



Harry Jerome Indoor Games – February 7th, 2026

Harry Jerome Indoor Games is Saturday, February 7th 2026

Meet Package

Last updated ~ December 10, 2025

For our fourteenth year this event offers the opportunity to compete on the indoor track and field complex at the Richmond Olympic Oval. The facility accommodates a flat, 5-lane, 200-meter oval running track, 60-metre straight-away track plus room for shot put and high jump.

Hosted by:
Kajaks Track Field Club

With Enormous Thanks to
Presenting Sponsor
The Achilles International Track & Field
Society

Harry Jerome Indoor Games online: www.kajaks.ca/events/JeromeIndoor

Registration online: <https://trackie.com/event/harryjeromeindoor2026>

Coaches, family members and spectators are FREE to attend this meet – please join us!

Richmond Olympic Oval <http://www.richmondoval.com>

6111 River Road, Richmond, BC

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Welcome to the Jerome Indoor!

Events:

Track Rascals	born 2018 and younger	50m race
JD - JUNIOR DEVELOPMENT	born 2015-2017	60m, 200m, 600m, 4X200m Mixed Relay (2G/2B), SMR Relay
JD – JUNIOR DEVELOPMENT	Born 2013-2014	60m heat/final, 200m, 600m, 1200m, 4X200m Mixed Relay (2G/2B), SMR Relay, 800m Racewalk, Shot Put
U16	born 2011-2012	60M heat/final, 300m, 600m, 1200m, 4X200m, SMR Relay, Shot Put, High Jump, 800m or 1500m Racewalk
U18	born 2009-2010	60M heat/final, 300m, 600m, 1500m, 4X200m, SMR Relay, Shot Put, High Jump, 800m or 1500m Racewalk
OPEN/U20	Born 2008 & OLDER	60M heat/final, 300m, 600m, 1500m, 4X200m, SMR Relay, Shot Put, High Jump, 800m or 1500m Racewalk
MASTERS	AGE 35+	60M heat/final, 300m, 600m, 1000m, 1500m, SMR Relay, Shot Put, 800m Racewalk

** Note: Masters-only sections of the 60m will run separately from the Open/U20 category.

Entry Fees:

Early Bird \$19 per person per event; \$30.00 per relay team – by February 1st 11:59pm.

Athletes will be eligible to have their names on their bibs if registered in early-bird section.

Late Online Registration \$25 per person per event; \$30 per relay team –February 5th 5pm

Athletes will not have names on their bib in late online registration section.

Pricing is for 2026 BC Athletics members; non-members will pay \$5 day of event fee to participate.

See more about option for non-members below.

There is no day of event registration, however an exception may be made for Relays, Track Rascals race more than 1 hour before scheduled event.

No Large Team Entry Fee option is available this year.

Relay Teams: when entering relay teams on Trackie.reg note the process requires you to first select number of relay teams to be entered, then you will be able to enter the names of members of the team.

Scratches are permitted in Trackie.reg until the close of registration on February 5th at 5pm.

No refunds will be processed for scratches that occur after the entry deadline of February 5th at 5pm.

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Awards & Results:

Exclusive Special Edition Jerome Indoor Medals in Gold, Silver and Bronze will be awarded for the first 3 places in each event will be available at the awards pick-up station 30 minutes after the Final Event is posted for each category.

Masters athletes will be eligible for medals for first, second and third place if there are a minimum of 3 athletes in their event age category. We may combine some Masters divisions to ensure sufficient number of competitors participating in an event. This will not over-ride the requirement for 3 competitors in an age category for awards.

The Eaton Cup will be awarded for the BC Athletics affiliated Club team (U16-U18-Open) aggregate winner at the end of the meet. Scoring: 6-4-3-2-1

Results will be available online during the meet. Watch for QR code posted at the event
Results will be available after the meet on Kajaks Track & Field Club website at:
www.kajaks.ca/events/Jerome

2026 BC Athletics Membership (or equivalent) & Non-member option:

Athletes participating in the meet must hold a 2026 BC Athletics or equivalent membership. Full BC Athletics membership information at: <http://www.bcathletics.org/main/index.htm>

Eligible memberships are:

2026 Competitive BC Athletics membership

2026 Competitive membership with another province or World Athletics

Non-member option.

Athletes who do not hold these memberships will be eligible to take out a \$5 **Day of Event** membership as part of the registration process to allow their participation in the meet.

These athletes will sign the non-member waiver as part of the registration process. Bibs will not be available for pick up unless the non-member waiver has been signed. There will be no exceptions to this rule.

BC Athletics Policies:

Harry Jerome Indoor Games is a BC Athletics sanctioned meet and follows their Code of Conduct and Safe Sport policies

Code of Conduct: [BC Athletics Code of Conduct Policy](#)

Safe Sport: [BC Athletics Abuse Free Sport Policies](#)

Schedule notes:

Avoid stress and conflicts with events by reviewing this bulletin and schedule before completing entry registration. Events will not be delayed for athletes who are participating in another event at the same time.

The meet will continue to incorporate the straightaway adjacent to the oval for all 60m events. This means events will run simultaneously on both tracks.

Technical Notes

All athletes, especially relay team members are encouraged to wear club jerseys during the competition.

Technical Meeting: will take place at 8am on event day, this is the last opportunity to scratch entries.

Spikes: **A limited supply of** Ceramic Pyramid spikes are available for purchase from the Richmond Olympic Oval store, they will not be available on the event registration page or the registration desk at the Oval. If spikes are worn, only Omni-Lite 5mm Ceramic Indoor Pyramid spike and Omni-Lite 7mm Ceramic Indoor Pyramid spikes will be allowed for use on the Pulastic flooring. The use of any other type or longer length of spike is prohibited and will be enforced.
Spikes may be purchased through the Richmond Olympic Oval store online at this link:

- <https://ovalsportstore.ca/search?type=product&q=spikes>
- **Or in person at the store while supplies last.**

Starting Blocks:

Starting blocks will be provided by the meet and no other blocks will be permitted to be used. Blocks will be available for athletes U16 and older only.

Hurdles: **Hurdles will not be offered this year.**

High Jump: Opening or Starting Heights for High Jump competitors will follow BC Athletics recommended heights and have been established for this meet. Please respect the listed starting heights when registering for this event.

Starting or Opening heights for all ages:

Women - 1.20m

Men – 1.35m

Increments will be 5cm until the last remaining athlete (all age groups).

High Jump is available for competitors in these age categories only: U16, U18, OPEN/U20.

Shot Put: Shot Put will be available for men and women athletes in these age categories: JD (born 2013, 2014), U16, U18, U20, Open, Masters, Seated Para. Indoor Throwing implements will be weighed and provided for all athletes. No outside implements will be allowed with out prior approval. BC Athletics weight chart for Shot Put is below. **JD weight is 3kg.**

MEN	U16	U18	U20	Open	M 35-49	M 50-59	M 60-69	M 70-79	M 80+
				(16#)	(16#)				
	4 kg	5 kg	6 kg	7.26 kg	7.26 kg	6 kg	5 kg	4 kg	3 kg

WOMEN	U16	U18	U20	Open	W 35-49	W 50-59	W 60-69	W 70-74	W 75+
	3 kg	3 kg	4 kg	4 kg	4 kg	3 kg	3 kg	3 kg	2 kg

Athletes are responsible for being on time for their events. Announcers will call for check-in but the Oval is a loud and busy place, it may be difficult to hear the calls. Be your own best guide to being on time for your event!

Start Lines & Check In – Straight Away Running Events

Events: 60m, Track Rascals Race

Check-in will be located at the Straight Away Starting Zone – look for the Kajaks flag on the very right-hand side of the windows wall.

Athletes must check in **no later than 20 minutes before the posted start times.**

JD9, JD10, JD11 athletes will run Timed Final races.

NEW THIS YEAR - Heats & Finals – 60m events for JD 12, JD13, U16, U18, OPEN/U20 and Masters will be structured as heats and A & B Finals.

A & B Final details are in the section on Seeding and Finals on page 8.

PLEASE NOTE:

The meet reserves the right to run ahead of schedule by no more than 20 minutes, athletes checking in must be aware of this and plan their arrival and warm-up accordingly. Events will not be re-run if you miss your event due to schedule changes. Athletes will not be added to other heats if they miss their heat.

Start Lines, Stagers, and Check In – Oval Running Events:

Events: 200m, 300m, 600m, 1000m, 1200m, 1500m, Relays, Racewalk

300m – run in lanes all the way, 300m start has a 3 curve staggered start

600m – 2 curve staggered start; break in after second curve

1000m – start on single or double curved line; break in when clear, 8 runners max

1200m & 1500m – start on single or double curved line; break in when clear, 9 runners max

4 X 200m Relay – 3 curve staggered start; break in after 3rd curve; 20m exchange zones

800m & 1500m Racewalk – start on single or double curved line; break in when clear; 24 runners max

Check-in & Marshalling

Check-in will be located at marshalling desk in the north-west corner of the Oval track zone - look for the Kajaks flag in the very left-hand corner of the window wall.

Oval track athletes will be marshalled (escorted) from the Check in to their start lines for their events.

Parents and Coaches are asked to leave the marshalling area once athletes are checked in.

Athletes must check in **no later than 20 minutes before the posted start times.**

PLEASE NOTE:

The meet reserves the right to run ahead of schedule by no more than 20 minutes, athletes checking in must be aware of this and plan their arrival and warm-up accordingly. Events will not be re-run if you miss your event due to schedule changes. Athletes will not be added to other heats if they miss their heat.

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Seeding and Finals:

Athletes will be placed into race sections or heats based on their submitted best 2025 performances if that information is input at time of registration on Trackie.reg.

Inputting Seed Times does not guarantee athlete placement in heats but will be accommodated to the best of our ability for the effective running of the event

Heats and Finals details:

A & B 60m event finals will be run for JD12, JD13, U16, U18, OPEN/U20, MASTERS.

Heats will be run in all the listed age categories with the top 5 times in each category making up the A Final and the next five times (6-10th place) making up the B Final. Results showing which athletes have made the A & B Finals will be posted 30 minutes after all heats are completed for an age category.

Top 3 finishers in the A Final will be awarded 1st, 2nd, 3rd place with gold, silver and bronze medals. This will not change if the times in the B Final are better than the times in the A Final.

You have questions? Please get in touch!

Entry Chairperson Dawn Driver: ddrivertrack@gmail.com

Meet Director for technical questions: events@kajaks.ca

Meet Manager for sponsorship, and logistics: info@kajaks.ca

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Meet Program & Start Lists:

**Final Schedule and Start Lists will be posted Friday February 6th on
Watch for updates on Instagram @kajakstfc**

Parking:

Covered pay parking (\$2.75/hour) at the Olympic Oval is very limited.
Full information including alternate parking options to allow you to plan your trip in advance is here:
<https://richmondoval.ca/facility/getting-here/>

Day of Event Timing Info: Athletes, Coaches, & Access:

7:30am

Registered athletes may pick up bibs at Athlete Check-in table in the second level lobby
Spectators, Coaches, Friends and Families attend for free!
Access opens to the Track Zones and Spectators areas

Richmond Oval Store Opens for Spike order pickup, purchase and other shopping

8am Technical Meeting for Coaches and Officials in the Hospitality room

8:10am Check in for Oval Track events opens

8:30am Racewalk is first event on Oval Track

8:30am Athlete Check in at Straight-away Track opens

9am 60m events on Straight Away Track begin

9:45am 600m events on Oval Track begin

REGISTER online at Trackie.Reg: <https://www.trackie.com/event/harry-jerome-indoor-2026/1035346/>

We are looking forward to hosting you all at the 2026 Jerome Indoor Games!

