



**The 45th Annual
BC Elementary Track and Field
Championships**
www.kajaks.ca

Hosted by the Kajaks Track & Field Club in cooperation with the City of Richmond

Friday May 23, Saturday May 24, Sunday May 25, 2014

Clement Track, Richmond BC (Minoru Park)

www.kajaks.ca

Sanctioned by: BC Athletics
Meet Registrar: Shirley Young chedro@telus.net
Meet Director: Erin Crawford info@kajaks.org
Registration Deadline: Friday May 16, 2014

Coaches Meeting: 8:00am Saturday May 24, 2014

REGISTRATION & ENTRY FEES

- All entries and payments must be done through TrackieREG - www.trackie.com/online-registration/
- NO REFUNDS
- Schools that have a 2013/2014 BC Athletics School Club membership must contact *Shirley Young at chedro@telus.net* to receive a code to enter their athletes into this meet.
- Athletes are entered by their current Grade.
- **Packages can be picked up starting Friday May 23 at 1:00pm. Packages are organized by school and must be picked up before any athlete can participate in the meet.**
- Please contact Shirley at chedro@telus.net for any registration questions or assistance.

FEES

- **\$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 with a BC Athletics School Club member school will be required to pay a \$3.00 for a School Day of Event Membership in order to take part in the meet. A list of BC Athletics School Club members can be found at <http://www.bcathletics.org/admin/js/elfinder/files/MUL%20Sch/MULSch%203-14-14.pdf>

AGE DIVISIONS

Girls 9	Grade 3	Boys 9	Grade 3
Girls 10	Grade 4	Boys 10	Grade 4
Girls 11	Grade 5	Boys 11	Grade 5
Girls 12	Grade 6	Boys 12	Grade 6
Girls 13	Grade 7	Boys 13	Grade 7

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.

ENTRIES

ENTRIES ARE DONE BY GRADE

Athletes may only enter events in their own age category. Where an event is not offered they may enter in the next higher category. 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.

300m

The 300m is for 2001 and 2002 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 Age Division will be allowed.

There is a limit of 2 relay teams per age per school.

Simultaneous 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 attempts from the previous round(s) will not be made up. If the event is over, the event is over.

Seeding

There is no seeding in the preliminary rounds of 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 preliminary round of the 4 x 100. Only School teams will advance to the finals. There are no limits to the number of relay teams per age group per school. When mixed ages make up a relay team, the team will be entered in the category age of the oldest athlete on the team.

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. In track events finishing in lanes the numbers must be worn on the **back**. For track events not finishing in lanes and field events, numbers must be worn on the **front**. Relays will be run without competitor numbers. It is assumed that team members will be wearing team shirts.

Technical Information 2014

For the most comprehensive Technical Specifications on all events please click [HERE](#).

TRACK EVENT CHECK IN

Athletes in track events will be marshalled from the South end of the track. **When** the event is called **(do not accompany)** your athlete to the marshalling 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

Advancement to the finals will be done by time alone.

The hurdles, the 60m sprints and the 200m will be run as timed finals.

The top 16 times in each Division will advance to the 100M finals

Hurdle specifications

Advancement to the finals will be by time alone.

The hurdles, the 60m sprints, and the 200m will be run as timed finals.

The top 16 times in each Division will advance to the 100m finals.

Hurdle Specifications : Please click [HERE](#)

Field Event Check in

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

Number of attempts in field events

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 : Please click [**HERE**](#) for Starting heights.

In the **Horizontal Jumps and Throws** only performances over the following distances will be measured:

LONG JUMP	2005	2004	2003	2002	2001
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

TRIPLE JUMP	2005	2004	2003	2002	2001
Girls					7.00m
Boys					7.50m

SHOT PUT	2005	2004	2003	2002	2001
Girls	2.50m	3.00m	4.00m	5.00m	6.00m
Boys	2.50m	4.00m	5.00m	6.00m	7.50m

Shot Put Specifications

2003-2005 Boys and Girls 2kg

2001-2002 Boys and Girls 3kg

Discus Specifications

Grade 6 & 7 Girls 750g

Grade 6 & 7 Boys 1KG

Grade 3-5 Girls 750g

Grade 3-5 Boys 750g

ACCOMODATIONS

Hilton Airport Vancouver

Please call 604-232-5015 and ask for Cecilia Dalmacio cecilia.dalmacio@hitlon.com

Results & Awards 2014

Event Results

Results will be posted on the north end of the stands on Friday and in the arena on Saturday & Sunday.

Awards

- Medals to top 3 finishers in all events.
- Ribbons to finishers 4th to 8th in hurdle and relay events.
- Ribbons to athletes finishing 4th to 16th in all other events.

Team Awards

- 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

Team standings for these awards will be determined 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

School 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.