



Vancouver Olympic Club
Friday April 21 - Saturday April 22, 2017
Swangard Stadium, Burnaby, BC

You are invited to participate in **The VOC's 31st Annual Elementary School Track Meet** presented by **Nicola Wealth Management**

COMPLETE LIST OF EVENTS:

9-10 years old (2008, 2007 B&G)	60m, 100m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
11 years old (2006 B&G)	60m, 100m, 200m, 600m, 1000m, 60mH, LJ, HJ, SP, 4x100m
12-13 years old (2005-2004 B&G)	100m, 200m, 800m, 1200m, 80mH, 200mH, LJ, HJ, TJ (2004 only), SP, 4x100m,

Note: All athletes will compete in their respective events, based on their age group, as per the 2015 Junior Development Committee decision and approved by the 2015 BC Athletics AGM. Athletes must compete in their age class except for Grade 7 students born in 2003 who may compete in the 2004 age class. They will be awarded separately.



IMPORTANT REGISTRATION INFORMATION

Entries: All entries are done through Trackie: <http://www.trackie.com/online-registration>

Entry deadline: April 15, 2017, midnight

Entry fee: **\$8** per event, **\$10** per relay team

Late fee: **\$12** per event, **\$15** per relay team

Late registration chedro@telus.net

BCA membership **\$3** for non-members of BC Athletics

Information

- Late entries will be accepted from April 16, until April 19, 2017 – the deadline: 3:00pm
- Entry fees will not be refunded for any reason (i.e. scratch, injury etc).
- For any other information please contact: Tatjana Mece voc.tatjana@gmail.com
- Age Groups: Determined by year of birth from **2008 – 2004**
- There is no restriction on the number of events entered by a single athlete including the relay.
- There is no restriction on the number of relay teams that each school may enter in each gender.
- All participants must either be members of BC Athletics or school memberships can be purchased directly from BC Athletics, Sam Collier, BC Athletics, at 604-333-3556. Otherwise, each competing athlete must complete an individual “**Day of Event Membership Form**” at a cost of **\$3.00** in addition to the entry fees. This fee is for BC Athletics insurance to cover the athlete for the day of the meet.
- Any school that is registering athletes that do not have *individual* BC Athletics numbers, but have *school* memberships can enter “SCHOOL” in the Membership # field in Trackie.

TRACK EVENTS:

- Competitors in each event must report to the designated marshalling area (at the west corner of the Swangard Stadium) 30 minutes prior to the start of the event.
- Field events competitors will report for the check-in at the events area.
- All the Hurdles events will be timed finals.
- The 60m and the 100m events for 9-12 years old (2008-2005), will be timed finals.
- The 100m for 13 years old (2004 G&B), will have finals for top 8 best times from qualifying rounds.
- The 200m, 300m, 4x100m relay, Medley relay, and all distances will be timed finals.
- Some of the distance events may be run together (G&B) dependent upon the number of the competitors.

FIELD EVENTS:

- Long Jump & Shot Put (2008-2004), and Triple Jump 2004 - each competitor will be allowed three attempts and only one practice run-up.
- High Jump - each athlete will have three attempts at each height.
- Shot Put Weights
 - For 2008-2006, Girls and Boys: 2 kg
 - For 2005-2004, Girls and Boys: 3 kg



STARTING HEIGHTS FOR HIGH JUMP:

AGE	2008	2007	2006	2005	2004
GIRLS	*0.80m	0.90m	1.00m	1.05m	1.15m
BOYS	*0.85m	0.95m	1.05m	1.10m	1.20m

NOTE

Some high jump mats have a minimum height of 0.9 m so the lower starting heights are not possible if the athletes are to clear the pits.

Long Jump and Shot Put should start by flights depending on the number of competitors.

RULES

Ties in any event will be broken using IAAF/CTFA rules. Any other questions will also be resolved with IAAF/CTFA rules.

NUMBERS

Numbers will be issued for each competitor and must be worn by that individual ONLY. For all the events the numbers must be worn on the front.

SCORING

Team score will be calculated based on athletes' points totals, calculated as follows:

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

AWARDS

- Team Champion for each age categories for Girls and Boys – Trophy
- Team Champion for Girls – Trophy and for Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For the school athletes, the awards will be given directly to teachers at the end of the meet.
- Other awards can be picked up 30 minutes after the posting of each event.
- Medals will be awarded to first, second and third place finishers of individual events.
- Ribbons will be awarded to athletes from fourth to eight in individual events, and 1st, 2nd, and 3rd in relays.

RESULTS

Following the track meet, results will be available at www.vancouverolympicclub.ca

SCHEDULE

- A tentative schedule is posted, however there might be changes depending on number of competitors.
- Also note that event times may be up to 30 min earlier or later than listed due to the heats involved.



- Be mindful that athletes need plenty of time for proper warm up, so please come early. Coaches and teachers should also advise parents.

VENUE

- Bathrooms are available at the Swangard Stadium
- Parking is available at Boundary Road and Kingsway beside the Swangard Stadium (south side).

INFIELD

Only participating athletes are allowed in the infield. The infield and the finish line area must be kept clear to enable the officials to do their job.

LOST AND FOUND

- Lost and found articles may be claimed e-mail: voc.tatjana@gmail.com after the meet
- Articles not claimed after 2 months will be donated to charity

VOLUNTEERS

Most volunteers are VOC athletes and families, however we might, at times, need additional help so we'd really appreciate if **each school could provide one volunteer**.

After your registration has been submitted, we will let you know how you can help.

ADDITIONAL INFORMATION

- Vancouver Olympic Club Track Meet is open to any public, private, independent schools or clubs in BC.
- Elementary schools from across Lower Mainland are encouraged to participate
- Warm-up for teams and athletes must be done outside the track
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind fenced areas.
- Concession – will be open at Swangard Stadium
- Heat Sheets and the Results: will be posted besides the Concession wall and at the entrance A and B.
- Footwear – flats or short spikes up to 7mm will be allowed. Spike length will be strictly enforced.
- Athletes not complying with this specification will not be allowed to compete.

VOC sponsor, **The Run Inn**, will be at the meet selling a limited selection of Track Spikes and accessories. For School Team orders or Athlete needs, please call or visit The Run Inn @ 2236 W 41st Ave Vancouver, tel 604-267 7866 info@runinn.com



TRACK MEET SCHEDULE - Field Events

Friday - April 21, 2017

Time	Long Jump		Triple Jumps		High Jump		Shot Put	
	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B
2:30pm	2007 G Flight 1	Flight 2			2006 G	2006 B	2005 G	2005 B
3:15pm	2007 B Flight 1	Flight 2						
4:00pm	2008 G Flight 1	Flight 2			2005 G	2005 B	2006 G	2006 B
4:45pm	2008 B Flight 1	Flight 2						
5:30pm	2006 G Flight 1	Flight 2			2004 G	2004 B	2007 G	2007 B
6:15pm	2006 B Flight 1	Flight 2						
7:00pm			2004 G	2004 B				

Saturday - April 22, 2017

Time	Long Jump		High Jump		Shot Put	
	Pit A	Pit B	Pit A	Pit B	Pit A	Pit B
8:30am	2004G Flight 1	Flight 2	2007G	2007B	2004G	2004B
10:00am	2004B Flight 1	Flight 2				
11:15am	2005G Flight 1	Flight 2	2008G	2008B	2008G	2008B
12:30pm	2005 B Flight 1	Flight 2				



TRACK MEET SCHEDULE - Track Events

Friday - April 21, 2017

Time	60mH	80mH	200mH	1000m	1200m	4x100m
2:30pm	2008G					
	2008B					
2:50pm	2007G					
	2007B					
3:10pm	2006G					
	2006B					
3:30pm		2004G				
		2004B				
3:45pm		2005G				
		2005B				
4:00pm			2004G			
			2004B			
4:10pm			2005G			
			2005B			
4:20pm				2008G		
4:28pm				2008B		
4:35pm				2007G		
4:45pm				2007B		
4:55pm				2006G		
5:05pm				2006B		
5:15pm					2005G	
5:25pm					2005B	
5:35pm					2004G	
5:42pm					2004B	
5:50pm						2008G
6:05pm						2008B
6:20pm						2007G
6:35pm						2007B
6:47pm						2006G
7:00pm						2006B
7:12pm						2005G
7:25pm						2005B
7:40pm						2004G
7:52pm						2004B



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Saturday, April 22, 2017

Time	60m	100m	200m	600m	800m
8:30	2008G				
8:45	2008B				
9:00	2007G				
9:15	2007B				
9:25	2006G				
9:35	2006B				
9:50		2005G			
10:05		2005B			
10:20		2004G, Qualifications			
10:30		2004B, Qualifications			
10:40		2008G			
10:50		2008B			
11:00		2006G			
11:15		2006B			
11:30		2007G			
11:45		2007B			
11:53		2004G, Final			
11:56		2004B, Final			
12:00			2006G		
12:10			2006B		
12:20			2005G		
12:30			2005B		
12:40			2004G		
12:50			2004B		
1:00				2008G	
1:05				2008B	
1:10				2007G	
1:15				2007B	
1:20				2006G	
1:25				2006B	
1:30					2005G
1:35					2005B
1:40					2004G
1:45					2004B