



Universal's Summer Sunday

Hosted and Organized by *Universal Athletics Club*

Sanctioned By: BC Athletics & World Athletics Association

Sunday July 20th 2025

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

Important Information:

- This meet is for all 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.
- **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 Heat/Flight decided upon by the meet director. All track events are finals.
- 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 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:

Hammer, Discus, Shot Put for 14+, Javelin, Triple Jump, Steeplechase, Racewalk, 2, 3, & 5000M+

No awards will be given

No concession available

Bring a water bottle

Meet Director: Sue Kydd 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: Wednesday, July 16, 2025 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 \$5.00 BCA day of event membership/insurance.

Bib Pickup:

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

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





Universal's Summer Sunday

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.

EQUIPMENT:

- All events will be run according to BC Athletic standards.
- JD's must use "**Meet Equipment**" in the Shotput. We will have no weigh-ins.
- 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 age Flights because of missed events.

FIRST AID: An Emergency Room Doctor 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.





Universal's Summer Sunday

Track & Field Schedules for Sunday July 20th 2025

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

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

Start Times Link will be posted on the [Summer Sunday Registration Page](#)

Track Schedule

- Heats will be run fastest to slowest. All females first then males.
- All track events are finals. PB/Seed times from online entries will be used to set up heats.
- **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 may run together in the 1200/1500 races.
- Sprint athletes will have 2 minutes to set their blocks unless the Starters Assistant says otherwise.

9:30 AM	60M
10:00 AM	1500/1200/1000M
10:45 AM	400M/300M
11:15 AM	100M
1:00 PM	800/600M
1:35 PM	110M/100M/80M/60m Hurdles
3:00 PM	200M



Field Schedule

- All age groups will compete at their gender time except for PV which will be divided into flights based on the PB heights given at time of entry. NOTE: The 1:00pm PV event height will start at 2.90m. If you can't vault 2.90 you will be given 3 attempts. The bar will not be lowered.
- Warm-ups will happen BEFORE the competition time listed.
- Long Jump: 14+ Athletes will receive 4 attempts. JD's 3 attempts. (No Finals.)

	Pole Vault
10:00am	1.5m to 2.90m 13+ Male & Female
1:00pm	Over 2.90m 13+ Male & Female

	HJ	LJ	Shotput
9:30am	14+ Female	12/13F	9/10/11M
10:30am	14+ Male	9/10/11F	12/13M
11:30pm	9/10/11M	14+ Female	12/13F
12:30pm	12/13M	14+ Male	9/10/11F
1:30pm	12/13F	9/10/11M	
2:30pm	9/10/11F	12/13M	





Universal's Summer Sunday

Highest to Lowest Order of races for hurdle events, Colour markings are for North Delta SS track

Age Group Heights Colour To 1st H

110 Meter, 10 Hurdles

Senior M	42"/1.067m	Red 9.14M	13.72M
35 to 49 M	39"/.991m		
U20 M			
U18 M	36"/.914m		

100 Meter, 10 Hurdles

50 to 59 M	36"/.914m	Yellow 8.50M	13:00M
35 to 40 W	33"/.838m		
Senior W			
U20 W			
U16 M	30"/.762m		
U18 W			
60 to 69 M	33"/.838m	8:00M	12:00M

80 Meter, 8 Hurdles

40 to 59 W	30"/.762m	Black, 8.0M	12:00M
U16 W			
70 to 79 M	30"/.762m	White, 7.0M	
60+ W	27"/.686m		
80+ M			
13 Yr W	30"	Grey, 7.50M	
13 Yr M		Black, 8.0M	
12 Yr W/M	27"	White, 7.0M	

60 Meter, 6 Hurdles

11 Yr W/M	24"	Orange 6.5M	11:00M
10 Yr W/M			
9 Yr W/M	21"		

Age Group Heights To 1st H

400 Meter, 10 Hurdles

Senior M	0.914m/36"	45m Green
35 to 49 M		
U20 M		
50 to 59 M	0.838m/33"	
U18 M		
35 to 49 W	0.762m/30"	
Senior W		
U20 W		
U18 W		

300 Meter, 7 Hurdles

60 to 69 M	0.762m/30"	50m Green
50 to 59 W		
U16 W/M		
60 to 69 W	0.686m/27"	
70 to 79 M		

200 Meter, 5 Hurdles

U16 W/M (Nat)	0.762m/30"	20m Green
70+ W	0.686m/27"	
80+ M		
13 Yr W/M		
12 Yr W/M	0.610m/24"	

Distance hurdles use "Green" marks,
35M between hurdles

9 to 13 year olds use the practice/kick away/scissor hurdles, U16 and above use weighted hurdles

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

Shot Put			
Women		Men	
9 to 11	2 kg	9 to 11	2 kg
12 to 17	3 kg	12 to 13	3 kg

