

# ***Fourth Annual Universal Track & Field Meet***

***June 30 - July 1, 2018***



Hosted by ***Universal Athletics Club***  
Sanctioned by BC Athletics

**Entry Deadline, Midnight June 25, 2018**

**Meet Director:** Jessie Dosanjh, [unisports2000@hotmail.com](mailto:unisports2000@hotmail.com)

**Meet Manager:** Sue Kydd, [suekydd50@gmail.com](mailto:suekydd50@gmail.com)

**Meet Venue:** All events will be held at Bear Creek Park, 13750 88<sup>th</sup> Ave, Surrey

## **Age Divisions:**

- Rascals aged 6 to 8. Events: standing LJ, ball throw, shuttle relay, low barrier run, 50m sprint
- JD Athletes aged 9 to 13 will be awarded in single age groups, some events may be combined.
- Midget, (Mid) Youth, (Y) Junior, (J) and Open, (O) 20+ will compete in their respective categories for awards but competitive events may be combined. Masters welcome to compete as Open athletes, no designated Masters events/medals.

## **Entry Information:**

- To enter use <http://www.trackie.com/online-registration/> click on "Find Event."
- \$5.00 per Rascal. \$8.00 per Junior Development event. \$10.00 per Mid/Y/J/O event.
- No refunds or changes once registered
- Athletes must register by event.
- Athletes will be seeded by performances listed within online entry form.
- Late Entries and Fees must be done at the meet and paid for at time of registration. Late fees are \$15.00 for all. No late e-mail entries will be taken before meet. Late entries will be cutoff 2 hr. prior the event being registered for except 9am events, 60 min before. Late entries may not be seeded.
- Relay registrations will be taken online or by 12 pm the day of race. \$15.00 per relay team.
- Events may start earlier than scheduled by 30 minutes.
- Non BCA members may only be 9 yr. olds to grade 12 students for a \$3.00 day of event fee.

## **Package Pick-up:**

- Packages will be available for pick-up after 8:00 a.m. Saturday June 30<sup>th</sup>, and Sunday July 1<sup>st</sup>, 2018 at the track. Late fees must be paid before package can be picked up.

## **Coaches/Club Rep Meetings:**

- To be held Saturday and Sunday, 8:45 a.m. in front of the concession.

## **Awards:**

- Rascals will receive a special gift at the completion of their 5 events.
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. Ribbons for 4<sup>th</sup> to 8<sup>th</sup>, Podium awards for 9-15 yr. old medalists
- Awards may be picked up 30 minutes after results are posted, (barring protests.)
- Unclaimed awards will not be mailed out.

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## **Results:**

- Posted at meet and available on [Universal Athletics Club](http://www.universalathletics.ca) and [BC Athletics](http://www.bcathletics.org) websites after meet.

## **Meet Rules:**

- IAAF rules with BC Athletics Junior Development variations.

## **Competition Areas/Uniforms:**

- The infield (inside the track) is OUT OF BOUNDS except for the High Jump apron.
- Only Athletes and officials are permitted in the competition areas.
- Competition numbers to be worn on the front at all times.

## **Equipment:**

- All equipment will be supplied by Universal Athletics.
- Athletes wishing to use their personal throwing equipment must have implements weighed in by a BCA official 45 minutes prior to the event. Any personal equipment weighed in becomes the property of the event and can be used by any athlete during that event.

## **Marshalling:**

- All field events will marshal at their venue.
- All track events must check in at the Athlete Call Room tent at north end of the track, (between entrances from parking lot) and will be taken to the start line as a group.

## **Conflicting Events:**

- Be advised there will be conflicts with some age groups between track and field events.
- To avoid missing field events or races, athletes should report to BOTH field event and the call room.
- BCA officials will **TRY** to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of field events, nor move into different heats/races and/or compete with other age groups because of missed events.

## **Facilities:**

- Spike lengths are 7mm with the exception of 9mm for javelin and high jump.
- Synthetic/Polyurethane track, jump and javelin run ups.
- Concrete throwing surfaces
- Finish Lynx Electronic Timing System
- Concession on site, operated by Universal Athletics.

## **Protest:**

- Athletes or a representative must attempt to resolve the concern, either verbally or in writing, within 30 minutes of posting, with the event referee. The referee will deliver a decision.

## **Appeal:**

- The decision of the Event Referee may be appealed, within 30 minutes, by any athlete or representative affected by the decision.
- The Appeal is made to the Jury Of Appeal, in writing, and must be accompanied by \$50.00 cash. If the appeal is upheld, the fee will be returned.
- Results officials shall be advised there is a protest/appeal immediately so awards will not be given out until dispute is resolved.

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## **Jury of Appeal:**

- A jury, comprised of two BC Athletics officials, and the Meet Director or Meet Manager will be asked to resolve any appeal during the meet. The decision of the jury will be final.

## **Field Events**

### **Throws:**

- Each Junior Development, (9 to 13) athlete is permitted 3 throws.
- Other age groups will be given 3 throws per athlete with the top 8 in each age group receiving 3 more.

### **Horizontal Jumps:**

- Each Junior Development athlete is permitted 3 jumps.
- All other age groups will be given 3 jumps per athlete with the top 8 in each age group receiving 3 more.
- There shall be no more than 2 takeoff boards in Triple Jump.

### **Vertical Jumps:**

- 3 consecutive failed attempts eliminates an athlete.
- The bar is to be raised by 5 cm in HJ.
- Starting height will be determined at the start of the event by the BCA official in charge.

## **Track Events:**

### **Scheduling of Track Events:**

- All Track Events except for Hurdles will be run Oldest to Youngest with Females going first then Males in each age group. The Hurdle schedule is attached. Hurdles will generally be highest to lowest.
- Age groups for distance events may be combined.

### **Seeding:**

- Athletes will be seeded for heats and timed finals according to provided seed times. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. **IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS or CLUB COACHES TO FILL OUT SEED TIMES ON THE ENTRY FORM, AND THAT SEED TIMES ARE ACCURATE.** Athletes without seed times may be placed in unseeded heats or unfilled lanes.

### **Preliminary Heats:**

- Heats will be held in the 60 M and 100M events. All other Track events will be run as timed finals.
- **If there are 8 or less athletes in a heat, that heat will be run as final at the time of the heat.**

### **Relays:**

- Clubs may form teams from various age groups from within that club but the team must run in the age category of the oldest member.
- \$15.00 per relay team payable by 12 pm the day of the race

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## Field Events for Saturday

Time	High Jump		Long Jump		Shot Put	Javelin	Discus	Hammer
	Pit #1	Pit #2	E Pit #1	W Pit #2				
9:00 AM	<b>Midget W</b>		<b>11 Yr W</b>	<b>O/J/Y W</b>	<b>9 Yr W</b>	<b>12 Yr W</b>		<b>All Women</b>
10:00 AM	<b>Midget M</b>				<b>9 Yr M</b>	<b>12 Yr M</b>		<b>12+</b>
10:30 AM			<b>11 Yr M</b>	<b>O/J/Y M</b>				<b>All Men</b>
11:00 AM		<b>9 Yr W</b>			<b>10 Yr W</b>	<b>11 Yr W</b>		<b>12+</b>
11:30 AM	<b>12 Yr W</b>							
12:00 PM			<b>10 Yr W</b>	<b>Midget W</b>	<b>10 Yr M</b>	<b>11 Yr M</b>	<b>13 Yr W</b>	
12:30 PM		<b>9 Yr M</b>						
1:00 PM	<b>12 Yr M</b>				<b>O/J/Y W</b>		<b>13 Yr M</b>	
1:30 PM			<b>10 Yr M</b>	<b>Midget M</b>		<b>13 Yr W</b>		
2:00 PM		<b>10 Yr W</b>			<b>O/J/Y M</b>		<b>11 Yr M</b>	
2:30 PM	<b>O/J/Y W</b>		<b>13 Yr W</b>			<b>13 Yr M</b>		
3:00 PM					<b>Midget W</b>		<b>10/11 Yr W</b>	
3:30 PM		<b>10 Yr M</b>						
4:00 PM	<b>O/J/Y M</b>		<b>13 Yr M</b>		<b>Midget M</b>		<b>10 Yr M</b>	

## Field Events for Sunday

Time	High Jump	Long Jump		Triple Jump	Shot Put	Javelin	Discus
	Pit #1	E Pit #1	W Pit #2	W Pit #2			
9:00 AM	<b>13 Yr W</b>	<b>9 Yr W</b>	<b>Midget W</b>		<b>11 Yr W</b>	<b>O/J/Y W</b>	<b>12 Yr W</b>
10:00 AM		<b>9 Yr M</b>	<b>Midget M</b>		<b>11 Yr M</b>	<b>O/J/Y M</b>	<b>12 Yr M</b>
10:30 AM	<b>13 Yr M</b>						
11:00 AM	<b>Rascals start their 4 Field Events on the infield</b>						
11:00 AM		<b>12 Yr W</b>	<b>O/J/Y W</b>		<b>13 Yr W</b>	<b>Midget W</b>	<b>O/J/Y W</b>
12:00 PM			<b>O/J/Y M</b>		<b>13 Yr M</b>	<b>Midget M</b>	<b>O/J/Y M</b>
12:30 PM	<b>11 Yr W</b>	<b>12 Yr M</b>					
1:00 PM				<b>13 Yr M</b>	<b>12 Yr W</b>	<b>10 Yr W</b>	<b>Midget W</b>
2:00 PM	<b>11 Yr M</b>			<b>13 Yr W</b>	<b>12 Yr M</b>	<b>10 Yr M</b>	<b>Midget M</b>

Ages are determined by the athlete's age as of December 31st of the year of competition

Rascals = 6/7/8. Events are standing LJ, ball throw, shuttle relay, low barrier run, 50m sprint

Junior Development = 9/13, Midget = 14/15, Youth (Y) = 16/17,

Junior (J) = 18/19, Open (O) = 20/39, Masters = Welcome to compete with Open

Bear Creek Park, King George and 88th. Ave. 13750 88th Ave. Surrey

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## Track Events for Saturday

Time	Events	Age Group	Comments
9:30 AM	1000m	11, 10, 9 Yr Women/Men	Timed Finals
9:50 AM	1200m	Midget to 12 Yr Women/Men	Timed Finals
10:10 AM	1500m	Open/Jun/Youth Women/Men	Timed Finals
10:30 AM	100m	Open to 9 Yr Women/Men	Heats
1:00 PM	400m Hurdles	Open/Jun/Youth Women/Men	Timed Finals
1:15 PM	300m Hurdles	Midget Women/Men	Timed Finals
1:45 PM	200m Hurdles	15 Yr Women/Men for Legion Athletes	Timed Finals
1:55 PM	200m Hurdles	13 to 9 Yr Women/Men	Timed Finals
2:15 PM	100m	Open to 9 Yr Women/Men	Finals
3:00 PM	300m	Midget to 12 Yr Women/Men	Timed Finals
3:30 PM	400m	Open/Jun/Youth Women/Men	Timed Finals

Medal Presentations for 13 and under after 100 M and 400M

## Track Events for Sunday

Time	Event	Age Group	Comments
9:00 AM	60m	11, 10, 9 Yr Women/Men	Heats
9:30 AM	2000m	Midget, 13 Yr Women/Men	Timed Finals
10:00 AM	3000m	Open/Jun/Youth Women/Men	Timed Finals
10:30 AM	200m	Open to 12 Yr Women/Men	Timed Finals
11:45 AM	60m	11, 10, 9 Yr Women/Men	Finals
<b>Rascals 50m followed by Lollipop Race for Girls/Boys 8 Yrs and younger after 60m</b>			
12:15 PM	800m	Open to 12 Yr Women/Men	Timed Finals
12:45 PM	600m	11, 10, 9 Yr Women/Men	Timed Finals
1:45 PM	110m Hurdles	Open/Jun/Youth Men	Timed Finals
2:00 PM	100m Hurdles	Open/Jun/Youth Women, Midget Men	Timed Finals
2:15 PM	80m Hurdles	Midget Women 13 Yr to 12 Yr Women/Men	Timed Finals
2:45 PM	60m Hurdles	11, 10, 9 Yr Women/Men	Timed Finals
3:15 PM	4x100m Relay	Open to 9 Yr Women/Men	

Medal Presentations for 13 and under after 600 M and 4x100m

Track events will run Oldest to Youngest, Female then Male in each age except for Hurdle Events

Ages Groups are determined by the athlete's age as of December 31st of the year of competition

Bear Creek Park, King George and 88th. Ave. 13750 88th Ave. Surrey

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Map of Bear Creek Park Track and Field Facility



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## Order of races and heights for hurdle events Colour markings are for Bear Creek Park track

Age Group	Heights	Between H	Colour
<b>110 Meter, 10 Hurdles</b>			
Open M	42"/1.067m	9.14M	Dark Blue
30 to 49 M	39"/.991m	9.14M	Dark Blue
U20 M	39"/.991m	9.14M	Dark Blue
U18 M	36"/.914m	9.14M	Dark Blue

Age Group	Heights	To 1st H
<b>400 Meter, 10 Hurdles</b>		
Open M	0.914m/36"	45m
30 to 49 M	0.914m/36"	45m
U20 M	0.914m/36"	45m
50 to 59 M	0.838m/33"	45m
U18 M	0.838m/33"	45m
30 to 49 W	0.762m/30"	45m
Open W	0.762m/30"	45m
U20 W	0.762m/30"	45m
U18 W	0.762m/30"	45m

<b>100 Meter, 10 Hurdles</b>			
50 to 59 M	36"/.914m	8.5M	Yellow
35 to 40 W	33"/.838m	8.5M	Yellow
Open W	33"/.838m	8.5M	Yellow
U20 W	33"/.838m	8.5M	Yellow
U16 M	33"/.838m	8.5M	Yellow
U18 W	30"/.762m	8.5M	Yellow
60 to 69 M	33"/.838m	8.0M	12.00M
<b>To 1st H</b>			

<b>300 Meter, 7 Hurdles</b>		
60 to 69 M	0.762m/30"	50m
50 to 59 W	0.762m/30"	50m
U16 W/M	0.762m/30"	50m
60 to 69 W	0.686m/27"	50m
70 to 79 M	0.686m/27"	50m

<b>80 Meter, 8 Hurdles</b>			
40 to 59 W	30"/.762m	8.0M	Black
U16 W	30"/.762m	8.0M	Black
70 to 79 M	30"/.762m	7.0M	White
60+ W	30"/.762m	7.0M	White
80+ M	27"/.686m	7.0M	White
13 Yr M	30"	8.0M	Black
13 Yr W	30"	7.5M	Grey
12 Yr W/M	27"	7.0M	White

<b>200 Meter, 5 Hurdles</b>		
70+ W	0.686m/27"	20m
80+ M	0.686m/27"	20m
13 Yr W/M	0.686m/27"	20m
12 Yr W/M	0.610m/24"	20m

Distance hurdles use "Green" marks

<b>60 Meter, 6 Hurdles</b>			
11 Yr W/M	24"	6.5M	Lt. Purple
10 Yr W/M	24"	6.5M	Lt. Purple
9 Yr W/M	21"	6.5M	Lt. Purple

9 to 13 year olds use the practice/kick away/scissor hurdles, 14 year olds and above use weighted hurdles

From Appendix A in the BC Athletics Events & Technical Specifications for Athletics Manual. Updated, March 2017