

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



**Meet Director: Maureen de St. Croix**

**Meet Manager: Brad Smith**

# General Information

---

## Athlete Eligibility

- All participating athletes must be current Junior Development members of BC Athletics.
- 'Supporting', 'Training', 'Day of event' and School memberships are INELIGIBLE for the championship.

## Entry Information

- \$8.00 per individual event, \$20.00 per relay team. Late fees are \$15.00 per individual event. Late entry participants will not be seeded. (the TrackieReg processing fee is in addition to the entry fee). Late fees do not apply to relay entries nor to Track Rascal entries. Relays can be entered up to 90 minutes before the event (**medley 2006-2008 - 200m-200m-200m-600m, 4x100 2006-2010**) Regular entry is via TrackieReg ONLY.
- Submission of an event performance along with event entry will ensure better seeding of the athlete.
- Track Rascals event \$10 – register on line or on site. Late fee does not apply.

## Age Divisions

- Competition is by single age group and is gender separated.  
**2010 (9's) 2009 (10's) 2008 (11's) 2007 (12's) 2006(13's)**  
\*\*Special Track Rascal Event on **Saturday July 20th** - to inspire our future stars !! – 2011 – 2013 athletes

## Package Pickup

- Team and Individual Competition Packages will be available at the track on Friday, July 19 after 4pm and on Saturday, July 20 and Sunday, July 21 after 8am.

## Coaches Meetings

- Friday July 19th – 5:15pm      Saturday July 20th – 9:15am      Sunday July 21st – 9:15am

## Awards

- BC Athletics Championship medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. Championship ribbons for places 4<sup>th</sup> to 8<sup>th</sup>. Awards Ceremonies have been organized to recognize athletes for their accomplishments. Athletes unable to attend the awards ceremony can pick up their awards 30 minutes after the event results have been posted.
- Unclaimed awards will not be mailed out.

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



### Results

- Full meet results will be posted on the BC Athletics website and Ocean Athletics website after the meet. To support our efforts to make this event as 'Green' as possible, paper results will not be posted with the exception of events going to a final. The live results link will be made available Friday, July 19, (note: live results does not mean instant results!! Results still need to be processed before they can be made available).

### Meet Rules

- IAAF Rules with BC Athletics Junior Development variations.

### Competition Areas

- The infield is out of bounds to all athletes who are not currently competing in a discus/hammer/javelin event.
- Only officials and competing athletes are allowed in the competition area. A coaching box will be provided at each of the field event areas. Only one designated coach per club will be allowed in this area. The coaching box is not available to parents.
- The high jump apron is out of bounds to all but the athletes competing and the officials. As per IAAF rules, athletes will be allowed to go to the coaches at the outside of lane 8.
- Coaches, Parents and other supporters are to remain off the track during an event. Standing and cheering on the track while the athletes are competing is not allowed.
- Coaches, Parents and other supporters may not give individual split times to athletes in distance events. If you wish to volunteer to give split times for all of the athletes, please see the BC Athletics official in charge.
- Coaches, Parents and Athletes are not to approach the Timing Tent with individual questions.

### Athlete Uniform

- Club athletes are to compete in their club singlets.
- Unattached athletes are to compete in appropriate athletic wear.
- Competition numbers are worn on the front for all events. Athletes are issued one number for the entire competition. Lost or forgotten bib numbers can be replaced at the registration desk for a \$5 fee. Please do not crinkle competition numbers!! The ink will deteriorate around the creases making it difficult for the camera to pick up the image. Crinkling of bib numbers occurred in the old days when bib numbers were made of thick cardboard. Today's bib numbers are of a high quality flexible material and provide the athlete with a souvenir of the event.

### Equipment

- All equipment, with the exception of Pole Vault poles, will be supplied by Ocean Athletics. Personal implements may not be used.
- Starting blocks are not used for any track events.

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



- Breakaway hurdles will be used for all hurdle events. NOTE: hurdles are placed so that the short feet are facing down the track. The placement of the cross board is not indicative of how the hurdle should be placed on the track.
- Please do not remove hurdles from their designated spots on the track. Warmup hurdles will be available for use by all athletes. If you are bringing personal hurdles for warmup use, please ensure that your name or your club name is readily visible.

### Marshalling

- All field events will marshal at the field event venue
  - NOTE: The start time listed for the event is the start time for the event. Athletes must organize themselves to ensure they have sufficient time to set down marks and have a few practice throws or jumps prior to the start of the event. Athletes arriving late will not be allowed to delay the competition to set marks or have practice throws/jumps. Schedule may be adjusted once competition participant numbers are finalized. Please check the schedule once the entry deadline has passed.
- All track event athletes must check in at the Marshalling tent, located in the grassy area behind the 110m start line 15 minutes before the designated start time of the event. Once checked in, athletes will be allowed to finish their warmup in a designated area. Athletes will be escorted from the marshalling tent to the start line of the track race.

### Conflicting Events

- In the event of field and track conflicts, it is the athlete's responsibility to check in for both events – track events at the Marshalling Tent, field events at the field event venue, to inform officials that they are in two events simultaneously. It is the responsibility of the athlete to ensure they are at each event in time to compete.
- In order to give field event athletes the best opportunity to complete their event before proceeding to a track event, Volunteers will be assigned to take field event athletes to their track event. There is no need for field event athletes to go to the track event too early. Athletes cannot 'catch up' on missed rounds of jumps/throws, nor move into different races and compete with other age groups to facilitate conflicts.
  - Athletes returning to a High Jump or Pole Vault events must jump at the current height of the bar.
  - Athletes returning to Throws, Long Jump or Triple Jump may make an attempt in the current round even if they have missed their particular placement, as long as the round has not been completed.

### Facilities:

- Spike Length is 7mm
- Synthetic/Polyurethane surface for Track, Jump runways and Javelin Run Up
- Concrete Throwing Circles
- Finish Lynx Electronic Timing System

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



### Protests and Appeals to the Jury

- Coaches, Athletes or the Athlete's representative should attempt to verbally resolve any concerns with the event chief. If not resolved, the coach, athlete or athlete representative may present their protest verbally to the Track/Field Referee. The Referee will let the coach, athlete or athlete representative know his/her decision. If the coach, athlete or athlete representative is not satisfied with the Referee's decision they may make an appeal to the Jury of Appeal. The appeal must be in writing and accompanied by a \$25 fee. This appeal must be made within 30 minutes of the coach, athlete or athlete representative being made aware of the Referee's decision. The decision of the Jury is final.
- A Jury of Appeal will consist of two BC Athletics Officials and one other qualified person, none of which were involved in the original decision or ruling.

## Track Events

---

### Scheduling of Track Events

- All track events will be run oldest to youngest with Females going first in each group, with the exception of the hurdle events (2006 Male/Female, 2007 Male/Female, 2008 Male/Female, 2009 Male/Female, 2010 Male/Female)
  - Note: breakaway hurdles are designed to be placed with the shorter feet up track from the athlete. The shorter lever allows the hurdle to fall more easily if they are knocked down. The placement of the cross board does not determine how the hurdles are placed.
- Age groups for distance events may be combined, but males and females will not compete together except in Race Walk if participation numbers do not warrant separate races.

### Seeding

- Athletes will be seeded for heats and timed finals according to seed times sent with registration. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS OR CLUB COACHES TO FILL OUT ACCURATE, LEGITIMATE SEED TIMES ON THE ENTRY FORM. SEED TIMES WILL NOT BE ADDED AFTER ENTRIES ARE RECEIVED. Athletes without seed times are ranked after all seed times and may thus end up in heats inappropriate to their ability.

### Preliminary Heats

- Heats will be held in the 60m, 100m, and 60/80m Hurdles. Should any of these events have 8 or less athletes, the final for the event will be held at the heat time. All other track events will be run as finals.

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



- The winner of each heat, plus the next fastest times to fill 8 lanes, will proceed to the final. An athlete qualifying for a final is expected to compete in the final. A non-qualifying athlete will not be moved into the final if a qualifying athlete does not compete.

### Relays

- Two types of relays are available – 4x100 for all age groups, and a medley relay (200, 200, 200, 600m) for the 2004-2006 age groups only.
- Clubs may form teams from various age groups but the team must run in the category of the oldest team member. Males and females may not be combined on relay teams.
- Mixed club teams may be made up of unattached athletes and athletes from clubs who cannot field a 4 member team. Club team participation takes precedence over running for a mixed team. **Mixed teams are not eligible for BC championship awards.**
- There is no late entry fee for relay teams, but teams must be registered 90 minutes in advance of the relay start.

## Field Events

---

- Athletes leaving the competition to participate in another event, must inform the BC Athletics official and understand that they will not be allowed to make up missed rounds. If an athlete leaves after the first round, and returns before the second round has been completed, they will be allowed to throw/jump in the second round. If the athlete returns after the second round has finished, they will forfeit that round. Athletes returning to High Jump or Pole Vault events must compete at the current height of the bar.

### Throws

- Each athlete is permitted a maximum of 3 throws.
- Athletes are not permitted to use their own implements. All implements will be supplied by Ocean Athletics and will have been weighed and certified by BC Athletics Officials.

### Horizontal Jumps

- Each athlete is permitted a maximum of 3 jumps in both the Long Jump and Triple Jump events.
- Athletes are expected to be ready to compete at the designated start of the event. Athletes showing up at the start time of the event will not have the opportunity to set marks except within the 1 minute allotment of their jump turn.
- There shall be no more than 2 takeoff Boards in the Triple Jump events.

### Vertical Jumps

- 3 consecutive failed attempts eliminates an athlete from the competition.

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



- Starting heights for Pole Vault will be determined by the BC Athletics Pole Vault official once athletes have checked in to the event.
- The bar is to be raised by 5cm in High Jump, and 10cm in Pole Vault each time until one competitor remains in the competition. Once the one competitor remains, the incremental increase in bar height will be determined in consultation with the BC Athletics official.
- Ties are broken by comparing the number of misses at the last successful height. If a tie remains, then there is a comparison of total misses. Any ties for first place that still exist will remain a tie. If the first two athletes are tied, the place judging then becomes 1, 1, 3 .

### Volunteer Sign Up

Ocean Athletics does not demand volunteer power from participating clubs and families of unattached athletes. We would prefer that you have the time to ensure that all of your athletes arrive to events on time, you have time to celebrate your athletes' achievements, and that you keep athletes, coaches and parents out of the competition areas.

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



# Accommodation

---

July is a busy sports month in Surrey. You are advised to book your accommodation as soon as possible. Accommodation is difficult due to the large Fusion Festival starting in Surrey July 22<sup>nd</sup>.

**Hampton Inn & Suites by Hilton Langley-Surrey** Group Name: BC JD Champs Code: "OAT"  
19500 Langley Bypass 1 604-530-6545 Travel time to meet site - 23 minutes Link:  
[https://hamptoninn.hilton.com/en/hp/groups/personalized/Y/YNJBCHX-OAT-20190719/index.ihtml?WT.mc\\_id=POG](https://hamptoninn.hilton.com/en/hp/groups/personalized/Y/YNJBCHX-OAT-20190719/index.ihtml?WT.mc_id=POG)

**Fortius Lodge** at the Fortius Sport and Health centre in Burnaby has available rooms for \$110 per night per room. Two double beds, TV, wifi access and a small washroom in each room. The Bistro is open 11-4pm but there are restaurants close by and a Costco 5 minutes away. Travel to meet site is 36 minutes. Double beds can accommodate 2 adults/2 children. Contact Fortius at 604-292-2500. Reference: BC JD Track & Field Championships.

Bed & Breakfast style accommodation also available in South Surrey and White Rock. Google: South Surrey B&B Accommodations.

# Going Green

---

Ocean Athletics will be making this Championships event as 'Green' as possible.

- Bottled water will not be sold. We will have the Surrey Sports Trailer on site to supply water as well as large water containers at event sites. Please bring a refillable water bottle.
- Results will be posted on line. The live link will be made available Friday, July 19. Only the advancement to finals information will be paper posted.
- Recycling bins will be available throughout the park. Please use them.

# Concession

---

## 2019 BC Athletics JD Track & Field Championships



July 19-21  
South Surrey Athletic Park  
Track & Field Facility



A concession and BBQ will be open on Saturday and Sunday. A variety of items will be for sale. Water will not be sold. The Surrey Sport Trailer will be on site Saturday and Sunday for water bottle refill.

## Souvenir Wear

---

Special T Group will be on site throughout the weekend with their quality t-shirts and sport pants. The Championships logo will be available soon.

## Track Location

---

**Google Maps overview:** <https://www.google.ca/maps/@49.0373698,-122.8151479,714m/data=!3m1!1e3>

**Address:** South Surrey Athletic Park is located at 146th St. on 20th Ave. in South Surrey. Parking is located in the lot above the park, across the street at the South Surrey Recreation Centre or the large parking lot off 148<sup>th</sup> Street at 18<sup>th</sup> Avenue (Semiahmoo Secondary School).





# 2019 BC Junior Development Championship

## Friday July 19 - Sunday July 21

2010 Girls	2009 Girls	2008 Girls	2007 Girls
2010 Boys	2009 Boys	2008 Boys	2007 Boys

2006 Girls
2006 Boys

### Track – Friday July 19<sup>th</sup>, 2019

Time	Event	Comments	Age Group
6:00pm	60m	Heats	2008-2010
6:45pm	2000m	Timed Finals	2006
7:10pm	300m	Timed Finals	2006-2007
7:30pm	60m	Finals	2008-2010

### Field – Friday July 19<sup>th</sup>, 2019

Time	Event	Age Group	Age Group
5:00	High Jump	2008 Boys	2008 Girls
	long jump	2007 Boys	2006 Boys
5:30	shot	2010 Girls	
	hammer	2007 Girls	2006 Girls
	javelin	2009 Girls	
6:30	shot	2010 Boys	
	hammer	2007 Boys	2006 Boys
	long jump	2007 Girls	2006 Girls
	javelin	2009 Boys	

2010 Girls	2009 Girls	2008 Girls	2007 Girls
2010 Boys	2009 Boys	2008 Boys	2007 Boys

2006 Girls
2006 Boys

### Track – Saturday July 20<sup>th</sup>, 2019

Time	Event	Comments	Age Group
10:00am	80m Hurdles	Heats	2006-2007
10:30am	60m Hurdles	Heats	2008-2010
11:10am	800m	Timed Finals	2006-2007
11:30am	600m	Timed Finals	2008-2010
12:00pm	100m	Heats	2006
12:15pm	100m	Heats	2007
12:30pm	100m	Heats	2008
12:45pm	100m	Heats	2009
1:00pm	100m	Heats	2010
	<b>AWARDS</b>		
	Rascal Event		
2:15pm	80m Hurdles	Finals	2006-2007
2:30pm	60m Hurdles	Finals	2008-2010
3:00pm	100m	Finals	2006-2010
3:45pm	4x100 relays	Timed Finals	2006-2010
	<b>AWARDS</b>		

### Field – Saturday July 20<sup>th</sup>, 2019

Time	Event	Age Group	Age Group
9:30	javelin	2006 Girls	
	discus	2007 Girls	
	shot	2007 Boys	
	High Jump	2009 Boys	2009 Girls
10:00	Pole vault	2006 Girls	2006 Boys
	Long Jump	2010 Girls	2008 Girls
10:30	discus	2007 Boys	
	javelin	2008 Boys	
10:45	shot	2006 Boys	
11:15	high jump	2010 Boys	2010 Girls
11:30	long jump	2009 Girls	
11:45	shot	2008 Girls	
	Javelin	2006 Boys	
12:30	Triple	2006 Girls	
12:45	High Jump	2007 Boys	2007 Girls
1:00	Discus	2008 Boys	
	javelin	2007 Girls	
	Triple	2006 Boys	
1:30	long jump	2009 Boys	
1:45	shot	2006 Girls	
2:00	Discus	2009 Girls	

2010 Girls	2009 Girls	2008 Girls	2007 Girls
2010 Boys	2009 Boys	2008 Boys	2007 Boys

2006 Girls
2006 Boys

### Track – Sunday July 21<sup>st</sup>, 2019

Time	Event	Comments	Age Group
10:00am	200m	Timed Finals	2006-2008
11:00am	1000m	Timed Finals	2008-2010
11:30am	1200m	Timed Finals	2006-2007
12:00noon	1500m RW	Timed Finals	2006
12:20pm	800m RW	Timed Finals	2007-2010
12:30pm	200m Hurdles	Timed Finals	2006-2007
2:15pm	Medley Relay	Timed Finals	2006-2008
	<b>AWARDS</b>		

### Field – Sunday July 21<sup>st</sup>, 2019

Time	Event	Age Group	
<b>9:30</b>	discus	2009 Boys	
	shot put	2009 Girls	
	javelin	2008 Girls	
	long jump	2010 Boys	
<b>10:15</b>	shot put	2008 Boys	
<b>10:30</b>	high jump	2006 Girls	2006 Boys
	discus	2008 Girls	
<b>10:45</b>	javelin	2007 Boys	
<b>11:15</b>	shot	2009 Boys	
<b>11:30</b>	long Jump	2008 Boys	
<b>12noon</b>	discus	2006 Boys	
	shot	2007 Girls	
<b>1pm</b>	discus	2006 Girls	

## Technical Specifications

<u>Hurdles:</u>	2010 males & females	60mH – 6 hurdles at 21" / 0.533m
	2008/09 males & females	60mH – 6 hurdles at 24" / 0.610m
	2007 males & females	80mH – 8 hurdles at 27" / 0.686m
		200mH – 5 hurdles at 24" / 0.610m
	2006 females & males	80mH – 8 hurdles at 30" / 0.762m
		200mH – 5 hurdles at 27" / 0.686m

<u>Shot Put:</u>	2008/09/10 males & females	2kg
	2006/07 males & females	3kg

<u>Discus:</u>	2008/09 males & females	750g
	2006/07 females	750g
	2006/07 males	1kg

<u>Javelin:</u>	2008/09 males & females	400g
	2006/07 females	400g
	2006/07 males	500g

<u>Hammer:</u>	2006/07 males & females	3kg
----------------	-------------------------	-----

<u>Starting Heights for High Jump</u>	2010 females	0.80m	2010 males	0.80m
	2009 females	0.90m	2009 males	0.90m
	2008 females	1.00m	2008 males	1.00m
	2007 females	1.10m	2007 males	1.10m
	2006 females	1.15m	2006 males	1.15m

Pole Vault: BC Athletics Official will determine the starting height of the Pole Vault events

