



Universal Open T&F Meet

Saturday/Sunday, June 27-28 2026

Hosted and Organized by *Universal Athletics Club*

Sanctioned By: BC Athletics Association

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

Important Information:

- This meet is for all ages.
- All U16+ athletes will be organized by performance within their gender NOT age group with the exception of Hurdles. JD athletes will be combined as per the schedule.
- **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.
- 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.
- Results will be posted by age/gender group at [UAC Web site](#).
- Medals/Ribbons will be awarded to JD Athletes only. U10/11/12/13/14.
- 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.

Steeple Chase has been added to this year's schedule. NO LATE ENTRIES in SC.

SOME EVENTS ARE NOT INCLUDED IN THIS MEET, check the schedule for offered events.

Meet Director: Natasha Friedmann, universalathletics01@gmail.com

TO REGISTER FOR MEET:

- Registration is only online via Trackie
- Entry Fees: \$12.00 per Event via Trackie. Rascal Event, \$10.00
- Deadline for Entries: Wed, June 24th 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 tent: \$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.
- The "Second Chance" 60/100M are open to anyone who was registered in the regular 60/100M. Athletes just need to show up at the start line. Results will be posted that night. There are no awards for JD athletes in the "Second Chance."
- ALL registrants must be BC Athletics/Athletics Canada members.

REGISTRATION PACKAGES:

- The registration booth will open at 8:00AM to pick up bib numbers.





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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 the heights/spacing to determine order. Highest to lowest

EQUIPMENT:

- All events will be run according to BC Athletic standards.
- Weigh-ins will be done at the equipment container near the 100M start.
- Spike lengths are 7mm with the exception of 9mm for high jump.
- ALL U16+ 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 at the start line 10 minutes before the start time. Please don't check in too soon at that just slows things down.

CONFLICTING EVENTS:

- Be advised there will be conflicts with Flights between track and field events. Athletes should pay attention to conflicts between field and track events when registering.
- 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: A 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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Events may be run up to 30 minutes earlier than the scheduled time after 12:00 pm
NOTE: IF there are 3 or less athletes in any event, that event may be cancelled.

- Events will be run fastest to slowest. There are no finals.
- 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 an event, (i.e. 100M) will be run before ALL the Men in the 100M with exception of the hurdle events which will use heights/spacing to determine order of races.
- **Hurdle event Athletes will use the proper height and spacing for their age/gender.**
- Women and Men may run together in the races of 600M and over depending on numbers.
- 4x100 Relay Teams must be entered by 2:00 PM.

Track Events for Saturday, June 27th 2026

Time	Events	Groups
9:30 AM	1000m	U12/11/10 Women/Men
9:45 AM	1200m	U16 to U13 Women/Men
10:00 AM	1500m	Senior/U20/U18/U16 Women/Men
10:20 AM	100m	Senior to U10 Women/Men
11:00 AM		Rascals Start in the Infield
12:45 PM	400m Hurdles	Senior/U20/U18 Women/Men
1:00 PM	300m Hurdles	U16 Women/Men
1:15 PM	200m Hurdles	U14/13 Women/Men
1:45 PM	100m	Second Chance 100M, No Awards
2:00 PM	300m	U16 to U13 Women/Men
2:30 PM	400m	Senior/U20/U18 Women/Men
3:00 PM	4x100 Relays	Fun Relay for Mixed Teams, No Charge, No Awards

Field Events for Saturday, June 27th 2026

Time	High Jump	Long Jump	Triple Jump	Shot Put	Hammer	Pole Vault
		E Pit #1	W Pit #2			Start @ 10am
9:30 AM	U13/12W	U18+W	U16/14W	U11/10M	All Women	Women/Men
11:00 AM	U13/12M	U13/12W	U16/14M	U13/12M		U16+
12:30 PM	U11/10W	U13/12M	U18+M	U13/12W	All Men	Women/Men
2:00 PM	U18+M	U11/10W	U18+W	U18+W		U16+

- Warm-ups will happen BEFORE the competition time listed.
- U16+ Athletes will receive 4 attempts. No finals. JD athletes will receive 3 attempts
- Pole Vault will be divided into 2 sections. Starting height for 2nd flight, 2.95M





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

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

- Heats will be run fastest to slowest. There are no finals.
- U16+ athletes will have heats set up by their PB/Seed times from online entries. For example, a 14-year-old may run in the same heat as a 50-year-old. JD's will run with their gender/age groups.
- ALL the Women in an event, (i.e. 100M) will be run before ALL the Men in the 100M with exception of the hurdle events which will use heights/spacing to determine order of races.
- **Hurdle event Athletes will use the proper height and spacing for their age/gender.**
- Women and Men may run together in the races of 600M and over depending on numbers.
- NOTE: Steeple Chase has been added to this meet. There is a inside water jump.

Track Events for Sunday, June 28th 2026

Time	Event	Groups
9:30 AM	60m	U12/11/10 Women/Men
10:00 AM	2000m	U16 to U14 Women/Men
10:30 AM	200m	Senior to U12 Women/Men
11:30 AM	60m	Second Chance 60M. No awards
12:15 PM	800m	Senior to U13 Women/Men
12:45 PM	600m	U12/11/10 Women/Men
1:30 PM	110m Hurdles	Senior/U20/U18, Masters Men
1:40 PM	100m Hurdles	Senior/U20/U18 Women, Masters/U16 Men
2:00 PM	80m Hurdles	U16 Women 13/12 Yr Women/Men, Masters
2:30 PM	60m Hurdles	U12/11/10 Women/Men
3:00 PM	3000-1500 SC	Highest to Lowest Heights. No Late Entries

Field Events for Sunday, June 28th 2026

Time	High Jump	Long Jump E Pit #1	Shot Put	Javelin	Discus
9:30 AM	U16/14W	U18+M	U11/10W	U16+M	U14/13/12/11W
11:00 AM	U16/14M	U16/14W	U18+M	U14/13/12/11M	U16+W
12:30 PM	U11/10M	U16/14M	U16/14W	U14/13/12/11W	U16+M
2:00 PM	U18+W	U11/10M	U16/14M	U16+W	U14/13/12/11M

- Warm-ups will happen BEFORE the competition time listed.
- U16+ athletes will receive 4 attempts. No finals. JD athletes will receive 3 attempts.





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**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			
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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BCA Steeplechase Specifications & Suggested Order

Age Group	D (m)	Height	# of H's	Water Jumps	# of Laps
U16 F	1500mSC	30" - 0.762m	12	0	3
U16 M	1500mSC	30" - 0.762m	12	0	3
U18 F	2000mSC	30" - 0.762m	18	5	4
Masters 35+ F	2000mSC	30" - 0.762m	18	5	4
Masters 60+ M	2000mSC	30" - 0.762m	18	5	4
U20 F	3000mSC	30" - 0.762m	28	7	7
Senior 20+F	3000mSC	30" - 0.762m	28	7	7
U18 M	2000mSC	33" - 0.840m	18	5	4
U20 M	3000mSC	36" - 0.914m	28	7	7
Senior 20+M	3000MSC	36" - 0.914m	28	7	7
Masters 35-59 M	3000mSC	36" - 0.914m	28	7	7

Start lines and first hurdles for when water jump is on the “INSIDE”.

- **1500mSC BCA U16:** Start line at regular 1500m start, 1st hurdle is first past the finish line and there are no water jumps.
- **2000mSC:** Start line is very close to the regular finish line and first barrier is same as when water jump on the outside just before the 200m start. Do water first time by.
- **3000mSC:** Start line is on the back straight approx. half way down, 1st hurdle is first past the finish line.

*** for 1500mSC and 3000mSC start line to finish line is ALWAYS clear of hurdles (no jumps) regardless if inside or outside water jump...first jump is first barrier past the finish line

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