



South Fraser Track & Field Club

2016 Junior Olympics

For Elementary Schools and Track Clubs

May 21st & 22nd , 2016

Bear Creek Park, Surrey, B.C.

Featuring

9 to 13 years old | Born between 2003 to 2007 | Grades 3 to 7

Also Featuring

Track Rascals

6 to 8 years olds (Run, Relay, Jump and Throw) 4 events

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics

Entry Fees: \$8.00 per Event, \$12.00 per Relay.

Track Rascals \$10.00 flat fee for the whole weekend; **register at the meet.**

Late Fees: \$16.00 per event

Athletes who are not registered with BC Athletics will be required to pay \$3 BCA Fee

Deadline for Entries: Midnight Saturday, May 14th, 2016

All entries received after Saturday, May 14th will be considered late entries and will be charged \$16.00 per event. Day of meet, entries will be accepted up to 1 hour before the event.

**All registration is online via Trackie <http://www.trackie.com/online-registration/>
Late registration will be accepted until Thursday, May, 19th.
Late Entries pay **\$16.00** per late event.
Email entries late registration to: Shirley Young at chedro@telus.net**

REGISTRATION PACKAGES: Make all cheques payable to “South Fraser Track and Field Club.”

Clubs must designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their club members (the meet registration booth will not be able to hand out individual bib numbers).

A CONCESSION STAND: will be open during the meet.

EQUIPMENT: All other equipment and implements will be provided by the meet. Spike size is 7mm (max.) for track events. Athletes may use their own throwing implements as long as they have been weighed in at 9:00 am on day of the meet.

FIRST AID: Med Tech Emergency Medical Services will be onsite. Surrey Memorial Hospital – 1km distance away.

MARSHALLING: Athletes in track events must check in at event area 20 minutes prior to the start of the event. Field event contestants will check in at their event site at least 20 minutes before the start of the event. All athletes must be officially entered in the meet. No entries will be taken at the marshaling areas.

COMPETITION NUMBER PICK UP: Starts at 8:00 am Saturday and Sunday **at the tent next to concession.** Packages must be paid for before any athlete can participate in an event, therefore a club or school representative must be assigned to pick up the numbers and pay for all the entries.

COMPETITOR'S NUMBERS: Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official). Competition numbers will not be issued until the entry fee is paid.

SCHEDULE OF EVENTS: Specific events may be moved ahead at meet director’s discretion (up to max. 30 minutes). Ample Notice will be given via announcements if this happens. All track events are run in order from **Oldest girls first, to youngest girls last with the same applying to boys being oldest to youngest** (ie. 02F/02M/03F/03M/etc.)

ATHLETES WITH CONFLICTING EVENTS: Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego

their attempt in a round if the round has been completed before they return.

TRACK EVENTS: Events may be run up to 30 minutes earlier than the scheduled time.

ELECTRONIC TIMING: will be used for all running events.

NUMBERS: will not be issued until the entry fee is paid.

NUMBER PICK UP: Starts at 8:00 am Saturday and Sunday **at the tent next to concession.** Packages must be paid for before any athlete can participate in an event, therefore a club or school representative must be assigned to pick up the numbers and pay for the entries.

ATHLETE / TEAM AWARDS: will be given for an outstanding performance for overall boy and girl competitors. Medals are awarded for the top 3 places and ribbons for 4th to 8th place. Team (Club or School) trophy to overall top scoring team based on total points:

1st = 10 points	5th = 4 points
2nd = 8 points	6th = 3 points
3rd = 6 points	7th = 2 points
4th = 5 points	8th = 1 point

*Please note that the medals and ribbons will not be mailed. They must be claimed before end of the meet.

AWARDS: All ages: Medals for 1st to 3rd, Ribbons for 4th to 8th places. Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. There will be no mail-outs.

RELAYS: Medals will be awarded for 1st to 3rd place; ribbons for 4th to 8th place.

DIRECTIONS TO BEAR CREEK PARK: exit 50 on Hwy 1; go along 160th, Turn right on 88th Ave. The entry to the park is on the left before King George Hwy.

RULES: IAAF Rules will apply and BCA JD Rules where applicable will take precedent.

JUNIOR DEVELOPMENT FALSE START RULE - One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete. Starting Blocks are not used for the Junior Development age group, ages 9-13 years of age.

QUALIFYING FOR FINALS:

Field Events: Athletes who finish in the top 8 will be awarded medal/ribbons.

Track Events: 60m, 100m and 200m will run heats with top 8 times going to the final.
300m Heats are seeded for timed finals.

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. 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.

Junior Olympics May 21st & 22nd, 2015 Schedule of Events:

Saturday	Track Events	Y.O.B.
8:45 - 9:00	Coach's Meeting	
9:00 - 9:30	80m Hurdles F/M	03-04
9:35 - 10:00	60m Hurdles F/M	05-07
10:05 - 10:30	1200m F/M	03-04
10:35 - 11:45	1000m F/M	05-07
11:50 - 12:30	100m Heats F/M	03-07
12:35 - 1:00	50m F/M –Rascals	08-10
1:05 - 1:30	100m Finals F/M	03-07
2:00 - 2:30	300m Finals F/M	03-04
3:30 - 4:00	4x100 Relay	03-07

Saturday	Field Events					
	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:00	07M	07F		06M	05F	
10:05-11:15	05M	05F	03F	04M	04F	
11:20-12:30	07F	07M	03M	05M	06M	
12:35-2:00	03F	03M		06F	05M	
2:05-3:00	04M	04F		03M	06F	08-10F/M
3:00-4:00	04F	05M		07M	04M	

Sunday	Track Events	Y.O. B.
9:00 – 9:25	200mHurdlesF/M	03-04
9:30 – 9:55	800m Finals F/M	03-05
10:00-10:15	600m Finals F/M	05-07
10:20-10:50	60m Heats F/M	05-07
11:55-12:30	200m Heats F/M	03-05
12:35-1:00	Shuttle Relay F/M	08-10
1:05-1:30	60m Finals F/M	05-07
1:35-2:00	200m Finals F/M	03-05
2:10-2:40	4x200 Relay F/M	03-05

Sunday	Field Events					
	HJ	LJ	TJ	SP	DIS	MT*
9:00 - 10:15	06M	06F		03F	03M	
10:15 – 11:30	05F	06M		04F	03F	
11:30 – 12:45	06F	04M		07F		
12:00 – 12:30		08-10 F/M		Occurs In TJ PIT		
12:45 – 2:00	03M	03F		05F		

Saturday: Track Rascals a) 50m 12:30-1:00pm; b) *Mini Throw 2:05 – 3:00pm
 Sunday: Track Rascals c) Shuttle Relay 12:30-1:00pm; d) Long Jump 12:00-12:30pm
 Track Rascals register at the meet not on trackie

- Born 2003 = 13 years old
- Born 2004 = 12 years old
- Born 2005 = 11 years old
- Born 2006 = 10 years old
- Born 2007 = 9 years old

LATE REGISTRATION FORM

Name of Club or School: _____

Contact: _____

Last name, First name	Year	BCA #	F/M	Ev1	Seed	Ev2	Seed	Ev3	Seed
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Athlete: _____ (Please use event # from table below)

_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Total # of Individual events _____ x \$8.00 = \$ _____
 Total # of Relays _____ x \$12.00 = \$ _____
 BC Athletics Fee (if not a member) _____ x \$3.00 = \$ _____
 Rascal _____ x \$10.00 = \$ _____
 TOTAL OWING _____

Entries from individuals not with a school/club must be accompanied by the entry fee. For further information please send an email to: Shirley Young at chedro@telus.net

EVENTS

Girls 13 Year Olds 200m Hurdles
Boys 13 Year Olds 200m Hurdles
Girls 12 Year Olds 200m Hurdles
Boys 12 Year Olds 200m Hurdles
Girls 13 Year Olds 80m Hurdles
Boys 13 Year Olds 80m Hurdles

Girls 12 Year Olds 80m Hurdles
Boys 12 Year Olds 80m Hurdles
Girls 11 Year Olds 60m Hurdles
Boys 11 Year Olds 60m Hurdles
Girls 10 Year Olds 60m Hurdles

Boys 10 Year Olds 60m Hurdles
Girls 9 Year Olds 60m Hurdles
Boys 9 Year Olds 60m Hurdles
Girls 13 Year Olds 100m Dash

Boys 13 Year Olds 100m Dash
Girls 12 Year Olds 100m Dash
Boys 12 Year Olds 100m Dash
Girls 11 Year Olds 100m Dash
Boys 11 Year Olds 100m Dash
Girls 10 Year Olds 100m Dash
Boys 10 Year Olds 100m Dash
Girls 9 Year Olds 100m Dash
Boys 9 Year Olds 100m Dash
Girls 11 Year Olds 60m Dash
Boys 11 Year Olds 60m Dash

Girls 9 Year Olds 4x100m Relay
Girls 10 Year Olds 60m Dash
Boys 10 Year Olds 60m Dash
Girls 9 Year Olds 60m Dash
Boys 9 Year Olds 60m Dash

Girls 12 Year Olds 4x200m Relay
Girls 13 Year Olds 300m Dash
Boys 13 Year Olds 300m Dash
Girls 12 Year Olds 300m Dash
Boys 12 Year Olds 300m Dash

Girls 13 Year Olds 200m Dash
Boys 13 Year Olds 200m Dash
Girls 12 Year Olds 200m Dash
Boys 12 Year Olds 200m Dash
Girls 11 Year Olds 200m Dash
Boys 11 Year Olds 200m Dash

Girls 13 Year Olds 800m Run
Boys 13 Year Olds 800m Run
Girls 12 Year Olds 800m Run
Boys 12 Year Olds 800m Run

Girls 11 Year Olds 600m Run
Boys 11 Year Olds 600m Run
Boys 10 Year Olds 600m Run
Girls 10 Year Olds 600m Run
Girls 9 Year Olds 600m Run
Boys 9 Year Olds 600m Run

Girls 13 Year Olds 4x100m Relay
Boys 13 Year Olds 4x100m Relay
Girls 12 Year Olds 4x100m Relay
Boys 12 Year Olds 4x100m Relay
Girls 11 Year Olds 4x100m Relay
Boys 11 Year Olds 4x100m Relay
Girls 10 Year Olds 4x100m Relay
Boys 10 Year Olds 4X100m Relay

Boys 9 Year Olds 4X100m Relay

Girls 13 Year Olds 4x200m Relay
Boys 13 Year Olds 4x200m Relay

Boys 12 Year Olds 4x200m Relay
Girls 11 Year Olds 4x200m Relay
Boys 11 Year Olds 4x200m Relay

Girls 13 Year Olds High Jump
Boys 13 Year Olds High Jump
Girls 12 Year Olds High Jump
Boys 12 Year Olds High Jump
Girls 11 Year Olds High Jump
Boys 11 Year Olds High Jump
Girls 10 Year Olds High Jump
Boys 10 Year Olds High Jump
Girls 9 Year Olds High Jump
Boys 9 Year Olds High Jump
Girls 13 Year Olds Long Jump
Boys 13 Year Olds Long Jump
Girls 12 Year Olds Long Jump
Boys 12 Year Olds Long Jump
Girls 11 Year Olds Long Jump
Boys 11 Year Olds Long Jump
Girls 10 Year Olds Long Jump
Boys 10 Year Olds Long Jump
Girls 9 Year Olds Long Jump
Boys 9 Year Olds Long Jump

Girls 13 Years Olds Discus Throw
Boys 13 Year Olds Discus Throw
Girls 12 Year Olds Discus Throw
Boys 12 Year Olds Discus Throw
Girls 11 Year Olds Discus Throw
Boys 11 Year Olds Discus Throw
Girls 10 Year Olds Discus Throw
Boys 10 Year Olds Discus Throw
Girls 13 Year Olds 1200m Run
Boys 13 Year Olds 1200m Run
Girls 12 Year Olds 1200m Run
Boys 12 Year Olds 1200m Run
Girls 11 Year Olds 1000m Run
Boys 11 Year Olds 1000m Run
Girls 10 Year Olds 1000m Run
Boys 10 Year Olds 1000m Run
Girls 9 Year Olds 1000m Run
Boys 9 Year Olds 1000m Run

86 Girls 13 Year Olds Triple Jump
88 Boys 13 Year Olds Triple Jump

89 Girls 13 Year Olds Shot Put
90 Boys 13 Year Olds Shot Put
91 Girls 12 Year Olds Shot Put
92 Boys 12 Year Olds Shot Put
93 Girls 11 Year Olds Shot Put
94 Boys 11 Year Olds Shot Put
95 Girls 10 Year Olds Shot Put
96 Boys 10 Year Olds Shot Put
97 Girls 9 Year Olds Shot Put
98 Boys 9 Year Olds Shot Put