



2026 Jack Brow Memorial Track & Field Meet Technical Package

Hosted by Okanagan Athletics Club

Sanctioned by World Athletics

Saturday, June 27 & Sunday, June 28, 2026

Meet Director: Mike Walsh – mike@okac.ca

CHANGE OF LOCATION FOR 2026

Due to a scheduling conflict with the BC Lions at the Apple Bowl Stadium in Kelowna, we have been forced to move this year's Jack Brow Memorial to Vernon. While we're operating outside our traditional home, we are incredibly grateful for your unwavering support of our club and this meet. The OAC Executive would like to extend a special thank you to the City of Vernon and the Vernon AAA Club for their exceptional help and hospitality during this disruption

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| <u>LOCATION:</u> | Greater Vernon Athletic Park, 7000 College Way, Coldstream, BC V1B 2S4 |
| <u>FACILITY:</u> | 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, seating for spectators. |
| <u>WEATHER:</u> | Daily high temperatures ranging from 19.2° to 28.5°, with overnight lows between 4.6° and 10.8°. The average high for June is 23° with an average low of 7°. |
| <u>ALTITUDE:</u> | 380 meters above sea level |
| <u>MEDICAL:</u> | Certified First Aid attendants will be available. |



- ELIGIBLE ATHLETES:** 2026 BC Athletics Annual Athlete members or equivalent from another Province/Territory or National Athletics Federation.
Day of Event License: Non-Member Fee: \$5.00
- ENTRY FEES:** \$15.00 per event U10, U11, U12, U13, U14 Event (ages 9-13)
\$25.00 for 1st U16, U18, U20, Senior Event (ages 14-34)
\$20.00 for subsequent U16, U18, U20, Senior Events (ages 14-34)
\$20.00 per event for Masters athletes.
\$20 special O regardless of how many events
- LATE ENTRIES:** Once an entry is received, refunds will not be given. Late entries will not be accepted if the athlete is not registered in the meet.
\$30.00/event for those already registered in the meet.
This includes athletes switching events. Late entries are not guaranteed correct seeding.
Late entries close 2 hours before the scheduled start time of the event – no exceptions.
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.
- ENTRY DEADLINE:** 11:59 pm Sunday, June 21st for all entries. All entries must be received by this date to avoid late entry fees. The late entry deadline is 11:00am, Wednesday, June 24th. 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).
- ENTRY PROCEDURE:** All entries will be through Trackiereg.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.
- REGISTRATION PACKAGES:** Registration Package and competitor bib number pick-up starts at 8:30am, Saturday June 27th, or 8:30am, Sunday, June 28th at the REGISTRATION desk in the classroom onsite. Clubs/Teams must designate a responsible person who will pick up and assume responsibility for the package (the volunteers will not look after partial club packages).
- AWARDS:** The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.
Medals and ribbons may be picked up at the AWARDS tent, approx. 30 minutes after the event results are posted. No early pickups allowed.
Awards not picked up, will not be mailed.
- MEET RESULTS:** 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.
- CONCESSION:** Food trucks will be available on site.



EVENT MERCHANDISE: Available on the grassed area by the classroom

COACHES MEETING: Saturday, June 27th at 9:30am in the classroom at GVAP.

PROTESTS: 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

JURY OF APPEAL: 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.

RULES: All World Athletics, Athletics Canada and BC Athletics rules apply.
Note: Athletes who scratch from an event final that has advanced from a preliminary round are ineligible to compete in any subsequent events at the meet - World Athletics rule TR4.4.2.

TIMING: FinishLynx Photo Finish Timing

WIND GAUGES: Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.

EQUIPMENT: 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. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of competition.

SPIKE LENGTH: Track and Horizontal jumps: 7mm maximum
High jump and Javelin: 9mm maximum



MARSHALLING AREA:

Marshalling for track events will be at the start line of each event. For field events, please check in at the individual field event area. Please be ready to check in 20 minutes prior to the start of your event.

ORDER OF EVENTS:

Track events run youngest to oldest, women and then men (with the exception of Hurdles).

COMPETITOR NUMBERS:

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.

START LISTS:

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 on trackie.com. 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. For ages U16 and up, if there are fewer than 8 athletes in events with heats, the event will be run as a timed final at the scheduled heat time.
It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.

CONFLICTING EVENTS:

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 U10-U14 divisions.

SEEDING:

Seed times will be verified via TrackieReg 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.

RELAYS:

Team registrations will be accepted on Sunday, June 29th Team registration cut off will be 2 hours before the relays begin. The fee to enter a relay team is \$25.00 per relay. The Family Fun relay entry fee is by donation.

**QUALIFYING FOR FINALS
FIELD EVENTS:**

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.



TRACK RASCALS:

Lollipop Run – Kids ages 6 & under, Sunday at 12:15pm. Cost - Free
Run, Jump, Throw Event – Kids ages 6-8, Sunday at 12:30pm. Cost – Fr

AGE DIVISIONS FOR COMPETITIVE GROUPINGS:

| BIRTH YEAR | AGE | AGE GROUP | GENDERS | ABBREVIATION |
|------------|-------------|-----------|--------------|--------------|
| 2017 | 9 years | U10 | Boys + Girls | B/G |
| 2016 | 10 years | U12 | Boys + Girls | B/G |
| 2015 | 11 years | U12 | Boys + Girls | B/G |
| 2014 | 12 years | U14 | Boys + Girls | B/G |
| 2013 | 13 years | U14 | Boys + Girls | B/G |
| 2012-2011 | 14-15 years | U16 | Men + Women | M/W |
| 2010-2009 | 16-17 years | U18 | Men + Women | M/W |
| 2008-2007 | 18-19 years | U20 | Men + Women | M/W |
| 2006 -1992 | 20-34 years | Senior | Men + Women | M/W |
| 1991- | 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/Open Women | 145 cm | U20/Open Men | 155 cm |

IMPLEMENT WEIGHTS:

| AGE GROUP | SHOT PUT | DISCUS | JAVELIN | HAMMER |
|--------------|----------|---------|---------|---------|
| U10 Girls | 2 kg | n/a | n/a | n/a |
| U12 Girls | 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 |
| U10 Boys | 2 kg | n/a | n/a | n/a |
| U12 Boys | 2 kg | 750 g | 400 g | n/a |
| 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 |

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

** Masters throw weights as per masters' age categories.



ACCOMMODATIONS:

The Sandman Hotel in Vernon has offered room rates at \$169.00 plus taxes per night. To take advantage of this, direct reservations must be made prior to **May 26 2026**. Then, unreserved rooms will automatically be released. Rate will remain available until arrival, subject to availability.

Reservations may be made via:

Email: reservations@sandman.ca or res_vernon@sandman.ca

Phone: Central Reservation 1-800-726-3626 / 1-800-SANDMAN or Hotel Direct (250) 542-4325 ext. 0

In order to receive the correct rates, callers must reference **SANDMAN HOTEL VERNON – BLOCK ID: 628380**

DIRECTIONS to Greater Vernon Athletics Park (GVAP):

Located next to the Okanagan College Vernon campus

From the South (Kelowna, West Kelowna, Peachland, Penticton)

- Travel **North** on **Highway 97**.
- Pass through Lake Country and continue toward Vernon.
- As you enter the Vernon area, look for the **Okanagan College** signs.
- Turn **Left** onto **College Way** (at the traffic light).
- The Athletics Park will be on your right-hand side, just past the college buildings.

From the North (Salmon Arm, Revelstoke, Sicamous)

- Travel **South** on **Highway 97**.
- Follow Highway 97 all the way through downtown Vernon (it becomes 32nd Street).
- Continue south past the Polson Park mall area.
- Turn **Right** onto **College Way** at the traffic light (just before leaving the city limits).
- Follow College Way up the hill; the Athletics park will be on your right.

From the West (Kamloops, Merritt, Lower Mainland)

- From Kamloops, take **Highway 97 South** toward Vernon.
- From the Lower Mainland, take the **Coquihalla (Hwy 5)** to Merritt, then **Hwy 97C** to Kelowna, and follow the "From the South" directions above.
- Alternatively, if coming via **Highway 97 North (from Kamloops)**, you will merge into Vernon near the north end.
- Follow **Highway 97 South** through the city.
- Turn **Right** onto **College Way** and follow it to the track.

From the East (Lumby, Cherryville, Nakusp)

- Travel **West** on **Highway 6** toward Vernon.
- As you enter Vernon, Highway 6 ends at the intersection with **Highway 97** (near Polson Park).
- Turn **Left (South)** onto Highway 97.
- Turn **Right** onto **College Way** at the next major intersection.
- The track is located on your right

