



## VANCOUVER OLYMPIC CLUB

### 2016 VANCOUVER ELEMENTARY SCHOOLS TRACK MEET

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WEALTH MANAGEMENT

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INTERNATIONAL REALTY  
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*You are invited to participate in the **VOC's 30th Annual Elementary School Track Meet.***

Hosted by: VANCOUVER OLYMPIC CLUB

Location: Clement Track, and Richard Collier Throws Center, at Minoru Stadium, Richmond, BC. [Map](#)

Dates: Friday and Saturday, April 22-23, 2016

#### **COMPLETE LIST OF EVENTS: revised on Mach 11, 2016**

**9-10 years old, (2006 and 2007 B&G)**- 60m, 100m, 600m, 1000m, 60mH, 800RW (race walk), LJ, HJ, SP, 4x100m

**11 years old,(2005,B&G )** - 60m, 100m, 200m, 600m, 1000m, 60mH, 800RW, LJ, HJ, SP, 4x100m and Medley

**12-13 years old, (2003-2004 for B&G)** - 100m, 200m, 300m, 800m, 1200m, 80mH, 200mH, 800RW (2004), 1500RW (2003), 1500m), LJ, HJ, TJ (2003 only), SP, 4x100m,Medley (legs-600m, 200m, 200m, 200m)

**Note: All athletes, will compete in their respective events, based on their group age (birth year), proposed by the Junior Development Committee and approved at the 2015 BC Athletics AGM.**

#### **IMPORTANT REGISTRATION INFORMATION:**

**Entries:** All entries are to be done through [Trackie.com](http://Trackie.com)

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

**Entry deadline:** April 15th, 2016, midnight.

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

Late entries register by email to Shirley Young at: [chedro@telus.net](mailto:chedro@telus.net)

- Late entries will be accepted from April 12, until April 19, 2016 at 3:00pm
- Entry fees will not be refunded for any reason (i.e. scratch, injury etc.).
- For any other information please contact: Hazel Choy at: [voc.hazel@gmail.com](mailto:voc.hazel@gmail.com), or Tatjana Mece, [voc.tatjana@gmail.com](mailto:voc.tatjana@gmail.com) Updates to event will be posted on our [website](#)
- Age Groups: Determined by year of birth from 2007 – 2003
- 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 grade/gender.
- All participants must either be members of B.C. Athletics or school memberships can be purchased directly from BC Athletics. Contact Sam Collier, BC Athletics, 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. Check for school membership [here](#).



## VANCOUVER OLYMPIC CLUB

### TRACK EVENTS:

- Competitors in each event must report to the designated marshalling area 30 minutes prior to the start of the event.
- Field events competitors will report for the check in at the events area.
- The 60m and the 100m events for 9-12 years old (2007-2004), will be timed finals.
- All the of the hurdles events will be timed finals.
- The 100m for 13 years old (2003) will have a final for top 8 best times from qualifying rounds.
- The 200m, 300m, all the hurdles events, 4x100m, Medley, race walk and all distances will be timed finals.
- Some of the distance events and Race Walk may be run together (girls and boys) depending on the number of the competitors.

### FIELD EVENTS:

- Long Jump & Shot Put (2007-2003), Triple Jump 2003 - each competitor will be allowed three attempts.
- High Jump - each athlete will have three attempts at each height.
- Shot Put Weights. Each competitor will be allowed three throws.
  - For 2007-2005, Girls and Boys: 2 Kg
  - For 2004-2003, Girls and Boys: 3 Kg

### STARTING HEIGHTS FOR HIGH JUMP:

AGE	2007	2006	2005	2004	2003
GIRLS	*0.80 m	0.90 m	1.00 m	1.05 m	1.15 m
BOYS	*0.85 m	0.95 m	1.05 m	1.10 m	1.20 m

Long Jump and Shot Put may be divided into 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 their athletes' points totals, calculated as follows:

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



## VANCOUVER OLYMPIC CLUB

### AWARDS:

- Team Champion for each age categories for Girls and Boys – Trophy
- Team Champion for Girls – Trophy
- Team Champion for Boys – Trophy
- Overall Team Champion – Trophy
- For school athletes, the awards will be given directly to teachers at the end of the meet, or will be sent to the schools at the beginning of the following week.
- 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 eighth place in individual events, and first, second and third place finishers in relays.

### RESULTS

Following the track meet, results will be available at [www.vancouverolympicclub.ca](http://www.vancouverolympicclub.ca)

### SCHEDULE:

- A tentative schedule is posted but be advised, there may be changes.
- Please be aware that event times may be earlier (max. up to half an hour) or later than listed because of the heats involved.
- It is advisable that your team should be at the meet in plenty of time for proper warm up. Coaches and teachers, please advise parents of this.

### VENUE:

- Bathrooms are available at the track. All tents must be erected OUTSIDE the track.
- Parking is available beside the track and behind the stands. Overflow parking can be found at Samuel Brighthouse Elementary School, 6800 Azure Road. [Map](#)

### 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.hazel@gmail.com](mailto:voc.hazel@gmail.com) after the meet.
- Articles not claimed after 2 months will be donated to charity

### VOLUNTEERS:

Most volunteers are part of the VOC family. If we are short, we may ask **each school or track club if they could supply one volunteer, to help run this meet.**



## VANCOUVER OLYMPIC CLUB

### ADDITIONAL INFORMATION:

- Vancouver Olympic Club Track Meet is open to any public, private, independent schools or clubs in BC.
- Elementary schools from across the border are encouraged to participate as well.
- Warm-up for teams and athletes must be outside (fence) the track.
- Admission: spectator admission is free.
- Spectators are not allowed on the track and must stay behind roped off areas.
- Concession: will be open under the Stadium stands.
- Results: will be posted beside the Concession wall.
- Change rooms: schools are encouraged to bring their own small tents.
- 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 call or visit The Run Inn @ 2236 W 41<sup>st</sup> Ave Vancouver, tel:

604-267 7866 [info@runinn.com](mailto:info@runinn.com)





**VANCOUVER  
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**VANCOUVER OLYMPIC CLUB**

Friday-Saturday, April 22-23, 2016

**Day of Event Membership Form**

**To be submitted by all athletes whose schools do not have a BC Athletics School Membership. To check the list click [here](#)**

**BC AMATEUR ATHLETICS ASSOCIATION SPORT**

**SAFETY/ACKNOWLEDGEMENT OF RISK**

The responsibility of sport safety must be shared by all. I, the undersigned, am aware that there is a risk of injury in my own or my child's participation in sport; either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by B.C. Athletics, its Divisions, its Member Clubs, or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

Date: [Click here to enter a date.](#)

Signature of applicant (all applicants must sign regardless of age):

Signature of parent/guardian:

Please have each participating athlete complete this form and submit \$3.00 per athlete, payable to the Vancouver Olympic Club, if they do not have the BC Athletics School Membership



**VANCOUVER  
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**Vancouver Elementary Schools Track & Field Meet – Individual Entry Form**

Hosted by: VANCOUVER OLYMPIC CLUB

Location: Clement Track, and Richard Collier Throws Center at Minoru Stadium, Richmond, BC

Dates: Friday and Saturday, April 22-23, 2016

**Individual Entry Form**

#	Last Name, First Name	Gender	Birth Day	Events Numbers
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**VANCOUVER  
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**Vancouver Elementary Schools Track & Field Meet – Relay Entry Form**

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**Relay 4 x100**

Teams/Ages	2007	2006	2005	2004	2003
<b>Girls Team</b>					
<b>Boys Team</b>					

**Medley Relay**

Teams/Ages	2005	2004	2003
<b>Girls Team</b>			
<b>Boys Team</b>			

\*Please name your teams A, B, C etc. if you are entering more than one in each relay race.



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**2016 Vancouver Elementary Schools Track & Field Meet**

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**SUMMARY OF ENTRY FEES**

<b>EVENT ENTRIES</b>	<b>TOTAL</b>
Total number of Individual events entered: _____ X \$8:00 or \$12.00 (late fee)	\$
Total number of Relay events entered : _____ X \$10.00 or \$15.00 (late fee)	\$
Total of Day Of Event Membership Entries (if applicable): _____ X \$3.00	\$
<b>TOTAL PAYMENT</b>	<b>\$</b>

**Please make cheques payable to:**

Vancouver Olympic Club  
P.O. 62015, 4256 Arbutus Street  
Vancouver, B.C. V6J 1Z1

**DECLARATION FORM**

**School:** \_\_\_\_\_  
**Coach:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**E-mail:** \_\_\_\_\_  
**Tel:** \_\_\_\_\_

I hereby certify that the competitors in all the individual entry sheets and the relays above are students at my school and are the age declared. I have read the meet regulations and I have made this known to all of the athletes.

**Signature** \_\_\_\_\_

**Date:** \_\_\_\_\_