

# HARRY JEROME



# INDOOR GAMES



**Saturday, February 1st, 2025**

## **Meet Information Bulletin**

**JD (born years 2012 -2016), U16 (born 2010 & 2011),  
U18 (born 2008 & 2009), Open & Masters Divisions ~ Male & Female**

**Hosts: Richmond Kajaks Track & Field Club and the Achilles  
International Track & Field Society**

**Early Bird Entry Deadline: January 26<sup>th</sup>, 11:59pm**  
Early Bird \$18.50 per event; \$30.00 per relay team  
Late Online Registration \$20.00 per event; \$30 per relay team  
(deadline January 29<sup>th</sup>, 11:59pm)

**Enter Online @ <https://trackie.com/event/harryjeromeindoor2025>**



**Location:** Richmond Olympic Oval ~ 6111 River Road, Richmond, BC – [www.richmondoval.com](http://www.richmondoval.com)

**Events:** **JD (born 2012-2016):** 60m - 200m-600m - 4X200m & 800m Sprint Mixed Medley Relays (2G/2B)

**12 & 13 Yr. (Boys/Girls):**

additional Shot Put

**U16, U18, Masters, Open:**

60m – 60mH – 300m – 600m – 1000m – 1200m\*/1500m - 4x200m Relay & 1600m Sprint Mixed Medley Relay - HJ – SP \* 1200m is the official distance event for U16 W/M

**CO-ED RACE-WALK EVENTS:** 1500m U16,U18,Open: 800m JD (2012)

**Awards:** **Medals** to top 3 finishers in **all divisions if there are at least 3 competitors.**

**The Eaton Cup** for the Club team (U16-U18-Open) aggregate winner. Scoring: 6-4-3-2-1

**Individual Awards** for best individual performance in U16 & U18 W/M, Masters and Open W/M. To qualify for medals there must be 3 or more competitors in an age division. We will combine Masters divisions to ensure a sufficient number of competitors. This will not over-ride the requirement for 3 competitors in an age division for awards calculation.

**Entry Fees:** **Early Bird \$18.50 per person per event; \$30.00 per relay team** – by January 26<sup>th</sup> 11:59pm

Athletes will be eligible to have their names on their bibs.

**Late Online Registration \$20.00 per person per event; \$30 per relay team** –January 29<sup>th</sup>, 11:59pm

Athletes will not have names on their bibs.

**Day of Event registration?**

No guarantee that any events will be open. Only unassigned lanes may be available.

**BC Athletics Membership Requirements:**

Participants must hold a 2025 BC Athletics or equivalent membership in order to take part in the meet. More BC Athletics information at: <http://www.bcathletics.org/main/index.htm>

**Eligible memberships are:**

- 2025 Competitive BC Athletics membership or 2025 Competitive membership with another province..
- 2025 Team Roster membership with a 2025 BC Athletics affiliated Post-Secondary Club 2024/2025 B Athletics School Club (Elementary through High School) membership.
- Elementary through High School aged athletes who are not with a 2024/2025 BC Athletics School Club are permitted to take out a **\$3.00 Day of Event** membership in order to participate in the meet.

Note: Day of Event memberships are not permitted for any other age group.

For the latest meet and entry information check: <https://www.harryjerome.com/events>

## Important Reminders:

- **New: Family and Spectators are FREE. Come and cheer!**
- The Event is BC Athletics sanctioned and operates according to their **Safe Sport Policy**.
- **Pin spikes** are available for purchase at the Olympic Oval store which will open at 8:30 AM on the day of the event. They will not be available at the registration desk. Spikes may also be purchased on line; **Go to:** <https://ovalsportstore.ca> \* See technical notes below about eligible spikes.
- **Charity Event:** Relay Fees will be donated to Richmond Kidsport. **In 2024 we contributed \$1,000!**
- **NEW: 600m** – start on a single or double curved line; break after 1 curve when clear; 8 runners max.
- **Top 5 fastest qualifiers advance to Finals;** heat winners are not guaranteed a place in the finals.
- **Starting Heights for the High Jump are firm:** All ages: Women-1.20m, Men-1.35m
- **Starting Blocks** are used only for U16 athletes and older.
- Avoid time conflicts with events by reviewing this bulletin and schedule before completing entry applications. Events will not be delayed for athletes who are participating in another event at the same time.

## Technical Notes:

- Events for U16 – U18 – Open – Master: 60m, 60m Hurdles, 300m 600m, 1000m, 1200m\*\*, 1500m, 4X200mR, 1600m Mixed (**2W/2M**) Sprint Medley Relay, High Jump, Shot Put (\*\* 1200m is the official distance event for U16 W /M).
- Events for JD (born 2012-2016) Girls and Boys: 60m-200m-600m-4x200m Mixed (**2G/2B**) Relay, 800m Mixed (**2G/2B**) Sprint Medley Relay, plus 1200m for 12 &13 yr. competitors

9 Yrs.	2016 birth year
10 Yrs.	2015 birth year
11 Yrs.	2014 birth year
12 Yrs.	2013 birth year
13 Yrs.	2012 birth year

- Continued Events in 2025 for 12&13 Yr. G/B: Shot Put (3 kg) will be available.
- Separate 'Masters-only' sections of the 60m are available if numbers permit.
- Junior-aged and Masters-aged athletes may apply to compete in the Open division.
- Open Women and Open Men 60m B-finals will only be run if size of field warrants.
- All athletes, especially relay team members, are encouraged to wear club jerseys during their competition.
- **SPIKES Note:** If spikes are worn, only Omni-Lite 5mm Ceramic Indoor Pyramid spike and Omni-Lite 7mm Ceramic Indoor Pyramid spike are allowed. They may be purchased through the Oval store.
- The Track Zone starting blocks will be the only ones utilized.

- **High Jump**

- Opening or Starting Heights for High Jumps has been established.
- Women - 1.20m (all ages)
- Men - 1.35m (all ages)
- Increments will be 5cm until the last remaining athlete (includes all age groups)

- **Specs for 60m Hurdles**

- Age Classes: U16 Women/Men; U18 Women/Men; U20 Women/Men; Open Women/Men; Masters Women/Men

	Men				Women			
	Height	To 1 <sup>st</sup> H	Spacing	To Finish	Height	To 1 <sup>st</sup> H	Spacing	To Finish
U16	.840m/33"	13m	8.5m	13m	.762m/30"	12m	8m	16m
U18	.914m/36"	13.72m	9.14m	9.72m	.762m/30"	13m	8.5m	13m
U20	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
OPEN	1.067m/42"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 35-39	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 40-49	.991m/39"	13.72m	9.14m	9.72m	.762m/30"	12m	8m	16m
M: 50-59	.914m/36"	13m	8.5m	13m	.762m/30"	12m	7m	20m
M: 60-69	.840m/33"	12m	8m	16m	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
M: 70-79	.762m/30"	12m	7m	20m	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>
M: 80+	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>	<del>.686m/27"</del>	<del>12m</del>	<del>7m</del>	<del>20m</del>

As in previous years this event will be available for Masters Men 79 years and younger, Masters Women 59 years and younger. The stadium does not have 27" Hurdles and this will remove the necessity of our having to borrow or rent them from elsewhere and then transport them to the stadium.

- **Specs for Shot Put:**

- Age Classes: JD 12/13 B/G ; U16 W/M ; U18 W/M ; U20 W/M ; Open; Masters W/M.
- Throwing Implements are provided. JD weight is 3 kg.

MEN	U16	U18	U20	Open	M 35-49	M 50-59	M 60-69	M 70-79	M 80+
				(16#)	(16#)				
	4 kg	5 kg	6 kg	7.26 kg	7.26 kg	6 kg	5 kg	4 kg	3 kg

WOMEN	U16	U18	U20	Open	W 35-49	W 50-59	W 60-69	W 70-74	W 75+
	3 kg	3 kg	4 kg	4 kg	4 kg	3 kg	3 kg	3 kg	2 kg

- **Start Lines & Stagers: (\* = run on straightaway)**

- 60m\*, 60mH\*, 200m, 300m – run in lanes all the way
- 600m – start on a single or double curved line; break in when clear; 8 runners max.
- 1000m – start on a single or double curved line; break in when clear; 8 runners max.
- 1200m and 1500m - start on single or double curved line; break in when clear; 9 runners max
- 4 x 200m Relay – 3-curve staggered start: break in after third curve; 20m exchange zone
- 1500m Race Walk – start on single or double curved line; break in when clear; 24 runners max
- 800m Race Walk – start on single or double curved line; break in when clear;



**Early Bird Entry Deadline: January 26<sup>th</sup>, 11:59pm**

### **Entry Process:**

All entries are entered online @ <https://trackie.com/event/harryjeromeindoor2024>

- Please review BC Athletics membership requirements: <https://www.bcathletics.org/Membership/> (If membership is required, please set aside time to complete this membership process as it can take several days, Please contact BC Athletics for more information)
- Relay Teams: When entering relay teams, all members must be identified by first selecting number of relay teams and then entering the names of members (section 2 of 3).
- There are no refunds for scratches that occur after the entry deadline.
- Technical meeting at 8:45 am on meet day is the last opportunity to scratch from events.

**Inquiries re Entries:** Direct your questions to Entry Chairperson: [dawn\\_driver@hotmail.com](mailto:dawn_driver@hotmail.com)

**Start List and Final Schedule:** Will be posted on Friday January 31<sup>st</sup>:

<https://www.harryjerome.com/events>

**Straightaway Schedule Jan. 10, 2025**  
**Top 5 times advance to finals from heats**

8:45	<b>Technical Meeting</b>		
9:30	Open	M (U20)	60mH Prelim
9:40	U18	M	60mH Prelim
9:45	Open	W (U20)	60mH Prelim
9:50	U16	M	60mH Prelim
10:00	U18	W	60mH Prelim
10:05	U16	W	60mH Prelim
<b>20 minute break before finals</b>			
10:25	U16	W	60mH Final
10:30	U18	W	60mH Final
10:35	U16	M	60mH Final
10:40	Open	W (U20)	60mH Final
10:45	U18	M	60mH Final
10:50	Open	M (U20)	60mH Final
11:00	U16	W	60m Prelim
11:20	U16	M	60m Prelim
11:35	U18	W	60m Prelim
11:50	U18	M	60m Prelim
12:15	Open, M	W	60m Prelim
12:30	Open, M	M	60m Prelim
1:10	<b>Lunch Break</b>		
1:20	12 & 13 Yrs.	G	60m Prelim
1:45	12 & 13 Yrs.	B	60m Prelim
2:00	9,10 & 11 Yrs.	G	60m <b>Timed Finals</b>
2:10	9,10 & 11 Yrs.	B	60m <b>Timed Finals</b>

2:25	12 & 13 Yrs.	G	60m Section Finals
2:30	12 & 13 Yrs.	B	60m Section Finals
2:45	U18	W	60m Final
2:50	U18	M	60m Final
2:55	Open	W	60m Final A+B
3:05	Open	M	60m Final A+B
3:15	U16	W	60m Final
3:20	U16	M	60m Final
3:25	Masters	W	60m Final
3:30	Masters	M	60m Final

### Oval Schedule- Sectioned Timed Finals

9:30	U14, U16,U18, O	M/W	Race Walk 800/1500m
<b>(These will be cancelled if &lt;3 competitors/event register by 26/1/2025)</b>			
9:45	U16	W	600m
9:45	12,13,U16/18,Open	M	Shot Put
9:50	U16	M	600m
10:00	U18	W	600m
10:05	U18	M	600m
10:15	Open,M	W	600m
10:20	Open,M	M	600m
10:30	9-13 Yrs.	G	600m
10:45	9-13 Yrs.	B	600m
11:00	U16 &18, Open,M	W	1000m
11:10	U16&18	M	1000m
11:20	Open, M	M	1000m
11:15	12,13,U16/18,Open	W	Shot Put

11:30	9-13 Yrs.	G	200m
11:45	9-13 Yrs.	B	200m
12:00	U16	W	300m
12:20	U16	M	300m
12:30	<b>Track Oval Closed for OM 60m / Lunch Break</b>		
12:30	U16,U18, Open	W	High Jump
1:15	U18	W	300m
1:25	U18	M	300m
1:45	Open,M	W	300m
2:00	Open,M	M	300m
2:30	12,13 Yrs., U16	W	1200m
2:40	12,13 Yrs., U16	M	1200m
2:30	U16,U18, Open	M	High Jump
3:05	<b>Track Oval Closed for OM 60m Final</b>		
3:10	U18, Open	W	1500m
3:20	U18, Open	M	1500m
3:30	9-13 Yrs.	G/B	4X200 Mixed Relay
3:50	U16	W	4X200m Relay
4:00	U16	M/Mixed	4X200m Relay
4:10	U18	W	4X200m Relay
4:15	U18	M/Mixed	4X200m Relay
4:25	Open	W	4X200m Relay
4:30	Open	M/Mixed	4X200m Relay

**Charity Sprint MedleyRelays: All Entrance Fees Donated to Kidsport**

4:35	9-13 Yrs.	G/B	(200,100,100, 400) Mixed Sprint Medley Relay
4:45	U16,U18,Open	M/W	(400,200,200, 800 ) Mixed Sprint Medley Relay
5:00	<b>Awards: Eaton Cup - Outstanding Performances</b>		



## Seeding and Finals:

- Athletes will be placed into sections or heats based on submitted **best 2024 OUTDOOR performances**.
- All track events with the exception of the 60m, and 60m Hurdles are **sectioned timed finals**.

## Athlete Accreditation (Bibs) & Spectators:

- Registered athletes may pick up their numbers at the **Athlete Check-in** table at the second level entrance to the Oval from **8:30 am**.
- Athlete and spectator access to the Track Zone is available after **8:30 am**.

**Meet Program:** Our PAPERLESS PROGRAM will be available at [www.harryjerome.com/events](http://www.harryjerome.com/events)

## Check-in Times & Locations:

- Check-in **for all Oval track events** will be located at the northwest corner of the Track Zone (left end of the window wall). Check-in **for all 60m or 60m hurdle** will be located at the northeast corner of the Track Zone (at the start line) Check-in must occur **no later than 15 minutes before the posted start times**. The athlete control clerks will escort competitors to the start of their event when it is time.

## Parking:

- Covered pay parking (\$2.50 per hour capped at \$20) is available at the Oval. West Park is a multi-level parking lot with access off River Road just east of the Lobby entrance to the Oval and with 40 parking stalls available also at \$2.00 per hour. With large groups at special events (like ours) parking becomes quite limited. We suggest you plan ahead with car-pooling or drop off plans.
- **Check this link for up-to-date overflow pay-parking options as of December 15, 2024**

[https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022\\_OverflowParking-Map-with-Legend.pdf](https://media.richmondoval.ca/wp-content/uploads/2022/05/03180825/2022_OverflowParking-Map-with-Legend.pdf)