



BCEC 55

INFORMATION PACKET

BC Elementary Track & Field Championships 2025

@BCELEMENTARYTFCHAMPS www.kajaks.ca/bcec **@KAJAKSTFC #BCEC555**

OUR PHILOSOPHY

WHY WE DO IT

This is an event for everyone. The BC Elementary School Track & Field Championships is hosted by the Kajaks Track & Field Club with the purpose of providing a fun and safe competitive experience for grade 3-7 athletes of all abilities. We welcome elementary school aged athletes (ages 9-13) whether they are new or experienced to the sport of Track & Field; or whether they represent a participating school, or not. Anyone can register. No prior qualifying events are necessary. There is also a Track Rascals race for 8 years and younger crowd on Saturday.

ETIQUETTE & CONDUCT

WE WANT THIS TO BE A SPECIAL WEEKEND FOR ALL

The BC Elementary Track & Field Championships will abide by the [BC Athletics Codes of Conduct](#). It is expected that all participants: Athletes, Coaches, Officials, Spectators and Parents abide by the applicable codes of conduct. Failure to do so may result in expulsion from the competition venue in addition to other actions by the organizing committee. **This meet is Volunteer powered, so be sure to thank one of our BC Athletics Officials, and our orange-shirted #KajaksFam volunteers.**

GENERAL INFO.

THE BASICS

Event Name:	55 th Annual BC Elementary Track & Field Championships (The BCEC)
Event Date(s):	Friday May 23 rd – Sunday May 25 th , 2025
Location:	Clement Track & Collier Throws Centre @ Minoru Park 7191 Granville Street Richmond, BC Canada
Hosted by:	The Kajaks Track & Field Club in cooperation with The City of Richmond
Website:	www.kajaks.ca/bcec
Sanctioned By:	BC Athletics a member of Athletics Canada
Event Contacts:	Michaela Colluney (Technical Event Director) events@kajaks.ca Karen Fisher Hagel (Meet Manager) info@kajaks.ca Dawn Driver (Entries & Registration Lead) ddrivertrack@gmail.com Lanie Man (Sponsorships & Gifts) donateto@kajaks.ca

Merchandise: **Official 55th BCEC T-Shirts are available for pre-order NOW with DEADLINE of May 9th at 11:59pm! See the shirts and hoody options and get full details here: <https://www.kajaks.ca/bcec>**

REGISTRATION INFO.

HOW TO REGISTER FOR THE MEET

Participants: This meet is open to all athletes ages 9-13 years of age. There are no restrictions. Athletes can enter this meet with their school team, as an individual representing their school, a BC Athletics club member or an unattached individual athlete (no affiliation).

Online Registration: All Entries must be completed online at trackie.reg. Registration for the 55th BCEC can be found here:

Registration: LINK TO COME

Refunds: No Refunds. No Exceptions

Deadlines & Fees:

	Regular
Deadline (Date)	TUESDAY MAY 21 ST
Deadline (Time)	1 PM
Per Event*	\$10.00
Per Relay	\$20.00
BCA**	\$ 5.00

* entry fee is per event/per athlete

** Athletes who do not have an annual BC Athletics (BCA) competitive membership or are not with a BC Athletics registered school will be required to pay a \$5.00 fee for a Day of Event membership in order to take part in the meet. To see if you or your school is covered, please click here for the <https://www.bcatletics.org/Content/school-club-and-school-district-membership/255/> list.

Entry Fees: Entry fees can be paid:

- online via credit card or debit card at trackie.reg site (plus applicable fees);
- by cheque payable to "Kajaks Track & Field Club." (payment must be received by Kajaks TFC before the first event to guarantee entries).
- by e-transfer to info@kajaks.ca Please contact the Meet Manager Karen at info@kajaks.ca for security words, or any issues and/or questions.

Day of Event Entries: NO day of event entries will be taken except for the TRACK RASCALS RACE that takes place on Saturday at 3:30PM.
Registration for the Track Rascals race can be done online or at the registration desk inside the Area.
\$10 cash or e-transfer to info@kajaks.ca (security word: orange)

Packet Pick-Up: Registration packets (with competition numbers and other information) will be available for pick up at the Registration Desk located in the Arena to the north of the homestretch grandstands starting **2:00 PM Friday May 23th, 2025** until the end of the meet. Coaches and/or Teachers with teams will pick up the team packet for their entire team and will be responsible for handing them out to athletes.

Age Groups:

Girls			Boys		
Grade 3	2016	9Y	Grade 3	2016	9Y
Grade 4	2015	10Y	Grade 4	2015	10Y
Grade 5	2014	11Y	Grade 5	2014	11Y
Grade 6	2013	12Y	Grade 6	2013	12Y
Grade 7	2012	13Y	Grade 7	2012	13Y

Eligible Events:

The BC Elementary Track & Field Championships follows the [BC Athletics Technical Specifications Manual](#). For a list of events, please see APPENDIX A.

ENTRIES INFO.

WHAT YOU NEED TO KNOW BEFORE AND AFTER YOU REGISTER FOR THE EVENT.

Accepted Entries:

Entries are done by Year of Birth (YOB). Athletes may only enter events in their own age category. Please see the [BC Athletics Technical Specifications Manual](#) for technical specifications by age. **There is NO provision for athletes to compete in events below their age division.** Where an event is not offered, they may enter in the next highest category ONLY if that category is noted for the age/gender in the BC Athletics Technical Specifications.

Changes:

Changes that are requested due to registration issues may be accommodated if doing so will not impact the event. Registration issues will be examined case by case with no guarantee of change at the registration desk inside the arena starting Friday May 23th.

Event Seeding:

Athletes are eligible to include seed times in their online registration process for sprints events. There is no guarantee that seeded times will be used to set the lane placement or heat of athletes although efforts will be made to do so. All lane assignments are final as posted on the event heat sheets. We will attempt to ensure all the athletes from one school do not run in the same heat. The volume of entries in each age category will ultimately determine our ability to do that. There is seeding in the distance events where more than one heat is necessary. Seed times should be from races run this season.

Bibs/Competitor Numbers:

Each athlete will have a Bib/Competition number. Numbers must be worn on the front for all individual events. Relays will be run without competitor numbers for athletes running the first, second and third leg of the relay. The final leg runner must have their competition number. It is assumed that team members will be wearing team shirts/uniforms.

We thank New Balance Richmond for their generous sponsorship of our event, please note the discount code on the back of athletes' competition bib and consider visiting their store.

<https://stores.newbalance.com/GardenCity>

COMPETITION INFO.

WHAT YOU NEED TO KNOW ON COMPETITION DAY

Schedule of Events: The meet will provide a **TENTATIVE** schedule of events for the meet to be posted online at www.kajaks.ca/bcec and Trackie.Reg. A **FINAL** schedule will be posted in these places by 8:00 PM Wednesday May 21st prior to the start of the meet. Please note we will make every effort to run on schedule and, if time permits, the meet will run no more than 20 minutes ahead of schedule.

☐ Rain: The meet will go on as planned Rain or Shine. For safety, rain may cause the High Jump to move indoors to the arena. If this is the case, some High Jump events may need to be moved later or to the next day.

Heat Sheets: Heat sheets will be made available at the park on the north wall of the grandstand or inside the Arena in case of rain. Updated heat sheets will be posted in these areas each day of competition.

Results: Results will be posted online during the event at <https://results.swanracing.ca/> and at www.kajaks.ca/bcec after the completion of each competition day. Results will also be posted in the Arena or online at 30min - 45min after the completion of an event barring any protests. Final Combined results will be posted online at www.kajaks.ca/bcec after the completion of the entire event on Sunday.

Protests: Protests must be submitted in writing using the Official Meet Protest Form (see: APPENDIX C) to the Meet Director and the JURY OF APPEAL within 30 minutes from the posting of the results of the event in question. A \$25.00 protest fee is to accompany all protests. If the protest is upheld, the protest fee will be returned. Protests can only be submitted by a team or club coach. For unattached athletes, or athletes who do not have a coach present at the meet, parents may submit a protest. Violation of this rule will result in the protest not being accepted.

Jury of Appeals: 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

Event Specifications: For a complete list of event specifications (hurdle heights, implement weights etc...) please consult the [BC Event Technical Specifications](#). [Appendix A – page 14 / Appendix B – page 15].

Event Check in: It is recommended that all coaches, parents and athletes arrive at the meet no less than 1 hour before the scheduled start of their event.

All athletes will be called to check in by the announcer. Athletes will receive 1st, 2nd and Final calls, so please listen carefully to all announcements. Athletes will be called by their gender, year of birth and event.

Athletes must have their competition numbers/bibs upon check in. No exceptions.

Field Events: Athletes competing in all field events will be called to check-in at the site of their event (example: long jumpers will check in at the long jump pits).

Example: "This is the second call for Boys 2012 Shot Put. Please make your way to Collier Throws Centre for your event to check in."

Coaches and Parents may accompany their athletes to Field check in.

Marshalling Track & Relay Events:

Athletes competing in all track events will be called to the check-in at the marshalling tent located on the south end infield of the track.

Example: "This is the first call for Girls 2015 60m race. Please make your way to the marshalling tent to check in for your event."

Coaches and Parents may escort their athletes to the Marshalling tent.

After athletes check in at the marshalling tent, they are required to remain in the marshalling area prior to the start of their event. Parents and Coaches may assist with their athletes in the marshalling area.

Relay events will follow the same check-in procedure as track events. Please be sure that all relay team members are present at check-in.

Meet Marshals will escort athletes to the start line for their event prior to the start of their event heat.

PLEASE NOTE: When athletes are marshalled (marched) to their event, PARENTS AND COACHES MAY NOT ACCOMPANY THEIR ATHLETES FROM THE MARSHALLING AREA, BUT WILL MOVE AWAY FROM THE INFIELD TO A SAFE VIEWING AREA.

Do not send your athlete to the marshalling tent unless they are called by the announcer. They will be sent away to prevent overcrowding.

Be sure that athletes have their competition number with them at the marshalling tent. They will not be able to check in without it.

In addition to having their competition number with them, athletes should be warmed up and ready to run. Hats, jackets, sweats can be worn until the starter gives the command "Hats off." After your race, please return immediately to claim your clothing.

Announcer may be difficult to hear if you are away from the main track area.

It is the responsibility of athletes and coaches to be paying attention to what events are currently running on the track and in the field so athletes are able to report to marshalling when called.

Conflicting Events:

Due to the volume of entries, Track events will not be delayed. In cases where track events and field events are in conflict (going at the same time), athletes are asked to check in at their field and track event. Then, return to your field event and continue competing. Have someone from your team or family monitor the progress of the races and then come back and get you in time for your race. After your race, return immediately to your field event. If you return after the end of a round and the next round has started, any missed attempts from previous round(s) will not be made up. If the event is over, the event is over. Please plan and prepare accordingly.

Missed Events:

Coaches, teachers and parents are reminded that there will be no refunds for athletes who miss their event(s). Athletes who miss their events cannot be added to another heat or event of another age group. There will be no exceptions.

Correct Technique:	For their own safety, it is strongly recommended that athletes know the correct technique before entering technically complex events like field events or hurdles. Coaches and athletes are encouraged to contact a local track & field club if they have questions. To find the nearest club please head over to the BC Athletics Club Finder .										
Track Events:	<p>All Track events will take place on Clement Track. All Track events will be run as Timed Finals.</p> <p>Prior to the start of the race athletes will be given instructions by the meet starters. Once instructions have been given, athletes will be asked to remove any sweats, hats or warm-ups and ready themselves for the race.</p> <p>Starter Info: The Starter will give 3 commands to start the race: "On your marks.....Set.....Bang"</p> <p>Starting Blocks: Blocks will not be used for any Track events. No exceptions will be made.</p> <p>False Starts: One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete.</p>										
Relay Events:	<p>All Relay events will take place on Clement Track. All Relay events will be run as Timed Finals.</p> <tr> <td>BCA Clubs:</td><td>BC Athletics Club teams will be allowed to run exhibition teams in the 4 x 100m, 1200m Relay (600m,200m,200m,200m), and Mixed 4 x 100m. Only school teams will be eligible for awards.</td></tr> <tr> <td>Filling Spots:</td><td>In instances where relay teams require additional runners from a younger age group (fill spots), the team will be entered in the category of age of the oldest athlete on the team. Coaches are reminded that athletes filling spots must be eligible to run the distance of their relay leg per the BC Athletics Technical Specifications Manual.</td></tr> <tr> <td>Mixed Relays:</td><td> <p>The Mixed 4 x 100m Relay are mixed gender, single age category relay events. Each team must be made up of 2 boys and 2 girls. Athletes can run in whichever order they prefer. These relays are NON-SCORING events. This event takes place on Friday evening.</p> <p>The 4 x 100m Mixed Relay is for 2012, 2013 and 2014 athletes only. Younger athletes will not be permitted to enter this event</p> </td></tr> <tr> <td>1200m Relay:</td><td>The Sprint Medley Relay (SMR) is single gender, single age group event in which athletes run the following distances in the following order: 600m, 200m, 200m, 200m. This event is open for 2012, 2013, and 2014 only.</td></tr> <tr> <td>Other Relays:</td><td>All other relays will be run as single gender, single age category events.</td></tr>	BCA Clubs:	BC Athletics Club teams will be allowed to run exhibition teams in the 4 x 100m, 1200m Relay (600m,200m,200m,200m), and Mixed 4 x 100m. Only school teams will be eligible for awards.	Filling Spots:	In instances where relay teams require additional runners from a younger age group (fill spots), the team will be entered in the category of age of the oldest athlete on the team. Coaches are reminded that athletes filling spots must be eligible to run the distance of their relay leg per the BC Athletics Technical Specifications Manual.	Mixed Relays:	<p>The Mixed 4 x 100m Relay are mixed gender, single age category relay events. Each team must be made up of 2 boys and 2 girls. Athletes can run in whichever order they prefer. These relays are NON-SCORING events. This event takes place on Friday evening.</p> <p>The 4 x 100m Mixed Relay is for 2012, 2013 and 2014 athletes only. Younger athletes will not be permitted to enter this event</p>	1200m Relay:	The Sprint Medley Relay (SMR) is single gender, single age group event in which athletes run the following distances in the following order: 600m, 200m, 200m, 200m. This event is open for 2012, 2013, and 2014 only.	Other Relays:	All other relays will be run as single gender, single age category events.
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Field Events (Jumps): Announcers may be difficult to hear if you are away from the main track area. It is the responsibility of athletes and coaches to be paying attention to what events are currently running on the track and in the field so athletes are able to report to marshalling when called.

Athletes should check in at their field event 20 minutes before the scheduled start time.

Horizontal jumping events (Long Jump) will take place on the long jump runway located to the west of Clement Track, close to the Minoru Centre for Active Living. Vertical Jumps (High Jump) will take place on the High Jump apron/area located on the north side of Clement Track. In case of rain High Jump will take place inside the Arena.

Attempts: In the Long Jump, athletes will receive 1 practice attempt and 3 competition attempts over 3 rounds. In the High Jump, athletes will receive 3 attempts per height per BCA and IAAF rules.

Athletes should be able to establish their mark on the runway and understand the technique required for their event.

REMINDER: If an athlete is not present by the end of the round, the athlete will forfeit that attempt. No exceptions.

Minimum Distances: In the Long Jump event, a minimum distance will be enforced. If an athlete does not reach or surpass the minimum distance in their first 2 attempts, officials will mark the 3rd legal attempt even if it is below the minimum standard. Please see below for the minimum distances for each age group and gender:

Minimum Distances for Long Jump					
YOB	2016	2015	2014	2013	2012
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

High Jump: Progressions in all High Jump events will be used during the meet. The following progressions will be used:

High Jump Progressions					
YOB	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

Field Events (Throws):

Announcers may be difficult to hear if you are away from the main track area. It is the responsibility of athletes and coaches to be paying attention to what events are currently running on the track and in the field so athletes are able to report to marshalling when called.

Athletes should check in at their field event 20 minutes before the scheduled start time.

All Throwing events (Shot Put and Discus Throw) will take place at the Collier Throws Centre located at the North end of the track, north of the high jump apron, behind home plate at Latrace Baseball Field.

Attempts: In both throwing events (Discus and Shot Put) athletes will receive 1 practice attempt and 3 competition attempts.

Minimum Distances: In the throwing events, minimum distances will be enforced. If an athlete does not reach or surpass the minimum distance in their first 2 attempts, officials will mark the 3rd legal attempt even if it is below the minimum standard. Please see below for the minimum distances for each age group and gender:

Minimum Distances for Shot Put					
YOB	2016	2015	2014	2013	2012
Girls	2.50m	3.00m	4.00m	5.00m	6.00m
Boys	2.50m	4.00m	5.00m	6.00m	7.00m

Minimum Distances for Discus Throw					
YOB	2016	2015	2014	2013	2012
Girls	n/a	n/a	8.00m	10.00m	13.00m
Boys	n/a	n/a	10.00m	12.00m	16.00m

Proper Technique: Coaches and athletes are asked to please review proper throwing technique for the Shot Put event. Please note that the shot (implement) cannot leave the athlete's neck prior to the release (throw). This would result in the athlete throwing the shot (implement) as opposed to putting (push) and would thereby be deemed a foul throw. For more information on proper throwing technique, please watch this video: [Little Athletics Getting Started Circle Throws](#).

AWARDS INFO.

WHAT YOU CAN WIN, AND HOW TO GET IT

Individual Awards:

Athletes in individual events are eligible for the following awards:

Relays: Medals for Top 3 finishers
Ribbons for 4th – 8th place finishers

All Other Events: Medals for Top 3 finishers
Ribbons for 4th – 16th place finishers

Individual Award Pick-Ups:

Medals and ribbons may be picked up at the Awards table in the arena 30 minutes after the event results are posted. Sorry no early pickups allowed. Awards not picked up, will not be mailed.

Please tag us in your photos and use our photo wall at the Awards table!

@kajakstfc and @bcelementarytfchamps #BCEC55

Coaches, if you would like to collect all the awards for your team, please let us know in advance by email to info@kajaks.ca

Team Awards:

All School teams are eligible for the following awards:

- ☐ Team Champions (Overall meet winner)
- ☐ Girls Team Champions
- ☐ Boys Team Champions
- ☐ Public Schools Champions
- ☐ Non-Lower Mainland School Champions

Points for team awards will be awarded as follows:

1 st	10 pts.	5 th	4 pts.
2 nd	8 pts.	6 th	3 pts.
3 rd	6 pts.	7 th	2 pts.
4 th	5 pts.	8 th	1 pts.

Team awards will be available for all team award winners upon the completion of the meet. Team awards must be picked up by a team coach.

ADDITIONAL INFO.

OTHER STUFF WE WANT YOU TO KNOW ABOUT.

Medical:

There will be a medical tent located next to the Marshaling tent at the south end infield of Clement Track.

Merchandise:

Official 55th BCEC T-Shirts are available for pre-order NOW with DEADLINE of May 9th at 11:59pm! See the shirts and hoody options and get full details here: <https://www.kajaks.ca/bcec>

Discounts! For athletes! Your competition bib contains a discount coupon for shopping at New Balance Richmond - Stop by with your Competition Number to receive 15% off some cool gear!
New Balance Richmond: <https://stores.newbalance.com/gardencity>

Lost & Found:

A Lost and Found will be located at the Packet Pick-Up desk inside the arena at the north end of the stadium. Items remaining after the completion of the meet will be donated.

- Concession:** The concession stand will be located behind the grandstand. Be sure to stop by for some tasty snacks, hot dogs, and thirst-quenching beverages, candy bags and freezies. Cash or tap available.
- Food & Treats:** **Watch our social media for details of the Saturday and Sunday options for treats – donuts, samosas and more!**
- Sponsorship:** We're always on the lookout to partner with other great and like-minded organizations! If you are interested in backing this great event, please contact our head of sponsorship Lanie Man at donateto@kajaks.ca.
- Track Rascals 50m:** The BCEC will once again host a 50m Track Rascals Dash for all kids ages 8 years and younger. Cost for race entry is by \$10.00 donation. All proceeds from the race will be donated to KidSport Richmond to help kids access sport. Registration is available online AND at the Packet Pick Up Desk inside the Arena. All Track Rascals athletes will receive a special edition finishers ribbon at the finish line!

BCEC SITE MAP

Map of Clement Track & Collier Throws Centre are on our website:

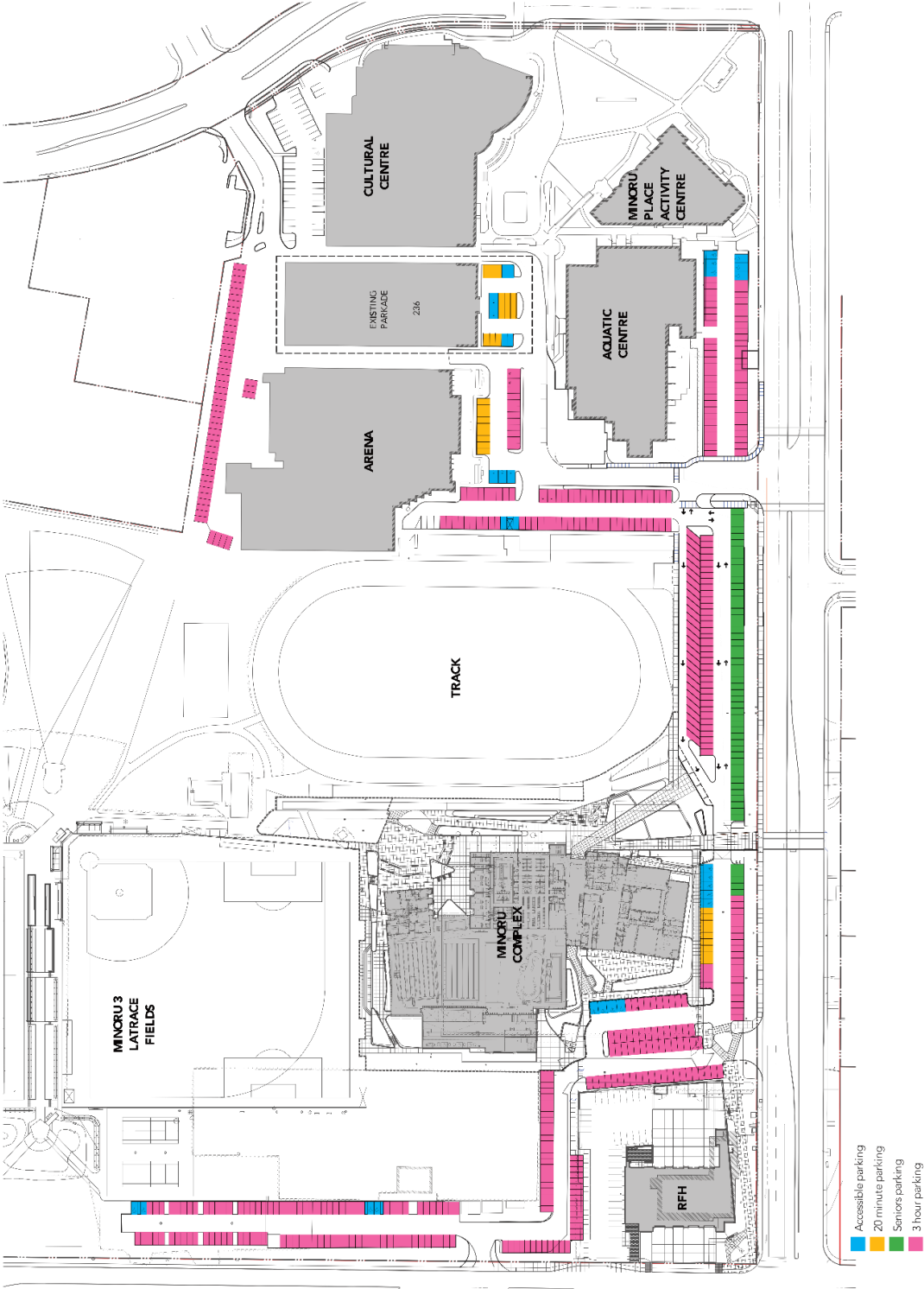


Parking:

There will be parking available at:

- Limited free 3 hour Parking at Minoru Park (see: Parking below);
- Free all day Parking at Richmond City Hall starting Friday at 5:00pm through the weekend;
- Paid Parking at Gateway Theatre near Richmond Hospital, and The Caring Place located in the south east corner of Minoru Blvd and Granville Street;
- Warning: Do not park at Richmond Centre mall unless you are there eating or shopping, if you leave your car at the mall you will get ticketed.

MINORU PARK PARKING MAP



APPENDIX A

As a BC Athletics sanctioned meet, the events for the BC Elementary Track & Field Championships are dictated by the [BC Athletics Technical Specifications Manual](#). Below is a list of events offered by age. Athletes must compete in the events according to their age category.

EVENTS OFFERED

Age (YOB)	2016		2015		2014		2013		2012	
Events	G	B	G	B	G	B	G	B	G	B
60m										
100m										
200m										
300m										
600m										
800m										
1000m										
1200m										
2000m										
60m Hurdles										
80m Hurdles										
60m Shuttle Relay										
4 x 100m Relay										
Mixed 4 x 100m Relay										
1200m Relay										
High Jump										
Long Jump										
Shot Put										
Discus										

On Saturday, the BC Elementary School Track & Field Championships also holds a 50m Track Rascals Dash for kids 8 years of age and younger. Parents can register their kids online or on the day at the Registration Desk for \$10.00. All proceeds from the Track Rascals Dash will be donated to KidSport Richmond – so all kids can play!

APPENDIX B

As a BC Athletics sanctioned meet, the event specifications for the BC Elementary Track & Field Championships are dictated by the [BC Athletics Technical Specifications Manual](#).

HURDLE EVENT SPECIFICATIONS

60m Hurdles	2016	2015	2014	2013	2012
Girls	21" (6.5m)	24" (6.5m)	24" (6.5m)	n/a	n/a
Boys	21" (6.5m)	24" (6.5m)	24" (6.5m)	n/a	n/a

80m Hurdles	2016	2015	2014	2013	2012
Girls	n/a	n/a	n/a	27" (7.0m)	30" (7.5m)
Boys	n/a	n/a	n/a	27" (7.0m)	30" (7.5m)

THROWING EVENT SPECIFICATIONS

Shot Put	2016	2015	2014	2013	2012
Girls	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 kg
Boys	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 kg

Discus	2016	2015	2014	2013	2012
Girls	n/a	750 g	750 g	750 g	750 g
Boys	n/a	750 g	750 g	1.00 kg	1.00kg