



2025 Twilight Meet #3 Track & Field Meet Technical Package

Hosted by Okanagan Athletics Club

Sanctioned by BC Athletics

Monday, July 21st, 2025

Meet Director: Mike Walsh - mike@okac.ca

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:

\$25.00 for the first event (all ages).

\$5.00 for each subsequent event (all ages).



<u>LATE ENTRIES:</u>	Once an entry is received, refunds will not be given. Late entries are \$35.00 for the first event, and \$10.00 for each subsequent event. Late entries are not guaranteed correct seeding.
<u>ENTRY DEADLINE:</u>	11:59 pm Sunday June 15 th for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 5:00pm, Tuesday June 17 th . 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).
<u>ENTRY PROCEDURE:</u>	All entries will be through Trackie.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.
<u>COMPETITOR NUMBER:</u>	Competitor numbers will be available for collection at the registration desk from 4:00pm. 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>AWARDS:</u>	There are no medals or ribbons for this event
<u>MEET RESULTS:</u>	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.bcatletics.org . We will not be posting paper copies of results at the track during the meet.
<u>EVENT MERCHANDISE:</u>	Available near the entrance to the Apple Bowl, next to the stands
<u>PROTESTS:</u>	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.
<u>JURY OF APPEAL:</u>	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.



<u>RULES:</u>	All World Athletics, Athletics Canada and BC Athletics rules apply.
<u>TIMING:</u>	FinishLynx Photo Finish Timing
<u>WIND GAUGES:</u>	Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.
<u>EQUIPMENT:</u>	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.
<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>	Check in for all field events is at the event site. Check in for all track events is at the event start line area. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.
<u>ORDER OF EVENTS:</u>	Track events run youngest to oldest, female and then male (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 in the technical package. 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.
<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 9-13 age divisions.
<u>SEEDING:</u>	Seed times will be verified via Trackie.com 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. Seed times will be verified via Trackie.com from Athletics Canada indoor/outdoor rankings and Usport rankings.
<u>THROWS:</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>HORIZONTAL JUMPS:</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.

**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
2006-2005	18-19 years	U20	Men + Women	M/W
2004 -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/Senior Women	145 cm	U20/Senior Men	155 cm

IMPLEMENT WEIGHTS:

AGE GROUP	SHOT PUT	DISCUS	JAVELIN	HAMMER
U10 Girls/Boys	2 kg	n/a	n/a	n/a
U12 Girls/Boys	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
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

*Masters throw weights as per masters' age categories.

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



ACCOMODATION:



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: 2025OAC

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%
MRDT) 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

Acti
Go to

