



2025 Jack Brow Memorial Track & Field Meet Technical Package

Hosted by Okanagan Athletics Club

Sanctioned by World Athletics

Friday, June 27 – Sunday, June 29, 2025

Meet Director: Mike Walsh – mike@okac.ca

SHOWCASE EVENTS

This meet will feature 4 showcase events

100m – Men & Women (Open)

800m – Women (Open)

High Jump – Men (Open)

LOCATION:

Apple Bowl Stadium, 1555 Burtch Rd, Kelowna, BC V1Y 4A9

FACILITY:

400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles, World Athletics standard hammer/discus cage and 100m field, pole vault facility, dressing rooms with washrooms and showers, covered seating for 500 spectators, an additional 400 seats uncovered, a concession is located at the North end of the stands.

WEATHER:

Usually sunny, low humidity. The average temperature is 25-28 degrees Celsius. It can be extremely hot, so bring extra drinking water.

ALTITUDE:

360 meters above sea level

MEDICAL:

Certified First Aid attendants will be available.



ELIGIBLE ATHLETES:

2025 BC Athletic members or equivalent from another Province/Territory or National Athletics Federation. 2025 School club members – Elementary, middle, or high school students whose schools hold a School Club Membership are eligible to compete. “Day of Event” school club members - **Elementary, middle, or high school students** whose schools **do not** hold a school club membership must purchase “Day of Event” insurance for \$5.00 when registering.

ENTRY FEES:

\$15.00 per event U10, U11, U12, U13, U14 Event (ages 9-13)

\$25.00 for 1st U16, U18, U20, Senior Event (ages 14-34)

\$20.00 for subsequent U16, U18, U20, Senior Events (ages 14-34)

\$20.00 per event for Masters athletes.

\$20 special O regardless of how many events

LATE ENTRIES:

Once an entry is received, refunds will not be given. Late entries will not be accepted if the athlete is not registered in the meet.

\$30.00/event for those already registered in the meet.

This includes athletes switching events. Late entries are not guaranteed correct seeding.

Late entries close 2 hours before the scheduled start time of the event – no exceptions.

Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.

ENTRY DEADLINE:

11:59 pm Sunday, June 22nd for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 10:00am, Wednesday, June 25th. After this date, any further entries will only be accepted at the meet and only if there is room in the event (i.e. additional heats/sections do NOT have to be created).

ENTRY PROCEDURE:

All entries will be through Trackiereg.com. Payment must be made through Trackie.com and will not be accepted at the meet, with the exception of relays and any late entries.

REGISTRATION PACKAGES:

Registration Package and competitor bib number pick-up starts at 4:00pm, Friday June 27th, 8:00am, Saturday, June 28th, or Sunday, June 29th, at the REGISTRATION tent. Clubs/Teams must designate a responsible person who will pick up and assume responsibility for the package (the volunteers will not look after partial club packages).

AWARDS:

The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.

Medals and ribbons may be picked up at the AWARDS tent, approx. 30 minutes after the event results are posted. No early pickups allowed.

Awards not picked up, will not be mailed.



MEET RESULTS:

Meet results will be streamed live at www.okac.ca/live/.
Results will be posted on our website at <https://okac.ca/results/> and linked to the BC Athletics website at www.bcathletics.org.
We will not be posting paper copies of results at the track during the meet.

CONCESSION:

Located next to the stands near to the 100m start.

EVENT MERCHANDISE:

Available near the entrance to the Apple Bowl, next to the stands

COACHES MEETING:

Saturday, June 28th at 10:00am at the Apple Bowl, location to be announced.

PROTESTS:

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event. Result postings will be time stamped, and that time is considered the beginning of the 30-minute period. The Protest is made orally to the relevant referee, e.g., the field referee for the field event, or the track referee for the track event. A protest concerning a false start shall be made to the track referee, or (if there is one) the start referee.

Only an athlete or his /her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director if the Referee is not immediately available. The referee should record his/her decision and the reasons for that decision on the protest and appeal form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to lodge a protest concerning this decision. A \$50.00 protest fee is to accompany all protests that are advanced to the Jury. If the protest is upheld, then the protest fee will be returned

JURY OF APPEAL:

A Jury of Appeal, consisting of 3 qualified persons selected from guest clubs/officials will be available to deal with any formal protests arising during the meet as per BC Athletics policy. All jury of appeal decisions are final.

RULES:

All World Athletics, Athletics Canada and BC Athletics rules apply.

Note: Athletes who scratch from an event final that has advanced from a preliminary round are ineligible to compete in any subsequent events at the meet - World Athletics rule TR4.4.2.

TIMING:

FinishLynx Photo Finish Timing

WIND GAUGES:

Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.

EQUIPMENT:

The Okanagan Athletics Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked and weighed. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of competition.



<u>SPIKE LENGTH:</u>	Track and Horizontal jumps: 7mm maximum High jump and Javelin: 9mm maximum
<u>WARM UP/COOL DOWN:</u>	Use fields outside the Apple Bowl stadium. Please stay off the infield.
<u>MARSHALLING AREA:</u>	Marshalling will be at the call room located in the area next to the 100, start line. For field events, please check in at the individual field event area. Please be ready to check in 20 minutes prior to the start of your event.
<u>ORDER OF EVENTS:</u>	Track events run youngest to oldest, women and then men (with the exception of Hurdles).
<u>COMPETITOR NUMBERS:</u>	Each athlete will be issued one competitor number for the entire meet. This number is to be worn on the front of their shirt/singlet for all track and field events. Lost or destroyed numbers will be replaced with a \$5 replacement fee.
<u>START LISTS:</u>	Start lists/ heat sheets will be posted at www.okac.ca/live/ Track events will be run according to the schedule posted on the day of the meet, which may differ from that published on trackie.com. Track heat sheets are subject to change based on scratches, no shows, and consolidations for meet efficiency. Coaches and athletes must pay attention to the pace of the meet and prepare accordingly. For ages U16 and up, if there are fewer than 8 athletes in events with heats, the event will be run as a timed final at the scheduled heat time. It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.
<u>CONFLICTING EVENTS:</u>	Track events will not be delayed. Athletes should report to their field event to check in. A delay in returning to a field event may result in missed attempts. Every effort will be made to accommodate athletes in U10-U14 divisions.
<u>SEEDING:</u>	Seed times will be verified via TrackieReg from Athletics Canada indoor/outdoor rankings and Usport rankings. Athletes will be seeded for heats and finals, so please indicate results achieved by the athlete in the past year. Entries without seed times will be treated as slower.
<u>RELAYS:</u>	Team registrations will be accepted on Sunday, June 29 th Team registration cut off will be 2 hours before the relays begin. The fee to enter a relay team is \$25.00 per relay. The Family Fun relay entry fee is by donation.
<u>QUALIFYING FOR FINALS FIELD EVENTS:</u>	Athletes U16-Masters who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts. Athletes 9-13 years of age will all receive three attempts (except high jump) as per BC Athletics JD policy.
<u>QUALIFYING FOR FINALS TRACK EVENTS:</u>	Track Events: WA Rules 20.3.1 and 20.20.4.2 will be used to determine lane placements. Coaches/athletes are expected to submit electronic seed times for track events when registering for events to ensure correct seeding which will be verified through Athletics Canada.



AGE DIVISIONS FOR COMPETITIVE GROUPINGS:

BIRTH YEAR	AGE	AGE GROUP	GENDERS	ABBREVIATION
2016	9 years	U10	Boys + Girls	B/G
2015	10 years	U12	Boys + Girls	B/G
2014	11 years	U12	Boys + Girls	B/G
2013	12 years	U14	Boys + Girls	B/G
2012	13 years	U14	Boys + Girls	B/G
2011-2010	14-15 years	U16	Men + Women	M/W
2009-2008	16-17 years	U18	Men + Women	M/W
2007-2006	18-19 years	U20	Men + Women	M/W
2005 -1991	20-34 years	Senior	Men + Women	M/W
1990-	35+	Masters	Men + Women	M/W

HIGH JUMP STARTING HEIGHTS:

AGE GROUP	HEIGHT	AGE GROUP	HEIGHT
9 Girls	80 cm	9 Boys	85 cm
10 Girls	90 cm	10 Boys	95 cm
11 Girls	100 cm	11 Boys	105 cm
12 Girls	105 cm	12 Boys	110 cm
13 Girls	115 cm	13 Boys	120 cm
U16 Girls	120 cm	U16 Boys	140 cm
U18 Women	140 cm	U18 Men	150 cm
U20/Open Women	145 cm	U20/Open Men	155 cm

POLE VAULT:

The starting height will be 90cm with increments of 20cm up to 2.90cm. Then there will be 15cm increments until there are 3-5 athletes left in the competition, and then we proceed by 10cm increments.

IMPLEMENT WEIGHTS:

AGE GROUP	SHOT PUT	DISCUS	JAVELIN	HAMMER
U10 Girls	2 kg	n/a	n/a	n/a
U12 Girls	2 kg	750 g	400 g	n/a
U14 Girls	3 kg	750 g	400 g	3 kg
U16 Women	3 kg	1 kg	500 g	3 kg
U18 Women	3 kg	1 kg	500 g	3 kg
U20 Women	4 kg	1 kg	600 g	4 kg
Senior Women	4 kg	1 kg	600 g	4 kg
U10 Boys	2 kg	n/a	n/a	n/a
U12 Boys	2 kg	750 g	400 g	n/a
U14 Boys	3 kg	1 kg	500 g	3 kg
U16 Men	4 kg	1 kg	600 g	4 kg
U18 Men	5 kg	1.5 kg	**700 g	5 kg
U20 Men	6 kg	1.75 kg	800 g	6 kg
Senior Men	7.26 kg	2 kg	800 g	7.26 kg

*Please note [new U18M javelin specs](#)


** Masters throw weights as per masters' age categories.

TRACK RASCALS:

Lollipop Run – Kids ages 6 & under, Sunday at 12:15pm. Cost - Free
Run, Jump, Throw Event – Kids ages 6-8, Sunday at 12:30pm. Cost - Free



ACCOMMODATIONS:



SANDMAN HOTEL AND SUITES KELOWNA

2130 Harvey Ave,
Kelowna, BC V1Y 6G8
Phone: (250) 860-6409

About us

Conveniently located across from the Orchard Park Mall Shopping Centre, this Sandman is close to both city businesses and popular outdoor hot-spots like wineries and ski resorts.

If you're looking to unwind and relax, comfortable guest rooms, our atrium indoor swimming pool and hot tub offer the perfect reprieve, while fully equipped meeting and banquet facilities, on-site dining, and high-speed internet access ensures you have all the work essentials at their fingertips.

Some of our many features include:

- Comfortable Guest Rooms and Suites
- Fitness Facilities
- Complimentary Wireless High-Speed Internet
- Indoor Pool and Hot Tub
- Meeting & Banquet Facilities
- In-Room Dining
- Denny's 24-hour Restaurant
- Bar One Urban Lounge



Reservation Guide

Phone Hotel Direct (250) 860-6409
To receive the correct rates, you must reference **SANDMAN HOTEL KELOWNA**
Block Code: 202SOAC

Okanagan Athletic Club - 2025 Rates

Months	Standard Single Queen	Standard Double Queen	Executive One King	Executive King Suite with Kitchen
April	\$111.00	\$131.00	\$111.00	\$136.00
May	\$125.00	\$179.00	\$125.00	\$145.00
June	\$162.00	\$209.00	\$162.00	\$187.00
July	\$172.00	\$199.00	\$172.00	\$187.00

All provincial sales taxes (5% GST, 8% PST, 3% MBOT) and \$2.00 +GST Eco fee are applicable to the above nightly rates. Rates are non-commissionable. Rates are subject to availability, and based on double occupancy.

[Act!](#)
Go to

UBCO CAMPUS ACCOMMODATION is available for a 5% discount on all room types, minimum 2 nights, based on availability between June 17 and July 1. Follow the link below to book (input stay dates with number guests and click "search"):

UBCO Campus Accommodation [LINK HERE](#)



