

Kajaks Spring Meet and BC Summer Games Zone 4 Trials
May 8, 2010
Clement Track, Minoru Park, Richmond BC

Eligible meet for qualifying for Canadian National & BC Junior Teams

UPDATED INFORMATION !!!

Please note corrections to the Midget Boys/Girls track events - #7, #10 – 1200m, #32, #33 – 200mH, #68, #71 – 2000m, #74, #77 – 300m

Youth Boys/Girls – #34 & #36 – 300Mh

Youth Boys/Girls – #75 & #78 300m

Midget aged athletes who wish to be considered for selection to the BC Summer Games Zone 4 Team must register at the BC Summer Games Table that will be set up at the meet.

Athletes wishing to enter the meet who do not have a BC Athletics number or do not belong to a BC Athletics School club member school should use “1234567” as their “membership number” that is entered in the “USATF” box on Direct Athletics.

Sanctioned by: BC Athletics / Athletics Canada / IAAF
Meet Director: Richard Collier
Ph: (604) 271-0851 **Cell:** (604) 230-5375
Email: rmcollier@telus.net

Entries:

All entries must be done through www.directathletics.com - no exceptions.

Note: Enter the athlete's BCA membership number in the “USATF” box and complete your athletes name and DOB. Athletes from a BC Athletics School Club member school should use the School Club membership number. Athletes from a school that is not a BC Athletics School Club member should enter “Pending”. If an athlete has a BC Athletics Midget, Youth or Junior competitive membership – use their BCA number.

Athletes wishing to enter the meet who do not have a BC Athletics number or do not belong to a BC Athletics School club member school should use “1234567” as their “membership number” that is entered in the “USATF” box on Direct Athletics.

Entry Deadline: May 1st, 2010

No entries for track events will be taken on May 8th. Field event entries will be taken at the discretion of the Meet Director.

Entry fees:

- \$8.00 per athlete per event
- Relay \$15.00 per team

- A \$3.00 Day of Event Fee must be paid (in addition to entry fees) by athletes who do not hold an annual BC Athletics competitive membership or are from a BC Athletics School Club or BC Athletics School District member.

Age Divisions:

- 14-15 years - Midget (eligible for BC Summer Games Trials)
- 16-17 years - Youth (eligible to qualify for Canadian & BC Junior teams)
- 18-19 years - Junior (eligible to qualify for Canadian & BC Junior teams)

Payments:

Payment must be made by cheque or cash at package pick up. Make cheques payable to Kajaks Track & Field Club. Fees must be paid before competition numbers will be released.

Meet Information:

- The meet will be run according to BC Athletics, Athletics Canada & IAAF rules
- Youth (16-17) athletes are permitted to enter in Junior (18-19) events but must do so for the duration of the meet.
- Track spikes not to exceed 7mm in length.
- Starting blocks will be provided. Athletes are permitted to use their own may do so.
- All field events 4 attempts only.
- Throwing implements will be provided. Personal implements allowed but must be weighed in 1 hour prior to the first throwing event. No weigh in will be permitted thereafter. Once implements are weighed in it becomes the property of the meet for all to use.
- In events where ages are combined results will be scored separately.
- Track events take preference over field events and will not be delayed. Athletes must report and check in to the field event official and advise them that will be competing in a track event. Athletes must return to the field event official and advise them that they are back. Athletes may loose an attempt while at the track event. (example 1st attempt then leave for a track event may loose 1 or 2 attempts when they return for the 3rd or 4th attempt)
- Where numbers of entries does not warrant heats the events will run as final.
- Participants must hold a competitive, individual BC Athletics, BC Athletics School Club or BC Athletics School day of Event Membership (\$3.00) per athlete in order to take place in this meet.
- Midget (14-15) athletes who want to be selected to the Zone 4 - BC Summer Games Team must compete in the 14-15 Midget category for the duration of the meet.
- BC Summer Games 4 x 400m Relay teams will be selected from the results of the 14-15 (Midget) 400m results

Awards:

- Medals awarded for 1st, 2nd and 3rd

Technical Specs:

Throwing Implements:

- | | |
|---------------------------------|---------------------------------|
| (G) 14-15 Shot Put & Hammer 3kg | (B) 14-15 Shot Put & Hammer 4kg |
| (G) 16-19 Shot Put & Hammer 4kg | (B) 16-17 Shot Put & Hammer 5kg |
| (G) 14-19 Discus 1kg | (B) 18-19 Shot Put & Hammer 6kg |
| (G) 14-19 Javelin 600g | (B) 14-15 Discus 1kg |
| | (B) 16-17 Discus 1.5kg |
| | (B) 18-19 Discus 1.75kg |
| | (B) 14-15 Javelin 600g |
| | (B) 16-17 Javelin 700g |
| | (B) 18-19 Javelin 800g |

Hurdle Heights:

- | | |
|-----------------------|-----------------------|
| (G) 14-15 80mh - 30" | (B) 14-15 100mh - 33" |
| (G) 16-17 100mh - 30" | (B) 16-17 110mh - 36" |

(G) 18-19 100mh - 33"

(G) 14-15 200mh - 30" (x 7H's)

(G) 16-17 300mh - 30" (x 7H's)

(G) 18-19 400mh - 30"

(B) 18-19 110mh - 39"

(B) 14-15 200mh - 30" (x 7H's)

(B) 16-17 300mh - 33"

(B) 18-19 400mh - 36"

Schedule of Events:

Note:

- Events may be combined if there are too few athletes in an age category but will be scored separately.
- All throwing events will be rolling starts. Times listed may change due to the number of entries. If events are combined they will be scored separately.

Morning Session

Field Events

(rolling starts)

9:00 AM	#44	Girls 14-15 Hammer 3kg Mid	Finals
9:00 AM	#45	Girls 16-17 Hammer 4kg Yth	Finals
9:00 AM	#46	Girls 18-19 Hammer 4kg Jr	Finals
9:00 AM	#47	Boys 14-15 Hammer 4kg Mid	Finals
9:00 AM	#48	Boys 16-17 Hammer 5kg Yth	Finals
9:00 AM	#49	Boys 18-19 Hammer 6kg Jr	Finals
9:00 AM	#50	Girls 14-15 Long Jump Mid	Finals
9:00 AM	#51	Girls 16-17 Long Jump Yth	Finals
9:00 AM	#52	Girls 18-19 Long Jump Jr	Finals
9:00 AM	#53	Boys 14-15 Long Jump Mid	Finals
9:00 AM	#54	Boys 16-17 Long Jump Yth	Finals
9:00 AM	#55	Boys 18-19 Long Jump Jr	Finals
11:00 AM	#56	Girls 14-15 Discus 1kg Mid	Finals
11:00 AM	#57	Girls 16-17 Discus 1kg Yth	Finals
11:00 AM	#58	Girls 18-19 Discus 1kg Jr	Finals
11:00 AM	#59	Boys 14-15 Discus 1kg Mid	Finals
11:00 AM	#60	Boys 16-17 Discus 1.5kg Yth	Finals
11:00 AM	#61	Boys 18-19 Discus 1.75kg Jr	Finals
11:00 AM	#62	Girls 14-15 Triple Jump Mid	Finals
11:00 AM	#63	Girls 16-17 Triple Jump Yth	Finals
11:00 AM	#64	Girls 18-19 Triple Jump Jr	Finals
11:00 AM	#65	Boys 14-15 Triple Jump Mid	Finals
11:00 AM	#66	Boys 16-17 Triple Jump Yth	Finals
11:00 AM	#67	Boys 18-19 Triple Jump Jr	Finals

Morning Session

Track Events

9:00 AM	#1	Girls 14-15 80 m Hurdles 0.762m (30") Mid	Finals
9:05 AM	#2	Girls 16-17 100 m Hurdles .762m (30") Yth	Finals
9:10 AM	#3	Girls 18-19 100 m Hurdles .840m (33") Jr	Finals
9:15 AM	#4	Boys 14-15 100 m Hurdles .840m (33") Mid	Finals
9:20 AM	#5	Boys 16-17 110 m Hurdles .914m (36") Yth	Finals
9:25 AM	#6	Boys 18-19 110 m Hurdles .990m (39") Jr	Finals
9:30 AM	#7	Girls 14-15 1200 m Mid	Finals
9:35 AM	#8	Girls 15-17 1500 m Yth	Finals
9:40 AM	#9	Girls 18-19 1500 m Jr	Finals
9:45 AM	#10	Boys 14-15 1200 m Mid	Finals
9:50 AM	#11	Boys 16-17 1500 m Yth	Finals
9:55 AM	#12	Boys 18-19 1500 m Jr	Finals
10:00 AM	#13	Girls 14-15 100 m Mid	Prelims

10:03 AM	#14	Girls 16-17 100 m Yth	Prelims
10:06 AM	#15	Girls 18-19 100 m Jr	Prelims
10:09 AM	#16	Boys 14-15 100 m Mid	Prelims
10:12 AM	#17	Boys 16-17 100 m Yth	Prelims
10:15 AM	#18	Boys 18-19 100 m Jr	Prelims
10:20 AM	#19	Mixed 14-19 1500m Race Walk All	Finals
10:25 AM	#20	Girls 14-15 800 m Mid	Finals
10:30 AM	#21	Girls 16-17 800 m Yth	Finals
10:35 AM	#22	Girls 18-19 800 m Jr	Finals
10:40 AM	#23	Boys 14-15 800 m Mid	Finals
10:45 AM	#24	Boys 16-17 800 m Yth	Finals
10:50 AM	#25	Boys 18-19 800 m Jr	Finals
10:55 AM	#26	Girls 14-15 200 m Mid	Finals
10:58 AM	#27	Girls 16-17 200 m Yth	Finals
11:00 AM	#28	Girls 18-19 200 m Jr	Finals
11:03 AM	#29	Boys 14-15 200 m Mid	Finals
11:06 AM	#30	Boys 16-17 200 m Yth	Finals
11:09 AM	#31	Boys 18-19 200 m Jr	Finals
11:15 AM	#32	Girls 14-15 200 m Hurdles .762 (30") Mid	Finals
11:20 AM	#33	Boys 14-15 200 m Hurdles .762 (30") Mid	Finals
11:25 AM	#34	Girls 16-17 300 m Hurdles .762m (30") Yth	Finals
11:30 AM	#35	Girls 18-19 400 m Hurdles .762m (30") Jr	Finals
11:40 AM	#36	Boys 16-17 300 m Hurdles .840m (33") Yth	Finals
11:45 AM	#37	Boys 18-19 400 m Hurdles .914m (36") Jr	Finals
11:50 AM	#38	Girls 14-15 100 m Mid	Finals
11:53 AM	#39	Girls 16-17 100 m Yth	Finals
11:56 AM	#40	Girls 18-19 100 m Jr	Finals
11:59 AM	#41	Boys 14-15 100 m Mid	Finals
12:03 AM	#42	Boys 16-17 100 m Yth	Finals
12:06 AM	#43	Boys 18-19 100 m Jr	Finals

Afternoon Session Field Events

1:00 PM	#86	Girls 14-15 Javelin 600g Mid	Finals
1:00 PM	#87	Girls 16-17 Javelin 600g Yth	Finals
1:00 PM	#88	Girls 18-19 Javelin 600g Jr	Finals
1:00 PM	#89	Boys 14-15 Javelin 600g Mid	Finals
1:00 PM	#90	Boys 16-17 Javelin 700g Yth	Finals
1:00 PM	#91	Boys 18-19 Javelin 800g Jr	Finals
1:00 PM	#92	Girls 14-15 High Jump Mid	Finals
1:00 PM	#93	Girls 16-17 High Jump Yth	Finals
1:00 PM	#94	Girls 18-19 High Jump Jr	Finals
1:00 PM	#95	Boys 14-15 High Jump Mid	Finals
1:00 PM	#96	Boys 16-17 High Jump Yth	Finals
1:00 PM	#97	Boys 18-19 High Jump Jr	Finals
3:00 PM	#98	Girls 14-15 Shot Put 3kg Mid	Finals
3:00 PM	#99	Girls 16-17 Shot Put 4kg Yth	Finals
3:00 PM	#100	Girls 18-19 Shot Put 4kg Jr	Finals
3:00 PM	#101	Boys 14-15 Shot Put 4kg Mid	Finals
3:00 PM	#102	Boys 16-17 Shot Put 4kg Yth	Finals
3:00 PM	#103	Boys 18-19 Shot Put 6kg Jr	Finals

Afternoon Session Track Events

1:00 PM	#68	Girls 14-15 2000 m Mid	Finals
1:15 PM	#69	Girls 16-17 3000 m Yth	Finals
1:30 PM	#70	Girls 18-19 3000 m Jr	Finals
1:45 PM	#71	Boys 14-15 2000 m Mid	Finals
2:00 PM	#72	Boys 16-17 3000 m Yth	Finals
2:15 PM	#73	Boys 18-19 3000 m Jr	Finals
2:30 PM	#74	Girls 14-15 300 m Mid	Finals
2:35 PM	#75	Girls 16-17 300 m Yth	Finals
2:40 PM	#76	Girls 18-19 400 m Jr	Finals
2:45 PM	#77	Boys 14-15 300 m Mid	Finals
2:50 PM	#78	Boys 16-17 300 m Yth	Finals
2:55 PM	#79	Boys 18-19 400 m Jr	Finals
3:00 PM	#80	Girls 14-15 4x100 m Relay Mid	Finals
3:10 PM	#81	Girls 16-17 4x100 m Relay Yth	Finals
3:20 PM	#82	Girls 18-19 4x100 m Relay Jr	Finals
3:30 PM	#83	Boys 14-15 4x100 m Relay Mid	Finals
3:35 PM	#84	Boys 16-17 4x100 m Relay Yth	Finals
3:40 PM	#85	Boys 18-19 4x100 m Relay Jr	Finals