Delta Open T&F Meet
Saturday, May 16, 2026

Hosted and Organized by *Universal Athletics Club*

Sanctioned By: BC Athletics

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

Important Information:

- This meet is for all ages of athletes BUT the focus will be on JDs. There will be limited events for athletes 14+ because of the school meets. Check the schedule for available events.
- Athlete age groups, except for Masters are determined by the year not month of birth. For example, a U16 must turn either 14 and not older than 15 during 2026.
- All events in the U16+ age groups will be organized by performance NOT age group except for Hurdles. **Hurdle athletes will use their proper height and spacing for their age/gender group.**
- 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 Flight decided upon by the meet director.
- Junior Development Athletes, (JD's) aged 9 to 13 will be scored in single age groups but may compete in multiple age groups within JD events
- 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 races 600M+ and Pole Vault.
- Medals/Ribbons will be awarded to JD Athletes **ONLY**. U10/11/12/13/14.
- Results will be posted by age/gender group at UAC Web site and online, Click Here.
- 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 INCLUCDED IN THIS MEET, so don't ask, it's only a one day meet:

Hammer, Discus, Triple Jump, Steeplechase, Racewalk, 1500M+, Relays

Meet Directors: Sue Kydd, Natasha Friedmann

TO REGISTER FOR MEET:

- Registration is only online via Trackie.
- JDs and U16+ Entry Fees: $12.00 per Event. Rascals, $10.00 for 4 events, starts at 11:15am.
- Deadline for Entries: Wednesday May 13 2026 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 entries will close 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.
- ALL registrants must be BC Athletics/Athletics Canada members.

Bib Pickup:

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

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

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.
- Spike lengths are 7mm with the exception of 9mm for high jump.
- ALL 14+ 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.
- 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 to soon at 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 SYSTEM:
- 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.

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Track & Field Schedules

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

Track Schedule

- For U16+, heats will be run fastest to slowest. JD's will be oldest to youngest
- PB/Seed times from online entries will be used to set up heats. For example, a 14-year-old may run in the same heat as a 50-year-old.
- ALL the Women in 100M to 800M events will run before ALL the Men.
- Women and Men will run together in the 1000/1200M races and maybe the distance hurdles.
- Sprint athletes will have 2 minutes to set their blocks unless the Starters Assistant says otherwise.

9:30 AM	60M
10:00 AM	1200/1000M
10:40 AM	400M Special O
10:45 AM	400M/300M
11:10 AM	100M, Special O
11:15 AM	100M, Rascals start on infield
1:00 PM	800/600M
1:35 PM	110M/100M/80M/60m Hurdles
2:50 PM	200M Special O
3:00 PM	200M
4:00 PM	400/300/200M Hurdles

Heat sheets and Results, Click Here or scan the code below

Field Schedule

- All age groups will compete at their genders time.
- Warm-ups will happen BEFORE the competition time listed.
- Long Jump and Shotput U16+ Athletes will receive 4 attempts. JD's 3 attempts. (No Final.)
- Athletes in the Shotput and Javelin will use implements provided by the meet. There will be no weighing nor measuring of private equipment.
- Pole Vault athletes will be put into flights according to PB's provided with your registration.

Time	HJ	LJ	Shotput	Javelin	Pole Vault
9:30am	U16+ Female	U14/13F	U12/11/10M	U12/11F	
10:30am	U16+ Male	U12/11/10F	U14/13M	U12/11M	Women/Men up to 2.90M
11:30pm	U12/11/10M	U16+ Female	U14/13F	U14/13M	
12:30pm	U14/13M	U16+ Male	U12/11/10F	U14/13F	Women/Men 2.95M+
1:30pm	U14/13F	U12/11/10M	Special O		
2:30pm	U12/11/10F	U14/13M			

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

110 Meter, 10 Hurdles

Age Group	Heights	Colour	To 1st H
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			
U18 W	30"/.762m		
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 M	30"	Black, 8.0M	
13 Yr W		Grey, 7.50M	
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

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