



EVENT INFORMATION PACKET

OUR PHILOSOPHY.

The 50th BC Elementary School Track & Field Championships is an event hosted by the Kajaks Track & Field Club with the purpose of providing a fun and safe competitive experience for athletes of all ages and abilities. We welcome all elementary school aged athletes whether they are new or experienced to the sport of Track & Field.

ETIQUETTE & CONDUCT

The BC Elementary Track & Field Championships will be abiding by the BC Athletics Codes of Conduct. It is expected that all participants: Athletes, Coaches, Officials, Spectators and Parents abide by the applicable codes of conduct. Failure to do so may result in expulsion from the competition venue in addition to other actions by the organizing committee.

GENERAL INFO.

- EVENT:** The 50th BC Elementary School Track & Field Championships
- DATE:** Friday, May 25th – Sunday May 27th, 2018
- HOST:** Kajaks Track & Field Club in cooperation with the City of Richmond
- SANCTIONED BY:** BC Athletics, a branch member of Athletics Canada
- VENUE:** Clement Track @ Minoru Park - 7191 Granville Avenue, Richmond BC
- WEBSITE:** www.kajaks.ca/bcec
- CONCESSION:** A Concession Stand and BBQ will be available at the south end of the stadium.
- MERCHANDISE:** Official BCEC and KAJAKS TFC merchandise will be available for purchase in the Arena located at the north end of the grandstands.

There will be a New Balance Pop-Up store in the arena throughout the event. Stop by with your Competition Number (Bib Number) to receive an additional 15% off!

LOST & FOUND: A Lost and Found will be located at the Packet Pick-Up desk inside the arena at the north end of the stadium. Items remaining after the completion of the meet will be donated.

MEDICAL: The BCEC will have a First Aid tent on-site located near the Marshalling tent at the south end of the track.

CONTACT INFO.

DIRECTOR: Garrett Collier Email: headcoach@kajaks.ca
MANAGER: Karen Fisher Hagel Email: info@kajaks.org
REGISTRAR: Sam Collier Email: events@kajaks.ca
EVENT: Taunya Geelhoed Email: taunya.geelhoed@gmail.com
SPONSORS: Dereck Hamada Email: dereck@hamada.ca

REGISTRATION INFO (ENTRIES).

REGISTER: All entries must be completed through TrackieREG. Schools, Individuals and Club athletes can complete registration by visiting: <http://www.trackiereg.com/THEBCEC50>

FEES & DEADLINES:

	Early Bird Deadline	Regular Deadline	Late Entry
by (Date)	May 11th	May 18th	n/a
by (Time)	11:59 PM	11:59 PM	n/a
per event*	\$7.50	\$10.00	\$20.00
per relay	\$15.00	\$20.00	\$30.00
BCA**	\$3.00	\$3.00	\$3.00

- Payment can be made online via credit card (**additional fees for credit card payments**); and
- Payment can be made by cheque made payable to "Kajaks Track & Field Club" provided that the cheque is presented at the time of packet pick-up,
- Kajaks will not accept any entries after the Regular Deadline (May 18th). Athletes will be able to late enter on the day of the event for the Late Entry fee depending on event restrictions (see: LATE ENTRIES).

* entry fee is per athlete per event.

** Athletes who do not have an annual BC Athletics (BCA) competitive membership or are not with a [2017-18 BC Athletics School Club member school](#) will be required to pay a \$3.00 fee for a School Day of Event membership in order to take part in the meet. To see if you if you're school is covered, please click here for the [2017-18 BC Athletics School Club members](#).

LATE ENTRIES: All athletes, coaches and parents are asked to please review the information below pertaining to Late Entries:

- Late Entries will only be accepted on the day of the event. No late entries will be accepted between the Regular Deadline (May 18th) and the First Day of Competition (May 25th).
- FOR TRACK EVENTS Day of Event entries will be accepted based on availability in the event. If the event is full, no additional entries will be accepted. Availability will be posted online at www.kajaks.ca/bcec and available at the registration desk.
- ~~FOR FIELD EVENTS: All Day of Event entries will be accepted.~~ Due to numbers of athletes, no additions will be accepted.
- Late Entries must be submitted 1 hour prior to the start of the event.
- Late Entries must be submitted at the Registration Desk (Packet Pick Up) located in the Arena.

REFUNDS: **NO REFUNDS, NO EXCEPTIONS.**

PACKET PICK UP: Packet Pick Up will be available starting **2:00 PM FRIDAY, MAY 25th, 2018** at the Registration Desk located in the Arena available until the meet ends.

Coaches/Teachers with teams will pick up team packet for their entire team and will be responsible for handing them out to athletes.

AGE DIVISIONS: This meet will be held in compliance with the [BC Athletics Technical Specifications](#). No other ages will be allowed to compete in this meet. Over age athletes currently in grade 7 will be allowed to compete for their school but will not be eligible to break records. Age Divisions are as follows:

Girls		Boys	
2009	Grade 3	2009	Grade 3
2008	Grade 4	2008	Grade 4
2007	Grade 5	2007	Grade 5
2006	Grade 6	2006	Grade 6
2005	Grade 7	2005	Grade 7

ELIGIBLE EVENTS: The BC Elementary Track & Field Championships follows the [BC Athletics Technical Specifications Manual](#). For a list of events, please see APPENDIX A.

ENTRIES INFO.

ACCEPTED ENTRIES: Entries are done by Year of Birth (YOB). Athletes may only enter events in their own age category. Please see the [BC Athletics Technical Specifications Manual](#) for technical specifications by age. 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](#). Please also note the following restriction(s):

300m: The 300m is for 2005 and 2006 athletes only. Younger athletes will not be permitted to enter this event.

4 x 200m Relay: The 4 x 200m Relay is for 2005, 2006 and 2007 athletes only. Younger athletes will not be permitted to enter this event.

Triple Jump: The Triple Jump is for 2005 athletes only. Younger athletes will not be permitted to enter this event.

CHANGES: No changes will be permitted after the posted Regular Deadline.

LIMITED ENTRIES: Due to time constraints the number of entries to the 100m will be limited again this year. Maximum of 6 athletes per gender per age category per team will be allowed. Teams may enter as many relay teams as they like, however only their top 2 teams will count towards Team Awards Scoring.

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 age category 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.

CONFLICTING EVENTS: Due to the volume of entries, Track events will not be delayed. In cases where track events and field events are in conflict (going at the same time), athletes are asked to check in at their field and 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 and the next round has started, missed attempts from previous round(s) will not be made up. If the event is over, the event is over. Please plan accordingly.

COMPETITOR NUMBERS: Each athlete will have a competition number (bib 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/uniforms.

COMPETITION INFO.

MEET SCHEDULE: The meet will provide a TENTATIVE meet schedule of events to be posted at www.kajaks.ca/bcec in March. A FINAL schedule will be posted **12:00 PM Wednesday May 23rd, 2018** prior to the start of the meet. Please note we will make every effort to run on schedule and, if time permits, the meet will run no more than 20 minutes ahead of schedule.

RAIN: The meet will go on as planned Rain or Shine. For safety, rain may cause the High Jump to move indoors to the arena. If this is the case, some High Jump events may need to be moved later or to the next day.

HEAT SHEETS: Heat sheets will be made available at www.kajaks.ca/bcec prior to the start of the event. Updated heat sheets will be posted in the arena and in areas around the stands each day of competition.

MARSHALLING: It is recommended that all coaches, parents and athletes arrive to the meet no less than 1 hour before the scheduled start of their event.

All athletes will be called to check in by the announcer. Athletes will receive 1st, 2nd and Final calls, so please listen carefully to all announcements.

Athletes will be called by their gender, year of birth and event. Example: *"This is first call for the GIRLS 2005 100m, please make your way to the marshalling tent to check in for your event."*

TRACK EVENTS: Athletes competing in all track events will be called to the marshalling tent located on the south end of the track.

FIELD EVENTS: Athletes competing in all field events will be called to check in at the site of their event (example: long jumpers will check in at the long jump pits).

TECHNICAL SPECIFICATIONS: As a BC Athletics sanctioned event, this meet will adhere to the [BC Athletics Technical Specifications Manual](#).

TRACK EVENTS: Track Event Check-IN

Athletes in track events will be marshalled (marched) from the South end of the track to the start line of their event. When the event is called send **BUT 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

All track events will be run as timed finals with the exception of the 100m and the 4 x 100m for 2007, 2006 and 2005 age groups. Advancement to the 100m will be done by time alone. "A" (top 8 fastest times) and "B" Finals (next 8 fastest times) will be run. Please note that athletes in the B Finals cannot displace athletes in the A Final (Example: The winner of Final "A" is 1st and the winner of Final "B" is 9th). There will be no A & B Finals for the 4 x 100m for 2007, 2006 and 2005 age groups.

Hurdle Specifications

For a list of hurdle specifications, please see APPENDIX B.

RELAY EVENTS: Relay Event Check-IN

Relay teams will follow the same check in procedure as all other track events.

BCA Clubs

BC Athletics Club teams will be allowed to run exhibition teams in the 4 x 100m, Mixed 4 x 200m, Distance Medley Relay (DMR), Multi Age 4 x 100m and Mixed 4 x 100m. Only school teams will be eligible for awards.

Filling Spots

In instances where relay teams require additional runners from a younger age group (fill spots), the team will be entered in the category age of the oldest athlete on the team. Coaches are reminded that athletes filling spots must be eligible to run the

distance of their relay leg according to the [BC Athletics Technical Specifications Manual](#).

Mixed 4 x 100m / 4 x 200m Relay

WHAT IS IT? This is a mixed gender, single age category relay event. Each team must be made up of 2 boys and 2 girls. Athletes can run in which ever order they prefer. **This Relays will be a NON SCORING EVENT.**

Multi Age 4 x 100m Relay

WHAT IS IT? This is a single gender, multi age category relay event in which each leg is run by a different aged athlete. Athletes eligible for this race must be born between 2005 and 2008. Athletes must run in the order of youngest to oldest.

Distance Medley Relay (DMR)

WHAT IS IT? This relay is single gender, single age group event in which athletes run the following distances in the following order: 200m, 200m, 200m, 600m.

All Other Relays

All other relays will be run as single gender, single age category events.

FIELD EVENTS: Field Event Check In

Athletes should report directly to their field event when called by the announcer.

Number of Attempts

All athletes who have checked in at their event at the time of the event will receive 1 official practice throw. Each event will have 3 rounds and each athlete will be given 1 attempt per round if they are present during that round. REMINDER: If an athlete is not present by the end of the round, the athlete will forfeit that attempt. High Jump will follow standard BCA and IAAF rules.

Minimum Distances

In all throwing and horizontal jumps, minimum distances will be enforced. An athletes first fair attempt will be measured. All attempts that are not past the minimum distance will not be measured. The minimum distances are as follows (next page):

LONG JUMP					
YOB	2009	2008	2007	2006	2005
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

TRIPLE JUMP					
YOB	2009	2008	2007	2006	2005
Girls	n/a	n/a	n/a	n/a	7.00m
Boys	n/a	n/a	n/a	n/a	7.50m

SHOT PUT					
YOB	2009	2008	2007	2006	2005
Girls	2.50m	3.00m	4.00m	5.00m	6.00m
Boys	2.50m	4.00m	5.00m	6.00m	7.00m

DISCUS					
YOB	2009	2008	2007	2006	2005
Girls	n/a	n/a	8.00m	10.00m	13.00m
Boys	n/a	n/a	10.00m	12.00m	16.00m

High Jump Starting Heights

YOB	2009	2008	2007	2006	2005
Girls	0.80m	0.90m	1.00m	1.05m	1.15m
Boys	0.85m	0.95m	1.05m	1.10m	1.20m

High Jump Progressions

After the starting height, the high jump bar will be raised in 5cm increments until the competition is completed.

CORRECT TECHNIQUE: For their own safety, it is strongly recommended that athletes know the correct technique before entering technical complex events like field events or hurdles.

PROTESTS: Protests must be submitted in writing using the Official Meet Protest Form (see: APPENDIX C) to the Meet Director and the JURY OF APPEAL within 30 minutes from the posting of the results of the event in question. A \$25.00 protest fee is to

accompany all protests. If the protest is upheld, the protest fee will be returned.

Protests can only be submitted by a team or club coach. For unattached athletes, or athletes who does not have a coach present at the meet, parents may submit a protest. Violation of this rule will result the protest not being accepted.

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.

MISSED EVENTS: Athletes and coaches are reminded that there will be no refunds for athletes who miss their event(s). No exceptions.

RESULTS: Results will be posted in the Arena located to the north end of the grand stands. Results will be posted online at www.kajaks.ca/bcec upon the completion of each day.

AWARDS INFO.

INDIVIDUAL AWARDS: Hurdle and Relay events

- Medals for Top 3 finishers
- Ribbons for 4th to 8th place finishers

All other events

- Medals for Top 3 finishers
- Ribbons for 4th to 16th place finishers

Individual Award Pick-up

Coaches/Teachers for 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 mailing out of awards. Please have someone come by at the end of the meet to pick up your package. Athletes who are not competing for their school may pick up their awards 30 minutes after the results have been posted.

TEAM AWARDS: Team awards include the following:

- Meet Champions Trophy
- Top Girls Team Plaque
- Top Boys Team Plaque
- Top Public Schools Plaque
- Top Non-Lower Mainland School Plaque
- Top Club Plaque

Team Awards Scoring

1 st	10 pts.	5 th	4 pts.
2 nd	8 pts.	6 th	3 pts.
3 rd	6 pts.	7 th	2 pts.
4 th	5 pts.	8 th	1 pts.

Team Awards Pick-up

Team awards will be available for all team award winners upon the completion of the meet.

APPENDIX A

As a BC Athletics sanctioned meet, the events for the BC Elementary Track & Field Championships are dictated by the [BC Athletics Technical Specifications Manual](#). Below is a list of events offered by age. Athletes must compete in the events according to their age category.

EVENTS OFFERED

Age (YOB) Events	2009		2008		2007		2006		2005	
	G	B	G	B	G	B	G	B	G	B
60m	★	★	★	★						
100m	★	★	★	★	★	★	★	★	★	★
200m					★	★	★	★	★	★
300m							★	★	★	★
600m	★	★	★	★	★	★				
800m							★	★	★	★
1000m	★	★	★	★	★	★				
1200m							★	★	★	★
2000m									★	★
60m Hurdles	★	★	★	★	★	★				
80m Hurdles							★	★	★	★
60m Shuttle Relay	★	★	★	★						
4 x 100m Relay	★	★	★	★	★	★	★	★	★	★
Multi-Age 4 x 100m			★							
Mixed 4 x 100m Relay	★		★							
Mixed 4 x 200m Relay					★		★		★	
Distance Medley Relay					★	★	★	★	★	★
High Jump	★	★	★	★	★	★	★	★	★	★
Long Jump	★	★	★	★	★	★	★	★	★	★
Triple Jump									★	★
Shot Put	★	★	★	★	★	★	★	★	★	★
Discus			★	★	★	★	★	★	★	★

On Saturday, the BC Elementary School Track & Field Championships also holds a 50m Track Rascals Dash for kids 3-8 years of age. Parents can register their kids on the day at the Registration Desk for \$10.00.

APPENDIX B

As a BC Athletics sanctioned meet, the event specifications for the BC Elementary Track & Field Championships are dictated by the [BC Athletics Technical Specifications Manual](#).

HURDLE EVENT SPECIFICATIONS

60m Hurdles	2009	2008	2007	2006	2005
Girls	21" (6.5m)	24" (6.5m)	24" (6.5m)	n/a	n/a
Boys	21" (6.5m)	24" (6.5m)	24" (6.5m)	n/a	n/a

80m Hurdles	2009	2008	2007	2006	2005
Girls	n/a	n/a	n/a	27" (7.0m)	30" (7.5m)
Boys	n/a	n/a	n/a	27" (7.0m)	30" (7.5m)

THROWING EVENT SPECIFICATIONS

Shot Put	2009	2008	2007	2006	2005
Girls	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 k
Boys	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 kg

Discus	2009	2008	2007	2006	2005
Girls	n/a	750 g	750 g	750 g	750 g
Boys	n/a	750 g	750 g	1.00 kg	1.00kg

APPENDIX C

PROTEST FORM

\$25.00 FEE

EVENT: _____ GENDER (circle): GIRLS / BOYS

Y.O.B / AGE: _____ ATHLETE/TEAM NAME: _____ BIB#: _____

Clearly, and as concisely as possible, explain the situation. Cite all pertinent facts which should be examined by the Jury of Appeal to take action on this protest. PLEASE PRINT CLEARLY.

SUBMITTED BY (print name): _____ PHONE: _____

By signing this form, I understand and accept that 1) my protest fee of \$25.00 will only be returned if my protest is upheld, and 2) the decision of the Jury of Appeal is final.

SIGNATURE: _____ DATE: __ _____

JURY OF APPEAL DECISION

This protest is: **UPHELD** or **DENIED**

NEW DECISION: _____

MEET DIRECTOR SIGNATURE: _____ DATE: _____