



# Universal Spring Opener

Hosted and Organized by *Universal Athletics Club*

Sanctioned By: BC Athletics & World Athletics Association

*Sunday, April 27<sup>th</sup>. 2025*

**North Delta Secondary School, 11447 82 Ave, Delta, BC V4C 5J6.**

## **Important Information:**

- This meet is for 14 plus aged athletes.
- Athlete age groups are determined by the year not month of birth. For example, a U16 must turn either 14 and not older than 15 during 2025.
- All events will be organized by performance NOT age group with the exception of Hurdles.
- **Hurdle athletes will use their proper distance height and spacing for their age/gender.**
- Please give your event PB/Seed Time for both Track and Field events when registering.
- If no PB is given, athletes will be placed into a Flight decided upon by the meet director.
- If numbers warrant Field events may be divided into 2 Flights per gender based on PB's submitted.
- Women and men will compete separately, with the exception of the 1200/1500/2000/3000M and Pole Vault.
- Results will be posted by age/gender group at [UAC Web site](#) and online.
- It is the responsibility of each athlete to provide a reliable email address and to check their correspondence for updates after the deadline date.
- **NOTE:** IF there are 3 athletes or less in any event, that event may be cancelled.

**EVENTS NOT INCLUDED IN THIS MEET**, so don't ask, it's only a one-day meet:

Javelin, Triple Jump, Steeplechase, Racewalk, 5000M+, Relays

**No awards will be given**

**No concession available**

**Bring a water bottle**

**Meet Director: Sue Kydd [suekydd50@gmail.com](mailto:suekydd50@gmail.com)**

## **TO REGISTER FOR MEET:**

- Registration is only online via Trackie, [Click Here](#)
- Entry Fees: \$10.00 per Event via Trackie.
- Deadline for Entries: Tuesday, April 22<sup>nd</sup>. at 11:59pm
- No Refunds after Deadline
- No late e-mail/phone entries will be taken. Late entries and fees will be taken only at track, at the registration desk: \$20 per Event. Bring exact cash or cheque. No cards accepted.
- Late entrants must enter ONE hour before scheduled start of event except for 9:30am events, 45 Min.
- Late entrants will not be seeded and will only be allowed into laned events if there are open lanes.
- Non-members of BC Athletics must purchase a \$3.00 BCA day of event membership/insurance.

## **Bib Pickup:**

- The registration table will open at 8:00AM at the east end of the stands.





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**Events may be run up to 30 minutes earlier than the scheduled time after 12:00 pm**

## **TRACK EVENTS:**

- All events are timed finals. PB/Seed times from online entries will be used to set up heats/flights.
- In each track event, (i.e. 100M) ALL the Women will run before ALL the Men with exception of hurdle events which will use appropriate age/gender heights/spacing for the schedule.

## **EQUIPMENT:**

- All events will be run according to BC Athletic standards.
- Spike lengths are 7mm with the exception of 9mm for high jump.
- ALL athletes must use starting blocks in laned events, blocks will be provided. No personal blocks may be used. Masters will follow the Masters guidelines.
- Wind readings will be provided for horizontal jumps and sprints.
- Finish Lynx electronic timing will be used for all running events.

## **COMPETITOR'S BIB NUMBERS:**

- Competition bib numbers must be worn on the front for all events.

## **MARSHALLING:**

- All athletes should pay attention and make sure the events have not been moved up, or delayed.
- The times on the schedule is the start of the competition, not the warm-up.
- Check-in is minimum 10 minutes before the start time for all field events and will be at the events.
- All track events must check in 10 minutes before the start time at the start line. Please don't check in too soon as that just slows things down.

## **CONFLICTING EVENTS:**

- Be advised there will be conflicts between some events. Athletes should pay attention to conflicts when registering by checking the schedule.
- To avoid missing field events or races, athletes should report to BOTH track and field event. BCA officials will **TRY** to facilitate athletes doing both events.
- Athletes cannot “catch up” on missed rounds of field events, nor move into different heats/races and/or compete with other groups because of missed events.

**FIRST AID:** Registered Physio/first aid will be onsite. Surrey Memorial Hospital – 15-minute drive

## **PROTEST:**

- Athletes or a representative must attempt to resolve the concern, either verbally or in writing, within 30 minutes of posting, with the Event Referee. The Event Referee will deliver a decision.

## **APPEAL:**

- The decision of the Event Referee may be appealed, within 30 minutes, by any athlete or representative of the athlete affected by the decision.
- The Appeal is made to the Jury of Appeal, in writing, and must be accompanied by \$50.00 cash. If the appeal is upheld, the fee will be returned.
- Results officials shall be advised immediately if there is a protest/appeal.

## **JURY OF APPEAL:**

- A jury, comprised of two BC Athletics officials (not involved in the conflict and experienced in the field of play questioned,) and the Meet Director or Meet Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.





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## Track & Field Schedules for Sunday, April 27<sup>th</sup>. 2025

**NOTE: IF there are 3 or less athletes in any event, that event may be cancelled.**

### Track Schedule

- Heats will be run fastest to slowest.
- PB/Seed times from online entries will be used to set up heats. For example, a 14-year-old may run in the same heat as a 50-year-old.
- **Hurdle event Athletes will use the proper distance, height and spacing for their age/gender.**
- ALL the Women in 100M to 800M events will run before ALL the Men.
- Women and Men will run together in the 1200/1500/2000/3000M races.
- Sprint athletes will have 2 minutes to set their blocks unless the Starters Assistant says otherwise.

9:30 am	300/400M
10:00 am	2000/3000M
10:30 am	100M
12:00 pm	800M
12:30 pm	110M/100M/80M Hurdles
1:30 pm	1200/1500M
2:00 pm	200M
2:30 pm	300/400 Hurdles



### Field Schedule

- There ARE conflicts in the Field Schedule. Prioritize what you choose and choose only 2 events.
- All age groups will compete at their gender time except for PV which will be divided into flights based on the heights given at time of entry.
- Warm-ups will happen BEFORE the competition time listed. Arrive early.
- Long Jump and Throws Athletes will receive 4 attempts. No finals.
- Minimum heights for High Jump, Female-1.20m, Male-1.30m.

Time	HJ	LJ	Pole Vault	Shot Put	Hammer
10:00am	Female	Male	1.5m to 2.90m Male & Female	Female	Male
12:00pm	Male	Female	Over 2.90m Male & Female	Male	Female



Highest to Lowest Order of races for hurdle events, Colour markings are for North Delta SS track							
Age Group	Heights	Colour	To 1st H		Age Group	Heights	To 1st H
<b>110 Meter, 10 Hurdles</b>					<b>400 Meter, 10 Hurdles</b>		
Senior M	42"/1.067m	Red 9.14M	13.72M		Senior M	0.914m/36"	45m Green
35 to 49 M	39"/.991m			35 to 49 M			
U20 M				U20 M			
U18 M	36"/.914m			50 to 59 M			
<b>100 Meter, 10 Hurdles</b>					U18 M	0.838m/33"	
50 to 59 M	36"/.914m	Yellow 8.50M	13:00M		35 to 49 W	0.762m/30"	
35 to 40 W	33"/.838m			Senior W			
Senior W				U20 W			
U20 W				U18 W			
U16 M					<b>300 Meter, 7 Hurdles</b>		
U18 W	30"/.762m	8:00M	12:00M		60 to 69 M	0.762m/30"	
60 to 69 M	33"/.838m				50 to 59 W		
<b>80 Meter, 8 Hurdles</b>					U16 W/M		
40 to 59 W	30"/.762m	Black, 8.0M	12:00M		60 to 69 W		0.686m/27"
U16 W					70 to 79 M		
70 to 79 M	30"/.762m	White, 7.0M					
60+ W	27"/.686m						
80+ M							

From Appendix A in the BC Athletics Events & Technical Specifications for Athletics Manual. Updated, Sept. 2020