



41<sup>st</sup> ANNUAL  
BC ELEMENTARY TRACK AND FIELD CHAMPIONSHIPS

Hosted by the Kajaks Track and Field Club  
in co-operation with  
The City of Richmond

May 22-24, 2009



- SPONSORED BY:** The Run Inn
- SANCTIONED BY:** BC Athletics
- LOCATION:** Clement Track at Minoru Park, Richmond BC  
(off Granville Ave between Minoru Blvd and Gilbert Rd)
- ELIGIBILITY:** Athletes must possess a current BC Athletics Membership or BC Athletics School District Membership. (Day of meet membership is available in this entry package)
- BC ATHLETICS:** Each athlete who does not have a 2009 BC Athletics Junior Development membership will be required to take out a \$3.00 School Day of Event membership for the meet.
- Schools that have a 2009 BC Athletics School Club Membership are not required to pay the School Day of Event Membership. For more information please visit the BC Athletics website at [www.bcathletics.org/main/membership.htm#schools](http://www.bcathletics.org/main/membership.htm#schools) or contact BC Athletics at (604) 333-3556 or [sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org).
- ENTRY FEE:** \$7.00 per individual event  
\$14.00 per relay team
- LATE ENTRIES:** \$14.00 per individual event  
\$28.00 per relay team
- REGISTRATION:** Online entries only via DirectAthletics
- CHEQUES:** Payable to the "Kajaks Track and Field Club"  
*Once an entry has been received, refunds will not be given.*
- ENTRY DEADLINE:** Received by Friday, May 15, 2009
- LATE ENTRIES:** Received by Tuesday, May 19, 2009
- DAY OF MEET ENTRIES WILL NOT BE AVAILABLE.**
- REGISTRATION:** Pick up starting at 1:00 pm Friday May 22, 2009
- \*\*Packages are organized by team and must be paid for and picked up before any athlete can participate in the meet. Therefore a team representative should be in Richmond to pick up the package and pay for the entries on Friday.**
- COACHES MEETING:** 8:00am Saturday, May 23, 2009
- WEB SITE:** [www.kajaks.org](http://www.kajaks.org)

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**REGISTRATION INFORMATION**

**AGE DIVISION FOR COMPETITION**

2000 Girls (Girls born in 2000)	2000 Boys (Boys born in 2000)
1999 Girls (Girls born in 1999)	1999 Boys (Boys born in 1999)
1998 Girls (Girls born in 1998)	1998 Boys (Boys born in 1998)
1997 Girls (Girls born in 1997)	1997 Boys (Boys born in 1997)
1996 Girls (Girls born in 1996)	1996 Boys (Boys born in 1996)

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**

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.

**400M**

The 400m is for 1996 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. A maximum of 6 athletes per school per Age Division will be allowed.

There is a limit of 2 relay teams per age group 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 random. 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**

The 4 x 200 Mixed Age relays are to have at least one athlete from each age from 1996 down to 1998. There will be no Medley relay for grades 3 and 4. There will be no mixed gender relay teams allowed. 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 is a limit of 2 relay teams per age group per school.

**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.

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**TECHNICAL INFORMATION**

**TRACK EVENT CHECK IN**

Athletes in track events will be marshaled from the South end of the track. **When** the event is called **send (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 by time alone.  
The top 8 times in each Division will advance to the hurdles final.  
The top 16 times in each Division will advance to the 60m, 100m and 200m finals.

**HURDLE SPECIFICATIONS**

<u>Age/Gender</u>	<u>Distance</u>	<u>#H</u>	<u>H height</u>	<u>to 1st H</u>	<u>Between H's</u>	<u>Last H to end</u>
00 Boys & Girls	60mH	6	21"	11 metres	6.5 metres	16.5 metres
99 & 98 Boys & Girls	"	"	24"	"	"	"
97 Boys & Girls	80mH	8	27"	12 metres	7.0 metres	19.0 metres
96 Girls	"	"	30"	"	7.5 metres	15.5 metres
96 Boys	"	"	30"	"	8.0 metres	12.0 metres

**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.

<u>HIGH JUMP</u>	<u>Starting Heights</u>	<u>1999</u>	<u>1998</u>	<u>1997</u>	<u>1996</u>
	Girls	.90m	1.00m	1.05m	1.15m
	Boys	.95m	1.05m	1.10m	1.20m

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

<u>LONG JUMP</u>		<u>2000</u>	<u>1999</u>	<u>1998</u>	<u>1997</u>	<u>1996</u>
	Girls	2.30m	2.80m	2.90m	3.00m	3.20m
	Boys	2.50m	2.90m	3.10m	3.30m	3.50m

**TRIPLE JUMP**

	Girls	<u>1996</u>
	Boys	7.00m
		7.50m

**SHOT PUT**

	Girls	<u>1999</u>	<u>1998</u>	<u>1997</u>	<u>1996</u>
	Boys	3.00m	4.00m	5.00m	6.00m
		4.00m	5.00m	6.00m	7.50m

**SHOT PUT SPECIFICATIONS**

99 & 98 Boys & Girls    2 kg                      97 & 96 Boys & Girls    3 kg

**DISCUS SPECIFICATIONS**

98 Boys & Girls            750g                      97 & 96 Girls            750g                      97 & 96 Boys            1kg

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**TECHNICAL INFORMATION**

**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 will pick up their accumulated awards at the end of the meet on Sunday. (Athletes competing for their schools will receive their awards from their Coach)

Unattached athletes may pick up their awards 30 minutes after the results have been posted.

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## ENTRIES

This year, all entries for Kajaks hosted meets, including the BC Elementary Track & Field Championships will be done online through DirectAthletics. The DirectAthletics entry system is easy to use and will result in fewer errors and issues during the meet. If you do not have a DirectAthletics account you must first create an account and then follow these simple to use instructions to complete your entries. Additional instructions and information is available on the site.

### How to Submit Entries - Track & Field

#### STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

*Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.*

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

#### STEP 2--SETTING UP YOUR ONLINE ROSTER

*Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.*

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

#### STEP 3--SUBMITTING ONLINE MEET ENTRIES

*Once your athletes are added to your roster, you must submit your entries.*

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.



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**2009 Schedule of Events**

All track events will be run from youngest to oldest and girls before boys

TRACK	TIME	FIELD				
		High	Long	Triple	Shot Put	Discus
<b>Friday May 23</b>						
100m Heats (1996/97/98)	16:30					
	16:30		97 boys			
	18:30		99 girls			
3000m (1996 only)	19:45					
<b>Saturday May 24</b>						
Coaches Meeting	08:00					
Hurdles Heats (All Ages)	08:30	98 boys	97 girls			
	09:00				96 girls	96 boys
	10:30		98 girls			
Hurdles Finals (All Ages)	11:00				99 girls	97 girls
	11:20	97 boys				
800m (All Ages)	11:45					
	12:30		96 boys			
	13:00				99 boys	97 boys
	13:15	99 girls				
4x200 Mixed Age (1996/97/98)	14:00					
	14:15		00 boys			
100m Finals (1996/97/98)	14:30					
	15:00				97 boys	98 girls
	15:15	96 girls				
4 x 100 Heats (All Ages)	15:45					
	16:15		98 boys			
	17:00	96 boys				
	17:30				98 boys	
4 x 100 Finals (All Ages)	17:45					
	18:00		96 girls			
<b>Sunday May 25</b>						
400m (1996 only)	08:30					
60m Heats (2000/1999)	08:45		99 boys			
	09:00	98 girls			96 boys	96 girls
200m Heats (1998/97/96)	10:45			96 boys		
	11:00	97 girls			98 girls	98 boys
1500m (1999/98/97/96)	12:30					
	12:30			96 girls	97 girls	
	12:55	99 boys				
60m Finals (2000/1999)	13:45					
200m Finals (1998/97/96)	14:00		00 girls			
Medley Relay (1998/97/96)	15:00					