



The 48<sup>th</sup> Annual

# BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS



## MEET INFORMATION

**Date:** May 27-29, 2016

**Hosted By:** The Kajaks Track & Field Club in cooperation with the City of Richmond

**Sanctioned By:** BC Athletics

**Location:** Clement Track (Minoru Park) - 7191 Granville Avenue, Richmond, BC

**Website:** <http://www.kajaks.ca/events/the-bcec/>

**Meet Director:** Garrett Collier - [kajaks.collier@gmail.com](mailto:kajaks.collier@gmail.com)

**Meet Registrar:** Shirley Young - [chedro@telus.net](mailto:chedro@telus.net)

**Coaches Meeting:** 8:00 AM Saturday, May 27, 2016

**Registration:** All entries and payments must be completed through TrackieREG. Schools can complete registration by going to [www.trackie.com/online-registration/](http://www.trackie.com/online-registration/)

- **NO REFUNDS;**
- [2015/16 BC Athletics School Club members](#) must contact Shirley Young ([chedro@telus.net](mailto:chedro@telus.net)) to receive a code to enter their athletes into this meet;
- Athletes are entered by their year of birth;
- Packages can be picked up starting Friday, May 27 at 1:00 PM. Packages are organized by school and must be picked up before any athlete can participate.
- Please contact Shirley at [chedro@telus.net](mailto:chedro@telus.net) for any registration questions or assistance.

**Entry Deadline:** **Friday May 20, 2016 by 5:00 PM**

**Entry Fees:** **Before Entry Deadline (above):**

- \$10.00 per athlete per event
- \$15.00 per relay team
- \$3.00 Day of Event Fee:

Athletes who do not have an annual BC Athletics competitive membership or are not with a 2015/2016 BC Athletics School Club member school will be required to pay a \$3.00 fee for a School Day of Event membership in order to take part in the meet. [Current 2015/2016 BC Athletics School Club members.](#)

### After Entry Deadline (above) / Late Registrations:

- \$15.00 per event per athletes
- \$20.00 per relay team

Please Note that late entries are subject to availability and must be received at least 1 hour prior to the scheduled start of the event. All entries are final as of the entry deadline. No refunds will be given for any reason for events scratched or not attended.

**Age Divisions:** This meet will be held in compliance with the BC Athletics Technical specifications. No other ages will be allowed to compete in this meet. Overage athletes currently in grade 7 will be allowed to compete for their school but will not be eligible to break records.

Girls 9 (2007)	Grade 3	Boys 9 (2007)	Grade 3
Girls 10 (2006)	Grade 4	Boys 10 (2006)	Grade 4
Girls 11 (2005)	Grade 5	Boys 11 (2005)	Grade 5
Girls 12 (2004)	Grade 6	Boys 12 (2004)	Grade 6
Girls 13 (2003)	Grade 7	Boys 13 (2003)	Grade 7

**Entries:** **Entries are Done by Year of Birth.** Athletes may only enter events in their own age category. Please see the [BC Athletics Technical Specifications](#) manual for technical specifications. There is NO provision for athletes to compete in events below their age division. Where an event is not offered they may enter in the next highest category if that category is noted for the age/gender in the BC Athletics Technical Specifications. Please also note the following restriction:

**300M:** The 300m is for 2003 and 2004 athletes only. Younger athletes will not be allowed to enter.

#### Limited Entries:

Due to time constraints the number of entries to the 100m will be limited again this year. Maximum of 6 athletes per Gender per Age Division will be allowed. Teams may enter as many relay teams as they like, however only their top 2 teams will count towards Team Awards Scoring.

**Conflicting Events:** Track events will not be delayed. Check in at your field event and your track event. Then, return to your field event and continue competing. Have someone from your team or family monitor the progress of the races and then come back and get you in time for your race. After your race, return immediately to your field event. If you return before the end of a round, you may compete in that round. If the next round has started, missed attempt from previous round(s) will not be made up. If the event is over, the event is over. Please plan accordingly.

**Seeding:** There is no seeding in the sprint events. All lane assignments are done by lane draw. We will attempt to ensure all the athletes from one school do not run in the same heat. The volume of entries in each division will ultimately determine our ability to do that. There is seeding in the distance events where more than one heat is necessary. Seed times should be from races run this season.

**Relays:** Clubs will be allowed to run exhibition teams in the 4x100m relay event. Only school teams will be eligible for awards. When mixed ages make up a relay team, the team will be entered in the category of the oldest athlete on the team.

There are 4 legs to the Distance Medley Relay. They will be run in the following order: 200m, 200m, 200m, 600m.

**Correct Technique:** **For their own safety**, it is strongly recommended that athletes know the correct technique before entering technically complex events like the field events or hurdles.

**Competitor Numbers:** Each Athlete will be issued a competitor number. Numbers must be worn on the front for all individual events. Relays will be run without competitor numbers. It is assumed that team members will be wearing team shirts.

**Protests:** Protests must be submitted in writing to the Meet Director and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned. A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned. JURY OF APPEAL: A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

**Technical Specifications:** [PLEASE CLICK HERE](#) for the most comprehensive technical specification on all events. As a BC Athletics sanctioned meet, we will follow the BC Athletics Technical Specifications.

**Track Events:** **Event Check-In:**

Athletes in track events will be marshaled from the South end of the track. **When** the event is called please send **(do not accompany)** your athlete to the marshaling area. Do not send them early, as they will be sent away. They should have their number on and be warmed up and ready to run. Sweats can be worn until the Starter gives the command "Sweats off". After your race return immediately to claim your clothing.

**Finals:**

All track events will be run as timed finals with the exception of the 100m. Advancement to the 100m finals will be done by time alone. The top 16 times in each Division will advance to the 100m finals.

**Hurdle Specifications:**

60mH	2007	2006	2005	2004	2003
Girls	21"/6.5m	24"/6.5m	24"/6.5m	-	-
Boys	21"/6.5m	24"/6.5m	24"/6.5m	-	-

80mH	2007	2006	2005	2004	2003
Girls	-	-	-	27"/7.0m	30"/7.5m
Boys	-	-	-	27"/7.0m	30"/8.0m

**Field Events:** **Event Check-In:**

Athletes should report to their field event to check in at the time posted on the schedule.

**Number of Attempts:**

At the start of each field event, every athlete will receive 1 official practice attempt. Each event will have 3 rounds and each athlete will be given 1 attempt per round if they are present during that round. High Jump will follow standard BCA and IAAF rules.

### High Jump Starting Heights:

High Jump	2007	2006	2005	2004	2003
Girls	0.08m	0.90m	1.00m	1.05m	1.15m
Boys	0.85m	0.95m	1.05m	1.10m	1.20m

### Horizontal Jumps & Throws:

In the horizontal jumps and throws, only performances over the following distances will be measured:

Long Jump	2007	2006	2005	2004	2003
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

Triple Jump	2007	2006	2005	2004	2003
Girls	-	-	-	-	7.00m
Boys	-	-	-	-	7.50m

Shot Put	2007	2006	2005	2004	2003
Girls	2.50m	3.00m	4.00m	5.00m	6.00m
Boys	2.50m	4.00m	5.00m	6.00m	7.50m

### Throwing Event Specifications:

Shot Put	2007	2006	2005	2004	2003
Girls	2 Kg	2 Kg	2 Kg	3 Kg	3 Kg
Boys	2 Kg	2 Kg	2 Kg	3 Kg	3 Kg

Discus	2007	2006	2005	2004	2003
Girls	-	750g	750g	750g	750g
Boys	-	750g	750g	1 Kg	1 Kg

**Results:** Results will be posted on the north end of the stands on Friday and in the arena on Saturday & Sunday. Final results will be posted online at:

<http://www.kajaks.ca/events/the-bcec/>

**Individual & Relay Awards:** Athletes are eligible to receive the following awards:

- Medals to top 3 finishers in all individual events;
- Ribbons to top 8 finishers in all relay events;
- Ribbons to finishers 4<sup>th</sup> to 8<sup>th</sup> in hurdle events;
- Ribbons to athletes finishing 4<sup>th</sup> to 16<sup>th</sup> in all other events.

**Team Awards** Team standings for awards will be determined as follows:

1 <sup>st</sup>	10 points	5 <sup>th</sup>	4 points
2 <sup>nd</sup>	8 points	6 <sup>th</sup>	3 points
3 <sup>rd</sup>	6 points	7 <sup>th</sup>	2 points
4 <sup>th</sup>	5 points	8 <sup>th</sup>	1 point

- Perpetual Trophy to Meet Champion
- Aggregate Plaque for Small Schools (under 160 in grades 3-7)
- Aggregate Plaque for Non Lower Mainland Schools
- Aggregate Plaque for Girls Team
- Aggregate Plaque for Boys Team
- Aggregate Plaque for Public School Team

#### School & BC Athletics Club Team Awards Pick Up:

All school teams can pick up their accumulated awards at the end of the meet each day. (Athletes competing for their schools will receive their awards from their Coach). There will be no mail out of awards this year. Please have someone come by at the end of the meet to pick up your package. **Unattached athletes** may pick up their awards 30 minutes after the results have been posted.

**Accommodations:** Hilton Airport Vancouver  
5911 Minoru Blvd, Richmond, BC V6X 4C7

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