

Notes for Athletes – Van Ryswyk JD / BC U16 to Masters Indoor Championships

We are very close to having things ready for the meet on Mar 6-7. I've put together some things that may be useful for you to know. Please take the time to read this so that most of your questions will be answered already.

**Expected weather in Kamloops on Friday is cloudy, with a 40% chance of precipitation in the afternoon and evening. On Saturday, the high is expected to be about 14°C. It is forecast to be mostly cloudy, with about a 20% chance precipitation. The highways should be good over the mountains although the precipitation might be snow but as always, drive carefully, check the highway conditions before the drive to and from Kamloops, and be aware of black ice when temperatures are near freezing. Drive safely.

**We do have some preliminary races in the 60m sprint events. These preliminaries are only in those U16 – Senior events that have more athletes registered than what will fill the lanes. Please note on the final schedule what time these preliminaries are scheduled to run.

- 60m –U16 Women, U18 Men & Women, Senior Men

The remaining age groups (including Masters athletes) and all those advancing to the final will all be run at the finals times for these events.

All other races will be timed finals, running at the finals times.

The track schedule is very tight so please be ready to go onto the track when called

Pole Vault has been broken into 2 sections according to seed height. The first section will start at **3:00 pm on Friday, with warmup scheduled for **2:00 pm** for those seed heights under 3.00m. The second section for those with seed heights equal to and over 3.00m is scheduled to start at about **6:30 pm** with warmups starting at about **5:30 pm**. Both sections are mixed genders and ages. Please look at the schedule and the Meet Programs to ensure you know which section you are scheduled to jump with.

**Competition number packages can be picked up on Friday, March 7 starting at about 2:00 pm for those competing on Friday. Pick up will be in the room on the 2nd floor of the Tournament Capital Centre (TCC), across from the Media booth. If the volunteers aren't there yet, packages can be claimed from the Media room. Medals will also be passed out in the room across from the Media room, once the medal people are there. There will be a place for photos to be taken of the medal winners in the same room. This is a considerably smaller room than what was available for us last year, so please don't hang out there.



Results may be announced but they will be posted on our Live Results page. This is the link to that page - kamtrack.ca/liveresults. You must use this link or the QR code to access these results. They can't be reached by looking for a link on our club website. You can also use this QR code to find the results of each event as they are completed. I would suggest that you test the link and

bookmark the page. There is public WIFI at the venue, so decide if you want to use that or your data plan. The meet will be visible on this page on Friday sometime.

Awards will not be given out until 30 minutes after the results are posted on the website (the time of posting will be shown on the event results). This will take place in the room on the 2nd floor of TCC across from the media room. If one of the meeting rooms become available on Saturday, I think medals and packages will be found there. This allows time for any protests that may occur. For Pole Vault, this means that you will have to pick up any medals on Saturday morning because the event is not completed until both sections have been completed and entered in the meet computer.

Athletes are reminded to thank the volunteer officials and volunteer helpers who are working at your events. Those thanks are always appreciated and is one way that you can demonstrate your appreciation for their efforts on your behalf.

I'm sure that I will remember more things that I wanted to tell you, shortly after I send this message to you, but if you need some additional information, please email me or ask at the meet.

We hope you will enjoy this opportunity to participate in the 2nd BC Athletics U16 to Masters Indoor Championship (Masters championships have been held here for many years). JD athletes will continue to compete in the long-running Van Ryswyk JD Indoor Meet at the same time as the older athletes.

Brian & Dianne
Meet Registrars