



42nd ANNUAL
BC ELEMENTARY TRACK AND FIELD CHAMPIONSHIPS

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

May 28-30, 2010



- 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 attend Elementary School in BC and have been born in 2001, 2000, 1999, 1998 or 1997.
- BC ATHLETICS:** Athletes who do not have a 2010 BC Athletics "Junior Development" membership will be required to take out a \$3 School Day of Event membership in order to take part in the meet.
- Schools that have a 2010 BC Athletics School Club or School District 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 or contact BC Athletics at (604) 333-3556 or sam.collier@bcathletics.org.
- ENTRY FEE:** \$7.00 per individual event
\$14.00 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:** Friday, May 21, 2010
- Late entries will only be accepted until Monday, May 24th and will be charged double the early entry fee. There is absolutely no entries accepted after that date and no 'Day of Meet Entries' this year.
- REGISTRATION:** Pick up starting at 1:00 pm Friday May 28, 2010
- **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 29, 2010
- WEB SITE:** www.kajaks.org

**42nd ANNUAL
BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS**

REGISTRATION INFORMATION

AGE DIVISION FOR COMPETITION

2001 Girls (Girls born in 2001)	2001 Boys (Boys born in 2001)
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)

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.

300M

The 300m is for 1997 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 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

This year we have added the 60m shuttle relay for athletes born in 2000 & 2001 only. 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.

**42nd ANNUAL
BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS**

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 hurdles, the 60m sprints, and the 200m will be run as timed finals.
The top 16 times in each Division will advance to the 100m 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>
01 Boys & Girls	60mH	6	21"	11m	6.5m	16.5m
00 Boys & Girls	60mH	6	24"	11m	6.5m	16.5m
99 Boys & Girls	60mH	6	24"	11m	6.5m	16.5m
98 Boys & Girls	80mH	8	27"	12m	7.0m	19.0m
97 Girls	80mH	8	30"	12m	7.5m	15.5m
97 Boys	80mH	8	30"	12m	8.0m	12.0m

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>2000</u>	<u>1999</u>	<u>1998</u>	<u>1997</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>2001</u>	<u>2000</u>	<u>1999</u>	<u>1998</u>	<u>1997</u>
	Girls	2.30m	2.80m	2.90m	3.00m	3.20m
	Boys	2.50m	2.90m	3.10m	3.30m	3.50m

<u>TRIPLE JUMP</u>		<u>1997</u>
	Girls	7.00m
	Boys	7.50m

<u>SHOT PUT</u>		<u>2000</u>	<u>1999</u>	<u>1998</u>	<u>1997</u>
	Girls	3.00m	4.00m	5.00m	6.00m
	Boys	4.00m	5.00m	6.00m	7.50m

SHOT PUT SPECIFICATIONS

00 & 99 Boys & Girls 2 kg 98 & 97 Boys & Girls 3 kg

DISCUS SPECIFICATIONS

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

**42nd ANNUAL
BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS**

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). 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.

42nd ANNUAL BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS

ENTRIES

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.

**42nd ANNUAL
BC ELEMENTARY TRACK & FIELD CHAMPIONSHIPS**

2010 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
Friday May 28						
Hurdles Timed Final (All Ages)	16:30			97 boys	98 girls	
	18:30	00 boys		97 girls		99 boys
3000m (1997 only)	19:00					
Saturday May 29						
Coaches Meeting	08:00					
	08:30	97 boys	00 girls		00 girls	
100m Heats (1997/98/99)	09:00					97 boys
(Lane Draw for Heats)	10:30	99 boys	01 girls			
	11:00					
	11:30				97 girls	
800m (All Ages)	12:00					98 girls
	12:30	98 boys	00 boys			
100m Finals (1997/98/99)	13:00					
	13:30				99 girls	
60m Timed Final (2001/2000)	14:00					99 girls
	14:30	99 girls	97 girls			
1200m (1997/98/99)	15:00					
	15:30				00 boys	
	16:00					98 boys
4 x 100 Heats (All Ages)	16:30	97 girls	97 boys			
(Lane Draw for Heats)	17:30				98 boys	
	18:00					
300m (1997 only)	18:30		01 boys			
Sunday May 30						
60m Shuttle Relay (2001/2000)	09:00	98 girls	98 boys		97 boys	
	10:00					97 girls
200m Timed Final (1999/98/97)	11:00	00 girls	99 boys			
	12:00				99 boys	
	12:30					
4 x 100 Finals (All Ages)	13:00		98 girls			
	13:30					
	14:00					
Medley Relay (1999/98/97)	15:00		99 girls			