



BCEC 53

# INFORMATION PACKET

## OUR PHILOSOPHY

### WHY WE DO IT

An event for everyone. The 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 grade 3-7 athletes of all abilities. We welcome all elementary school aged athletes (ages 9-13) whether they are new or experienced to the sport of Track & Field; or whether they represent a participating school, or not. Anyone can register. No prior qualifying events are necessary.

## ETIQUETTE & CONDUCT

### WE WANT THIS TO BE A SPECIAL WEEKEND FOR ALL

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. This meet is Volunteer powered, so be sure to thank one of our BC Athletics Officials, and our orange-shirted #KajaksFam volunteers.

## GENERAL INFO.

### THE BASICS

<b>Event Name:</b>	53 <sup>rd</sup> Annual BC Elementary Track & Field Championships	
<b>Event Date(s):</b>	Friday May 26 <sup>th</sup> – Sunday May 28 <sup>th</sup> , 2023	
<b>Location:</b>	Clement Track & Collier Throws Centre @ Minoru Park 7191 Granville Street Richmond, BC Canada	
<b>Hosted by:</b>	The Kajaks Track & Field Club in cooperation with The City of Richmond	
<b>Website:</b>	<a href="http://www.kajaks.ca/bcec">www.kajaks.ca/bcec</a>	
<b>Sanctioned By:</b>	BC Athletics a member of Athletics Canada	
<b>Event Contacts:</b>	Garrett Collier (Technical Event Director)	<a href="mailto:headcoach@kajaks.ca">headcoach@kajaks.ca</a>
	Karen Fisher Hagel (Meet Director)	<a href="mailto:info@kajaks.ca">info@kajaks.ca</a>
	Dawn Driver (Entries & Registration)	<a href="mailto:dawn_driver@hotmail.com">dawn_driver@hotmail.com</a>
	Lanie Man (Sponsorships & Gifts)	<a href="mailto:donateto@kajaks.ca">donateto@kajaks.ca</a>

## REGISTRATION INFO.

### HOW TO REGISTER FOR THE MEET

<b>Participants:</b>	This meet is open to all athletes ages 9-13 years of age. There are no restrictions. Athletes can enter this meet with their school team, as an individual representing their school, a BC Athletics club member or an unattached individual athlete (no affiliation).
<b>Online Registration:</b>	All Entries must be completed online at <a href="http://trackie.reg">trackie.reg</a> . Registration for the 53 <sup>rd</sup> BCEC can be found here:

**Registration Opens:** Tuesday – May 9<sup>th</sup> 2023 (9:00 AM)

**Refunds:** No Refunds. No Exceptions

**Deadlines & Fees:**

	Regular	Late	Day of Event
Deadline (Date)	SUN MAY 21 <sup>st</sup>	MON MAY 23 <sup>rd</sup>	n/a
Deadline (Time)	11:59 PM	11:59 PM	n/a
Per Event*	\$10.00	\$15.00	\$ 20.00
Per Relay	\$20.00	\$30.00	\$40.00
BCA**	\$ 3.00	\$ 3.00	\$ 3.00

\* entry fee is per event/per athlete

\*\* Athletes who do not have an annual BC Athletics (BCA) competitive membership or are not with a BC Athletics registered 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 or your school is covered, please click here for the [2022-23 Schools and District Memberships](#) list.

**Entry Fees:**

Entry fees can be paid:

- online via credit card or debit card at trackie.reg site (plus applicable fees);
- by cheque payable to “Kajaks Track & Field Club.” (payment must be received by Kajaks TFC before the first event to guarantee entries).
- by etransfer to [info@kajaks.ca](mailto:info@kajaks.ca) Please contact the Meet Manager Karen at [info@kajaks.ca](mailto:info@kajaks.ca) for security words, or any issues and/or questions.

**Day of Event Entries:**

All Coaches and Athletes are asked to please review the Day of Event entries information below before the start of the meet.

- Day of Event entries will only be accepted on the day of competition up to 1 hour before the start of the scheduled event. No entries will be accepted between the Late Entry Deadline (May 23<sup>rd</sup>, 2023) and before Day 1 of competition (May 26<sup>th</sup>, 2023);
- For Track Events, Day of Event entries will be accepted based on availability in the event. A list of event availability will be posted online at [www.kajaks.ca/bcec](http://www.kajaks.ca/bcec) prior to the start of the meet. If an event is full, no Day of Event entries will be accepted.
- For Field Events, Day of Event entries will be accepted based on availability in the event. Due to the length of some field events, the meet will impose capacity limits on certain events. If the event has reached capacity prior to the start of the meet, no Day of Event entries will be accepted.
- Day of Event entries will only be accepted 1 (one) hour prior to the scheduled start of the event.
- Day of Event entries will only be accepted at the Registration Table located in the Arena at the north end of the homestretch grandstand. Payment (\$20.00 for individual entries / \$40.00 for relay teams) must be paid before the entry will be accepted.

**Packet Pick-Up:**

Registration packets (with competition numbers and other information) will be available for pick up at the Registration Desk located in the Arena to the north of the homestretch grandstands starting **2:00**

**PM Friday May 26<sup>th</sup>, 2023** until the end of the meet. Coaches and/or Teachers with teams will pick up the team packet for their entire team and will be responsible for handing them out to athletes.

**Age Groups:**

Girls			Boys		
Grade 3	2014	9Y	Grade 3	2014	9Y
Grade 4	2013	10Y	Grade 4	2013	10Y
Grade 5	2012	11Y	Grade 5	2012	11Y
Grade 6	2011	12Y	Grade 6	2011	12Y
Grade 7	2010	13Y	Grade 7	2010	13Y

**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.**

WHAT YOU NEED TO KNOW AFTER YOU REGISTER FOR THE EVENT.

**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 Event: The 300m is for 2011 and 2010 athletes only. Younger athletes will not be permitted to enter this event.

4 x 100m Mixed Relay: The 4 x 100m Mixed Relay is for 2010, 2011 and 2012 athletes only. Younger athletes will not be permitted to enter this event.

**Changes:**

No changes will be permitted after Late Registration closes – 11:59PM Monday May 22, 2023.

**Event 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.

**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 for athletes running the first, second and third leg of the relay. The final leg runner must have their competition number. It is assumed that team members will be wearing team shirts/uniforms.

## COMPETITION INFO.

## WHAT YOU NEED TO KNOW ON COMPETITION DAY

<b>Schedule of Events:</b>	<p>The meet will provide a <b>TENTATIVE</b> schedule of events for the meet to be posted online at <a href="http://www.kajaks.ca/bcec">www.kajaks.ca/bcec</a>. A <b>FINAL</b> schedule will be posted 8:00 PM Wednesday May 24<sup>TH</sup> prior to the start of the meet. Please note we will make every effort to run on schedule and, if time permits, <u>the meet will run no more than 20 minutes ahead of schedule.</u></p> <p>◆ 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.</p>
<b>Heat Sheets:</b>	Heat sheets will be made available online at <a href="http://www.kajaks.ca/bcec">www.kajaks.ca/bcec</a> 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.
<b>Results:</b>	Results will be posted online at <a href="http://www.kajaks.ca/bcec">www.kajaks.ca/bcec</a> after the completion of each competition day. Results will also be posted in the Arena 30min - 45min after the completion of an event barring any protests. Final Combined results will be posted online after the completion of the meet on Sunday.
<b>Protests:</b>	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 do not have a coach present at the meet, parents may submit a protest. Violation of this rule will result the protest not being accepted.
<b>Jury of Appeals:</b>	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
<b>Event Specifications:</b>	For a complete list of event specifications (hurdle heights, implement weights etc...) please consult the <a href="#">BC Event Technical Specifications</a> . [Appendix A – page 11 / Appendix D – page 16].
<b>Event Check in:</b>	<p>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.</p> <p>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.</p> <p>Track Events: Athletes competing in all track events will be called to the check-in at the marshalling tent located on the south end infield of the track.</p> <p><i>Example: "This is the first call for Girls 2010 100m. Please make your way to the marshalling tent to check in for your event."</i></p> <p>Relay Events: Relay events will follow the same check-in procedure as track events. Please be sure that all relay team members are present at check-in.</p> <p>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).</p> <p><i>Example: "This is the second call for Boys 2013 Shot Put. Please make your way to your event to check in."</i></p> <p>Athletes must have their competition numbers upon check in.</p>

<b>Marshalling:</b>	<p>For Track events and Relays all athletes must check in at the Marshaling tent located at the south end infield of the track. Coaches and Parents may escort their athletes to the Marshaling tent.</p>
	<p>After athletes check in at the marshalling tent, they are required to remain in the marshaling area prior to the start of their event. Athletes are asked to please stay in the marshalling area. Parents and Coaches may assist with their athletes in the marshaling area.</p>
	<p>Once checked in, Meet Marshals will escort athletes to the start line for their event prior to the start of their event heat. PLEASE NOTE: When the event is called and athletes are marshalled (marched) to their event, PARENTS AND COACHES MAY NOT ACCOMPANY THEIR ATHLETES FROM THE MARSHALLING AREA.</p>
	<p>Do not send your athlete to the marshalling tent unless they are called by the announcer. They will be sent away to prevent overcrowding.</p>
	<p>Be sure that athletes have their competition number with them at the marshalling tent. They will not be able to check in without it.</p>
	<p>In addition to having their competition number with them, athletes should be warmed up and ready to run. Sweats can be worn until the starter gives the command "Sweats off." After your race, please return immediately to claim your clothing.</p>
<b>Conflicting Events:</b>	<p>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 after 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 and prepare accordingly.</p>
<b>Missed Events:</b>	<p>Athletes and coaches are reminded that there will be no refunds for athletes who miss their event(s). No exceptions.</p>
<b>Correct Technique:</b>	<p>For their own safety, it is strongly recommended that athletes know the correct technique before entering technically complex events like field events or hurdles. Coaches and athletes are encouraged to contact a local track &amp; field club if they have questions. To find the nearest club please head over to the <a href="#">BC Athletics Club Finder</a>.</p>
<b>Track Events:</b>	<p>All Track events will take place on Clement Track. <b>All Track events will be run as Timed Finals.</b></p>
	<p>Prior to the start of the race athletes will be given instructions by the meet starters. Once instructions have been given, athletes will be asked to remove any sweats or warm-ups and ready themselves for the race.</p>
Starter Info:	<p>The Starter will give 3 commands to start the race:</p> <p>"On your marks.....Set.....Bang"</p>
Starting Blocks:	<p>Blocks are not to be used for all Track events.</p>
False Starts:	<p>One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete.</p>

<b>Relay Events:</b>	All Relay events will take place on Clement Track. <b>All Relay events will be run as Timed Finals.</b>
BCA Clubs:	BC Athletics Club teams will be allowed to run exhibition teams in the 4 x 100m, 1200m Relay (200m,200m,200m,600m), 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 per the BC Athletics Technical Specifications Manual.
Mixed Relays:	<p>The Mixed 4 x 100m Relay are mixed gender, single age category relay events. Each team must be made up of 2 boys and 2 girls. Athletes can run in which ever order they prefer. These relays are NON-SCORING events.</p> <p>The 4 x 100m Mixed Relay is for 2010, 2011 and 2012 athletes only. Younger athletes will not be permitted to enter this event.</p>
Mutli-Age Relays:	The Multi-Age 4 x 100m Relay 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 2010 and 2013. Athletes must run from youngest to oldest.
1200m Relay:	The Sprint Medley Relay (SMR) is single gender, single age group event in which athletes run the following distances in the following order: 600m, 200m, 200m, 200m.
Other Relays:	All other relays will be run as single gender, single age category events.

**Field Events (Jumps):** Horizontal jumping events (Long Jump) will take place on the long jump runway located to the west of Clement Track, opposite the grand stands. Vertical Jumps (High Jump) will take place on the High Jump apron/area located on the north side of Clement Track.

Attempts:	In the Long Jump, athletes will receive 1 practice attempt and 3 competition attempts over 3 rounds. In the High Jump, athletes will receive 3 attempts per height per BCA and IAAF rules. REMINDER: If an athlete is not present by the end of the round, the athlete will forfeit that attempt.
Minimum Distances:	In the Long Jump event, a minimum distance will be enforced. If an athlete does not reach or surpass the minimum distance in their first 2 attempts, officials will mark the 3 <sup>rd</sup> legal attempt even if it is below the minimum standard. Please see below for the minimum distances for each age group and gender:

Minimum Distances for Long Jump					
YOB	2014	2013	2012	2011	2010
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

High Jump:	Progressions in all High Jump events will be used during the meet. The following progressions will be used:
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High Jump Progressions					
YOB	2014	2013	2012	2011	2010
Girls	0.80m	0.90m	1.00m	1.05m	1.15m
Boys	0.85m	0.95m	1.05m	1.10m	1.20m

**Field Events (Throws):**

All Throwing events (Shot Put and Discus Throw) will take place at the Collier Throws Centre located at the North end of the track, north of the high jump apron, behind home plate at Latrace Baseball Field.

**Attempts:**

In both throwing events (Discus and Shot Put) athletes will receive 1 practice attempt and 3 competition attempts.

**Minimum Distances:**

In the throwing events, minimum distances will be enforced. If an athlete does not reach or surpass the minimum distance in their first 2 attempts, officials will mark the 3<sup>rd</sup> legal attempt even if it is below the minimum standard. Please see below for the minimum distances for each age group and gender:

Minimum Distances for Shot Put					
YOB	2014	2013	2012	2011	2010
Girls	2.50m	3.00m	4.00m	5.00m	6.00m
Boys	2.50m	4.00m	5.00m	6.00m	7.00m

Minimum Distances for Discus Throw					
YOB	2014	2013	2012	2011	2010
Girls	n/a	n/a	8.00m	10.00m	13.00m
Boys	n/a	n/a	10.00m	12.00m	16.00m

**Proper Technique:**

Coaches and athletes are asked to please review proper throwing technique for the Shot Put event. Please note that the shot (implement) cannot leave the athlete's neck prior to the release (throw). This would result in the athlete throwing the shot (implement) as opposed to putting (push) and would thereby be deemed a foul throw. For more information on proper throwing technique, please watch this video: [Little Athletics Getting Started Circle Throws.](#)

**AWARDS INFO.**

WHAT YOU CAN WIN, AND HOW TO GET IT

**Individual Awards:**

Athletes in individual events are eligible for the following awards:

**Relays:**

Medals for Top 3 finishers

Ribbons for 4<sup>th</sup> – 8<sup>th</sup> place finishers



All Other Events: Medals for Top 3 finishers  
Ribbons for 4<sup>th</sup> – 16<sup>th</sup> place finishers

**Individual Award Pick-Ups:**

Medals and ribbons may be picked up at the Awards table in the arena 30 minutes after the event results are posted. Sorry no early pickups allowed. Awards not picked up, will not be mailed. Coaches, if you would like to collect all the awards for your team, you may request so via email to [info@kajaks.ca](mailto:info@kajaks.ca)

**Team Awards:**

All School teams are eligible for the following awards:

- 🏆 Team Champions (Overall meet winner)
- 🏆 Girls Team Champions
- 🏆 Boys Team Champions
- 🏆 Public Schools Champions
- 🏆 Non-Lower Mainland School Champions

Points for team awards will be awarded as follows:

1 <sup>st</sup>	10 pts.	5 <sup>th</sup>	4 pts.
2 <sup>nd</sup>	8 pts.	6 <sup>th</sup>	3 pts.
3 <sup>rd</sup>	6 pts.	7 <sup>th</sup>	2 pts.
4 <sup>th</sup>	5 pts.	8 <sup>th</sup>	1 pts.

Team awards will be available for all team award winners upon the completion of the meet. Team awards must be picked up by a team coach.

**ADDITIONAL INFO.**

OTHER STUFF WE WANT YOU TO KNOW ABOUT.

**Medical:**

There will be a medical tent located next to the Marshaling tent at the south end infield of Clement Track.

**Merchandise:**

Athletes! Your competition bib contains a discount coupon for shopping at New Balance Richmond Stop by with your Competition Number to receive an additional 15% off some cool gear!

New Balance Richmond: <https://stores.newbalance.com/gardencity>

Official BCEC T-Shirts will be available at the STGE tent located on the grass area to the east of the 100m straightaway. For athletes wishing to have their names printed in the T-Shirt, STGE will be preselling shirts online. Details to follow soon!

**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.

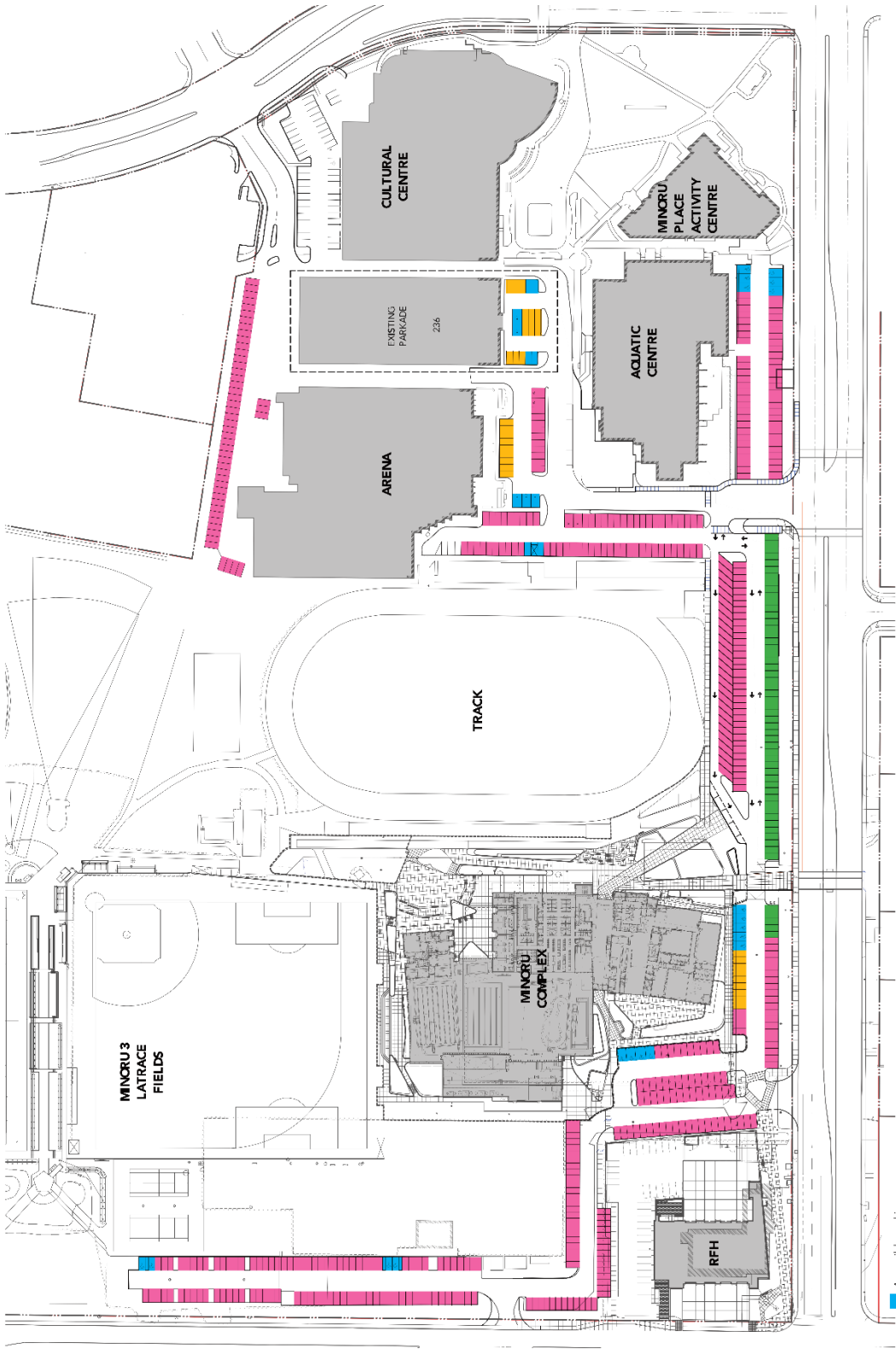
**Concession:**

The concession stand will be located behind the grandstands. Be sure to stop by for some tasty snacks, hot dogs, and thirst-quenching beverages.

**BBQ:**

- Sponsorship:** We're always on the lookout to partner with other great and like-minded organizations! If you are interested in backing this great event, please contact our head of sponsorship Lanie Man at [donateto@kajaks.ca](mailto:donateto@kajaks.ca).
- Track Rascals 50m:** The BCEC will be hosting a 50m Track Rascals Dash for all kids ages 3-8 years old. Cost for race entry is by \$10.00 donation. All proceeds from the race will be donated to KidSport Richmond to help kids access sport. Registration is available at the Packet Pick Up Desk inside the Arena.
- Parking:** There will be parking available at:
- Free 3 hour Parking at Clement Track (see: Parking below);
  - Free all day Parking on top of the parkade at Richmond Public Library (east of Clement Track behind the arenas);
  - Free all day Parking at Richmond City Hall starting Friday at 5:00pm through the weekend;
  - Paid Parking at The Caring Place located in the south east corner of Minoru Blvd and Granville Street;
  - Warning: Do not park at Richmond Centre mall unless you are there eating or shopping, you will get ticketed.
- Directions:**
- From Hwy 99:
- Heading North on Hwy 99;
  - Take 1<sup>st</sup> Exit on right after the Massey Tunnel;
  - Merge on to Steveston Highway and Head West;
  - Make Right on No. 3 Road and Head North;
  - Make Left on Granville Street and Head West;
  - Clement Track will be on your Right.
- From Hwy 91:
- Heading West on Hwy 91;
  - Merge on to Alderbridge Way and Head West;
  - Make Left on Minoru Blvd and Head South;
  - Make Right on Granville Street and Head West;
  - Clement Track will be on your Right;

# MINORU PARK PARKING



# BCEC SITE MAP



## 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)	2014		2013		2012		2011		2010	
Events	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	★		★							
1200m Relay					★		★		★	
High Jump	★	★	★	★	★	★	★	★	★	★
Long 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	2014	2013	2012	2011	2010
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	2014	2012	2012	2011	2010
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	2014	2013	2012	2011	2010
Girls	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 kg
Boys	2.00 kg	2.00 kg	2.00 kg	3.00 kg	3.00 kg

Discus	2014	2013	2012	2011	2010
Girls	n/a	750 g	750 g	750 g	750 g
Boys	n/a	750 g	750 g	1.00 kg	1.00kg