



Vancouver Olympic Club

39th Annual Track Meet

Swangard Stadium, Burnaby, BC
April 25-26, 2025

COMPLETE LIST OF EVENTS

Rascals - 8 years old (2017):

50m dash - entry fee \$ 5.00

JD 9-10 years old (2016, 2015 B & G):

60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m

JD 11 years old (2014 B&G):

60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m

JD 12-13 years old (2013, 2012 B & G):

100m, 200m, 300m, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2012 only), SP, 4x100m

U-16 and U-18:

100m, 200m, 800m and LJ.

All athletes will compete in their respective events, based on their age group, as per the BC Athletics Junior Development Committee Manual. Exceptions will be made for Grade 7 students born in 2011, who may compete in the 2012 age class. Results for these athletes will be awarded separately.

REGISTRATION INFORMATION

Entries: All entries are done through [Trackie](#). Link to [Registration](#) is also on the VOC website.

Entry Deadline: April 20, 2025, midnight

Athlete Registration Fees:

Elementary School Age Regular Fee \$12 per event, \$15 per relay team

Elementary School Age Late Fee \$15 per event, \$20 per relay team

Secondary School Age Regular Fee \$15 per event

Secondary School Age Late Fee \$20 per event

BCA Membership \$3 for non-members of BC Athletics

Late Registration Deadline: April 22, 2025, at 3:00PM to ddrivertrack@gmail.com.

- **No day of event registration is permitted, other than the Rascals 50 m dash.**
- The Event is BC Athletics sanctioned and operates according to their Safe Sport Policy.
- Entry fees will not be refunded for any reason (i.e., scratch, injuries etc.)
- JD Age groups: determined by year of birth from 2016 – 2012.
- There is no restriction on the number of events entered by a single athlete, including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must be members of BC Athletics or complete an individual “*Day of Event Membership*” for \$3 in addition to the entry fee. School memberships can be purchased directly from BC Athletics - Cristi Lundman, 604-333-3556.

- Schools that have purchased BC Athletics school memberships should enter “SCHOOL” in the membership # field when registering athletes that do not have individual BC Athletics memberships.
- The BC Athletics fee is for insurance to cover the athlete for the day of the meet.
- For any other information about the event contact Tatjana Mece: voc.tatjana@gmail.com

TRACK EVENT INFORMATION

- Competitors in each event must report to the designated marshalling area (at the west corner of Swangard Stadium) **30 minutes prior to the start of the event.**
- Field event competitors will report for the check-in at the events.
- All JD Hurdles, U-16 and U-18 events will be timed finals.
- The 60m (9-11 years old) and 100m events (9-12 years old) will be timed finals.
- The 100m, 200m, 300m, and 4x100m relay, and all middle distances will be timed finals.
- **Some distance events may be run at the same time (Girls & Boys together), dependent upon the number of competitors.**

FIELD EVENT INFORMATION

- Field event competitors will report for the check-in at the events **30 minutes prior to the start.**
- Long Jump & Shot Put (2016-2012), Triple Jump (2012) - each competitor is allowed one practice run-up and three attempts.
- Each Secondary School Long Jump athlete will have three qualification jumps. The top eight competitors will have three attempts in the final.
- High Jump - each athlete will have three attempts at each height.
- Long Jump and Shot Put should start by flights depending on the number of competitors.

Shot Put Weights:

- 2016, 2015, 2014, Girls and Boys: 2 kg
- 2013, 2012, Girls and Boys: 3 kg

Starting Heights for High Jump:

AGE	2016	2015	2014	2013	2012
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

NOTE - Some high jump mats have a minimum height of 0.9 m. In such cases, the lower starting heights are not possible if the athletes are to clear the pits.

RULES

Ties in any event will be broken using WA/AC rules. Any other questions will also be resolved with WA/AC rules.

NUMBERS

Numbers will be issued for each competitor and must be worn by that individual ONLY. For all events, numbers must be worn on the front of the athlete.



SCORING

Team score will be totaled based on athletes' points, calculated as follows:

1 st :	10 points	5 th :	4 points
2 nd :	8 points	6 th :	3 points
3 rd :	6 points	7 th :	2 points
4 th :	5 points	8 th :	1 <i>point</i>

AWARDS

- For school athletes, awards will be given directly to teachers at the end of the meet.
- Other awards can be picked up by athletes 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eight in individual events, and 1st, 2nd, and 3rd in relays.
- Team Champion - each age category - Girls and Boys – Trophy
- Team Champion - Girls and Boys – Trophy
- Team Champion - Overall – Trophy

RESULTS

- During the event results can be accessed online via a QR code link. The code will be posted by the information table/ athlete check-in.
- Following the track meet, results will be available on the [Vancouver Olympic Club website](#).

SCHEDULE

- The tentative schedule is posted below. However, there may be changes, depending on number of competitors. Remember to **check the schedule the night before the event**, as start times may change.
- Event times may run up to **30 min earlier or later** than listed, subject to the number of heats involved. Athletes must be prepared to compete earlier or later than the scheduled time.
- Be mindful that athletes need plenty of time for proper warm up, and events can run 30 minutes earlier than the scheduled time. Coaches and teachers should advise parents to bring their athletes early.

VENUE

- Bathrooms are available at Swangard Stadium
- Parking lots are accessed via Boundary Road (south of the Central Park outdoor pool) and Kingsway (east of Swangard Stadium).
- Concession will be open to purchase food and snacks.

INFIELD

Only participating athletes are allowed in the infield.

The infield and the finish line area must be kept clear to enable the officials to do their job.

LOST AND FOUND

Athletes can claim lost items after the meet. E-mail: voc.tatjana@gmail.com . Articles not claimed after two months will be donated to charity.



VOLUNTEERS

Our track meet would not run without the support of volunteers. Most volunteers at the event are VOC athletes and families. However, at times we may need additional help. We'd really appreciate **each school providing one volunteer**. After your registration is submitted, we will let you know how you can help.

ADDITIONAL INFORMATION

The Vancouver Olympic Club Track Meet is open to any public, private, independent schools, or clubs in BC.

- Elementary schools from across the Lower Mainland are encouraged to participate.
- Warm-up for teams and athletes must be done outside the track.
- Admission for spectators is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- QR code to online Heat Sheets and Results will be posted at the track meet registration desk, concession, and in the stands.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.
- The **Runinn**, one of our event sponsors, will be at the meet selling a limited selection of track spikes and accessories. For School Team orders or athlete's needs, please call or visit the store.

Track Meet Schedule on pages 5 and 6 (below).



VOC TRACK MEET SCHEDULE – FIELD EVENTS

Friday - April 25, 2025

Time	Long Jump		High Jump	Shot Put
	Pit A	Pit B		
3:00 pm	2015 G Flight 1	Flight 2	2014 G	2013 G
4:00 pm	2015 B Flight 1	Flight 2	2014 B	2013 B
5:00 pm	2016 G Flight 1	Flight 2	2013 G	2012 G
6:00 pm	2016 B Flight 1	Flight 2	2013 B	2012 B
7:00 pm	2014 G Flight 1	Flight 2	2012 G	2016 G

Saturday - April 26th, 2025

Time	Long Jump		Triple Jump		High Jump	Shot Put
	Pit A	Pit B	Pit A	Pit B		
10:00 am	2012 G Flight 1	Flight 2			2015 G	2014 G
11:00 am	2012 B Flight 1	Flight 2			2015 B	2014 B
12:00 pm	2013 G Flight 1	Flight 2			2012 B	2015 G
1:00 pm	2013 B Flight 1	Flight 2			2016 G	2015 B
2:00 pm	2014 B Flight 1	Flight 2			2016 B	2016 B
3:00 pm			2012 G	2012 B		
Secondary School Field Events						
3:30 pm	U-16 G	U-16 B				
4:30 pm	U-18 G	U-18 B				

VOC TRACK MEET SCHEDULE – TRACK EVENTS DAY 1

Friday - April 25th, 2025

Time	60mH	80mH	200mH	1000m	1200m	4x100m	200m	800m
3:00 pm	2016 G&B							
3:20 pm	2015 G&B							
3:40 pm	2014 G&B							
4:00 pm		2013 G&B						
4:20 pm		2012 G&B						
4:40 pm			2013 G&B					
4:50 pm			2012 G&B					
5:10 pm				2016 G&B				
5:20 pm				2015 G&B				
5:30 pm				2014 G&B				
5:40 pm					2013 G&B			
5:55 pm					2012 G&B			
5:10 pm						2016 G&B		
6:20 pm						2015 G&B		
6:30 pm						2014 G&B		
6:40 pm						2013 G&B		
6:50 pm						2012 G&B		
Secondary School Track Events								
7:00 pm							U16-18 G/B	
7:15 pm								U16-18 G/B



VOC TRACK MEET SCHEDULE – TRACK EVENTS DAY 2

Saturday - April 26th, 2025

Time	300m	60m	100m	200m	600m	800m
9:30 am	2012 G					
9:35 am	2012 B					
9:40 am	2013 G					
9:45 am	2013 B					
9:50 am		2016 G				
10:00 am		2016 B				
10:15 am		2015 G				
10:30 am		2015 B				
10:45 am		2014 G				
11:00 am		2014 B				
11:15 am			2012 G			
11:30 am			2012 B			
11:40 am			2013 G			
11:50 am			2013 B			
12:00 pm			2014 G			
12:10 pm			2014 B			
Lunch Break		Rascals 50m				
12:40 pm			2015 G			
12:50 pm			2015 B			
1:00 pm			2016 G			
1:10 pm			2016 B			
1:25 pm				2014G		
1:40 pm				2014 B		
1:55 pm				2013 G		
2:10 pm				2013 B		
2:20 pm				2012 G		
2:30 pm				2012 B		
2:40 pm					2016 G	
2:50 pm					2016 B	
3:00 pm					2015 G	
3:10 pm					2015 B	
3:15 pm					2014 G	
3:20 pm					2014 B	
3:25 pm						2013 G
3:30 pm						2013 B
3:35 pm						2012 G
3:40 pm						2012 B
Secondary School Track Events						
3:45 pm			U-16 G & B			
3:55 pm			U-18 G & B			

