting at 8:30 on August 3.	
Personal Throwing Equipment	Athletes who wish to use their own throwing equipment must present the implements to the Technical Referee by 8:30 on August 3. There-after the implements will be held in place until the start of the event. (The exception is for the Women's Throws Pentathlon whose implements can be presented by 8:30 on August 4.)	
Protests	After discussion with the event referee further protest must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the completion of the event. A \$25.00 protest fee is to accompany all protests. If the protest is upheld, the protest fee will be returned. A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.	

Final Schedule

Aug 3	Men's and Women's Decathlon Start, Day 1	09:30
	Men's Throws Pentathlon Start	09:30
	Women's Heptathlon Start, Day 1	10:30
Aug 4	Men's and Women's Decathlon Start, Day 2	09:30
	Women's Throws Pentathlon Start	09:30
	Women's Heptathlon Start, Day 2	10:30
	80H	10:00
	100	12:00
	800	12:30
	200	14:00
	200H	14:45
	1500	15:00
	400	15:15
	4x800	15:30
	4x100	15:45
	4x400	16:00