



**The 46th 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 22, Saturday May 23, Sunday May 24, 2015

Clement Track, Richmond BC (Minoru Park)

www.kajaks.ca

Sanctioned by: BC Athletics

Meet Registrar: Shirley Young chedro@telus.net

Meet Director: Bev Larssen bev.kajaks@gmail.com

Registration Deadline: Friday May 15

Coaches Meeting: 8:00am Saturday May 23, 2015

REGISTRATION & ENTRY FEES

- All entries and payments must be done through TrackieREG - www.trackie.com/online-registration/
- NO REFUNDS!
- Schools that have a 2014/2015 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 22 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.bcatletics.org/admin/js/elfinder/files/MUL/MUL%20from%20Sept%202014%20on/SCH%20MUL%202-20-15.pdf>

LATE ENTRIES WILL BE CHARGED \$15 PER EVENT. LATE RELAY ENTRIES WILL BE CHARGED \$20 PER TEAM. 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

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 2002 and 2003 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.

Athletes with 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 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 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 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. 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 Information 2014

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

TRACK EVENT CHECK-IN

Athletes in track events will be marshaled from the South end of the track. **When** the event is called **(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

Hurdle Specifications (height/hurdle spacing)

60mH	2006	2005	2004	2003	2002
Girls	21"/6.5m	24"/6.5m	24"/6.5m		
Boys	21"/6.5m	24"/6.5m	24"/6.5m		
80mH	2006	2005	2004	2003	2002
Girls				27"/7m	30"/7.5m
Boys				27"/7m	30"/8m

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

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

	2006	2005	2004	2003	2002
Girls	0.80m	0.90m	1.00m	1.05m	1.15m
Boys	0.85m	0.95m	1.05m	1.10m	1.20m

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

LONG JUMP	2006	2005	2004	2003	2002
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

TRIPLE JUMP	2006	2005	2004	2003	2002
Girls					7.00m
Boys					7.50m

SHOT PUT	2006	2005	2004	2003	2002
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

2004-2006 Boys and Girls 2kg

2002-2003 Boys and Girls 3kg

Discus Specifications

2002-2005 Girls 750g

2002-2003 Boys 1kg

2004-2005 Boys 750g

ACCOMMODATIONS

Hilton Airport Vancouver

Please call 604-232-5015 and ask for Cecilia Dalmacio

cecilia.dalmacio@hitlon.com

Results & Awards 2015

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 & 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.