

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Meet Director: Maureen de St. Croix

Meet Manager: Sean Baker

General Information

Athlete Eligibility

- All participating athletes must be current Junior Development members of BC Athletics.
- 'Training', 'Day of event' and 'School' memberships are INELIGIBLE for the championship.

Entry Information

- Registration website:
www.trackie.com/online-registration/register/2022-bc-athletics-jd-track-field-championships/476723/
- Registration deadlines (midnight on each date):
 - June 23, 2022 – Souvenir shirt size guaranteed.
 - July 7-11, 2022 – Late registration.
 - July 11, 2022 – Last day to register.
- Registration fees:
 - Regular Registration
 - \$13 for first individual event (Includes \$5 for BCA Officials' Development Fund)
 - \$8 per individual event for any additional events
 - \$20 per relay team (no late fee, "day of" registration allowed)
 - \$10 for Track Rascal Exhibition event. Event capped at 100. No "day of" registration.
 - \$5 for 6mm pyramid spikes (12)
 - \$30 for souvenir dri-fit t-shirt (sizing guaranteed if pre-ordered by June 23, 2022)
 - Late Registration
 - \$20 for first individual event
 - \$15 per individual event for any additional events
 - There is a TrackieReg processing fee in addition to the entry fee.
- Registration process:
 - Register online through TrackieReg
 - "Day of event" registration is only available for:
 - 1) Athletes already entered in the Championships wanting to add an additional event.
 - 2) Relay Teams

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Age Divisions

- Competition is by single age group and is gender separated.

2013 (9's) 2012 (10's) 2011 (11's) 2010 (12's) 2009(13's)

****Special Track Rascal Event on Saturday July 16th – to inspire our future stars!!! 2014/15/16 athletes**

Package Pickup

- Team and Individual Competition Packages will be available at the track on Friday, July 15 after 4pm and on Saturday, July 16 and Sunday, July 17 after 8am.

Coaches Meetings

- Friday July 15th – 4:30pm Saturday July 16th – 9:00am Sunday July 17th – 9:00am

Awards

- BC Athletics Championship medals for 1st, 2nd & 3rd. Championship ribbons for places 4th to 8th. Awards Ceremonies have been organized to recognize athletes for their accomplishments. Athletes unable to attend the awards ceremony can pick up their awards 30 minutes after the event results have been posted online.
- Unclaimed awards will not be mailed out.

Results

- Meet results will be available live online via the Ocean Athletics website during the meet and final official results will be posted on the BC Athletics website after the meet. Please note that “live” does not mean instant because the results must be processed before they are made available. To support our efforts to make this event as ‘Green’ as possible, paper results will not be posted except for events going to a final. Heat to final postings will be located on the southern side of the washroom.

Meet Rules

- World Athletics Rules with BC Athletics Junior Development variations.

Competition Areas

- Only officials and competing athletes are allowed in the competition area.
- The high jump apron is out of bounds to all but the BCA officials and the athletes competing. As per World Athletics rules, athletes will be allowed to go to the coaches at the outside of lane 8.
- The infield is out of bounds to all athletes, excluding those currently competing in discus/hammer/javelin.

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Athlete Uniform

- Club athletes are to compete in their club singlets
- Unattached athletes are to compete in appropriate athletic wear
- Competition numbers are worn on the front for all events. Athletes are issued one number for the entire competition. Lost or forgotten bib numbers can be replaced at the registration desk for a \$5 fee.
- Please do not crinkle competition numbers! The ink will deteriorate around the creases making it difficult for the camera to pick up the image. Crinkling of bib numbers occurred in the old days when bib numbers were made of thick cardboard. Today's bib numbers are of a high-quality flexible material and provide the athlete with a souvenir of the event.

Equipment

- Spike length and type is 6mm **pyramid** – full sets (12 units) available for sale (\$5)
- All equipment, except for Pole Vault poles, will be supplied by Ocean Athletics. Personal implements may not be used.
- Starting blocks are not used for any track events.
- Breakaway hurdles will be used for all hurdle events. NOTE: hurdles are placed so that the short feet are facing down the track. The placement of the cross board is not indicative of how the hurdle should be placed on the track.
- Please do not remove hurdles from their designated spots on the track. Warmup hurdles will be available for use by all athletes. If you are bringing personal hurdles for warmup use, please ensure that your name or your club's name is readily visible.

Marshalling

- All field events will marshal at the field event venue. The time listed is the start time for the event. Athletes are advised to check in at least 15 minutes prior to the event start time to ensure they have sufficient time to set down marks and have practice throws or jumps prior to the start of the event. Athletes arriving late will not be allowed to delay the competition to set marks or have practice throws/jumps.
- All track event athletes must check in at the Marshalling tent, located in the southwest corner north of the 2 green sheds, at least 15 minutes before the designated start time of the event. Once checked in, athletes will be allowed to finish their warmup in a designated area. Athletes will be escorted to the start line of the track race.

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Conflicting Events

- In the event of field and track conflicts, it is the athlete's responsibility to check in for both events – track events at the Marshalling Tent, field events at the field event venue, to inform officials that they are in two events simultaneously. It is the responsibility of the athlete to ensure they are at each event in time to compete.
- There is no need for field event athletes to go to the track event too early. Athletes cannot 'catch up' on missed rounds of jumps/throws, nor move into different races and compete with other age groups to facilitate conflicts.
 - Athletes returning to a High Jump or Pole Vault events must jump at the current height of the bar.
 - Athletes returning to Throws, Long Jump or Triple Jump may make an attempt in the current round even if they have missed their particular spot in line, as long as the round has not been completed.

Athletes Scratching from an event or who do Not Show Up for a Heat/Semi-Final or Final

- No Junior Development age athlete will be removed from further competition if they Scratch from, or Do Not Show Up to compete in a Final for which they Qualified through a Heat/Semi-Final.
 - Note: Upon Qualifying for a Final each athlete should be reminded that they have qualified for the Final and be encouraged to compete in the Final.
- No Junior Development age athlete will be removed from further competition if they Scratch or Do Not Show Up for a Heat/Semi-Final or a Timed Final.

Facilities:

- Synthetic/polyurethane surface for track, jump runways and Javelin run up
- Concrete throwing circles
- Finish Lynx Electronic Timing System

Protests and Appeals to the Jury

- The Referee will let the coach, athlete or athlete representative know his/her decision regarding the protest or appeal. If the coach, athlete, or athlete representative is not satisfied with the Referee's decision they may make an appeal to the Jury of Appeal. The appeal must be in writing and accompanied by a \$25 fee. This appeal must be made within 30 minutes of the coach, athlete or athlete representative being made aware of the Referee's decision. The decision of the Jury is final.
- A Jury of Appeal will consist of two BC Athletics Officials and one other qualified person, none of which were involved in the original decision or ruling.

First Aid

- The first aid station will be located at the northwest end of the track near the 1500 start.

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Track Events

Scheduling of Track Events

- All track events will be run oldest to youngest with females going first in each group, except for the hurdle events which will run oldest to youngest with males going first in each group.
- Age groups and genders for distance events will not be combined, except in Race Walk if participation numbers do not warrant separate races.

Seeding

- Athletes will be seeded for heats and timed finals according to 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.
- Only verified Athletics Canada seeds times will be used. Seed times will be automatically retrieved from Athletics Canada by TrackieReg during registration. Athletes cannot submit seed times manually.
- Athletes without seed times are ranked after all seed times.
- Late entry participants will not be seeded.
- Seed times will not be made public on TrackieReg until registration closes.

Preliminary Heats

- Heats will be held in the 60m, 100m, and 60/80m Hurdles. Should any of these events have 8 or less athletes, the final for the event will be held at the heat time. All other track events will be run as finals.
- The winner of each heat, plus the next fastest times to fill 8 lanes, will proceed to the final. An athlete qualifying for a final is expected to compete in the final. A non-qualifying athlete will not be moved into the final if a qualifying athlete does not compete.

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Relays

Teams may be formed with individuals from various age groups, but the team must run in the age category of its oldest member.

Teams may be formed by:

- Members of the same club, and those athletes having 2nd claim club status with that club.
Athletes must run for their own club if possible
- Unattached members
- Combining unattached and club members. Combining members from different clubs who cannot field a four-member team
- All teams of a particular category will compete together.
- All teams are eligible for BC Athletics Championship Awards. Championship medals will be awarded to the top 3 teams in each age category. Championship ribbons will be awarded to those teams placing 4th through 8th in each age category.
- Races are to be run in order of oldest to youngest, with girls first.

4 x 100m Relay

- This relay is open to participation by all age groups.

1200m Medley Relay (200/200/200/600m)

- This relay is open to 2009, 2010, and 2011 athletes. 2013 and 2012 athletes are not permitted to take part in this event.

Field Events

- Athletes leaving the competition to participate in another event, must inform the BC Athletics official and understand that they will not be allowed to make up missed rounds. If an athlete leaves after the first round, and returns before the second round has been completed, they will be allowed to throw/jump in the second round. If the athlete returns after the second round has finished; they will forfeit that round. Athletes returning to High Jump or Pole Vault events must compete at the current height of the bar.

Throws

- Each athlete is permitted a maximum of 3 throws.
- Athletes are not permitted to use their own implements. All implements will be supplied by Ocean Athletics and will have been weighed and certified by BC Athletics Officials.

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Horizontal Jumps

- Each athlete is permitted a maximum of 3 jumps in both the Long Jump and Triple Jump events.
- Athletes are expected to be ready to compete at the designated start of the event. Athletes showing up at the start time of the event will not have the opportunity to set marks except within the 1-minute allotment of their jump turn.
- There shall be no more than 2 takeoff Boards in the Triple Jump events.

Vertical Jumps

- 3 consecutive failed attempts eliminates an athlete from the competition.
- Starting heights for Pole Vault will be determined by the BC Athletics Pole Vault official once athletes have checked in to the event.
- The bar is to be raised by 5cm in High Jump, and 10cm in Pole Vault each time until one competitor remains in the competition. Once the one competitor remains, the incremental increase in bar height will be determined in consultation with the BC Athletics official.
- Ties are broken by comparing the number of misses at the last successful height. If a tie remains, then there is a comparison of total misses. Any ties for first place that still exist will remain a tie. If the first two athletes are tied, the place judging then becomes 1, 1, 3.

Volunteer Sign Up

Ocean Athletics will be providing all volunteers required for this event.

Accommodation

July is a busy sports month in Surrey. You are advised to book your accommodation as soon as possible. There is a lot of fabulous accommodation in both Surrey and White Rock. Please visit the Surrey and White Rock Tourism websites at these links:

- <https://whiterockcity.ca>
- <https://discoversurreybc.com>

2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



Going Green

Ocean Athletics will be making this Championships event as 'Green' as possible.

- Bottled water will not be sold. We will have the Surrey Sports Trailer on site to supply water as well as large water containers at event sites. Please bring a refillable water bottle.
- Results will be posted online. The live link will be made available Friday, July 15. Only the advancement to finals information will be paper posted.
- Recycling bins will be available throughout the park. Please use them.

Concession

A concession will be open on Friday, Saturday and Sunday. A variety of items will be for sale. Water will not be sold. The Surrey Sport Trailer will be on site Friday, Saturday and Sunday for water bottle refill.

Souvenir Wear

High quality white "Kahunaverse" dri-fit short sleeved training shirt \$30. Front logo:



2022 BC Athletics JD Track & Field Championships



July 15-17
South Surrey Athletic Park
Track & Field Facility



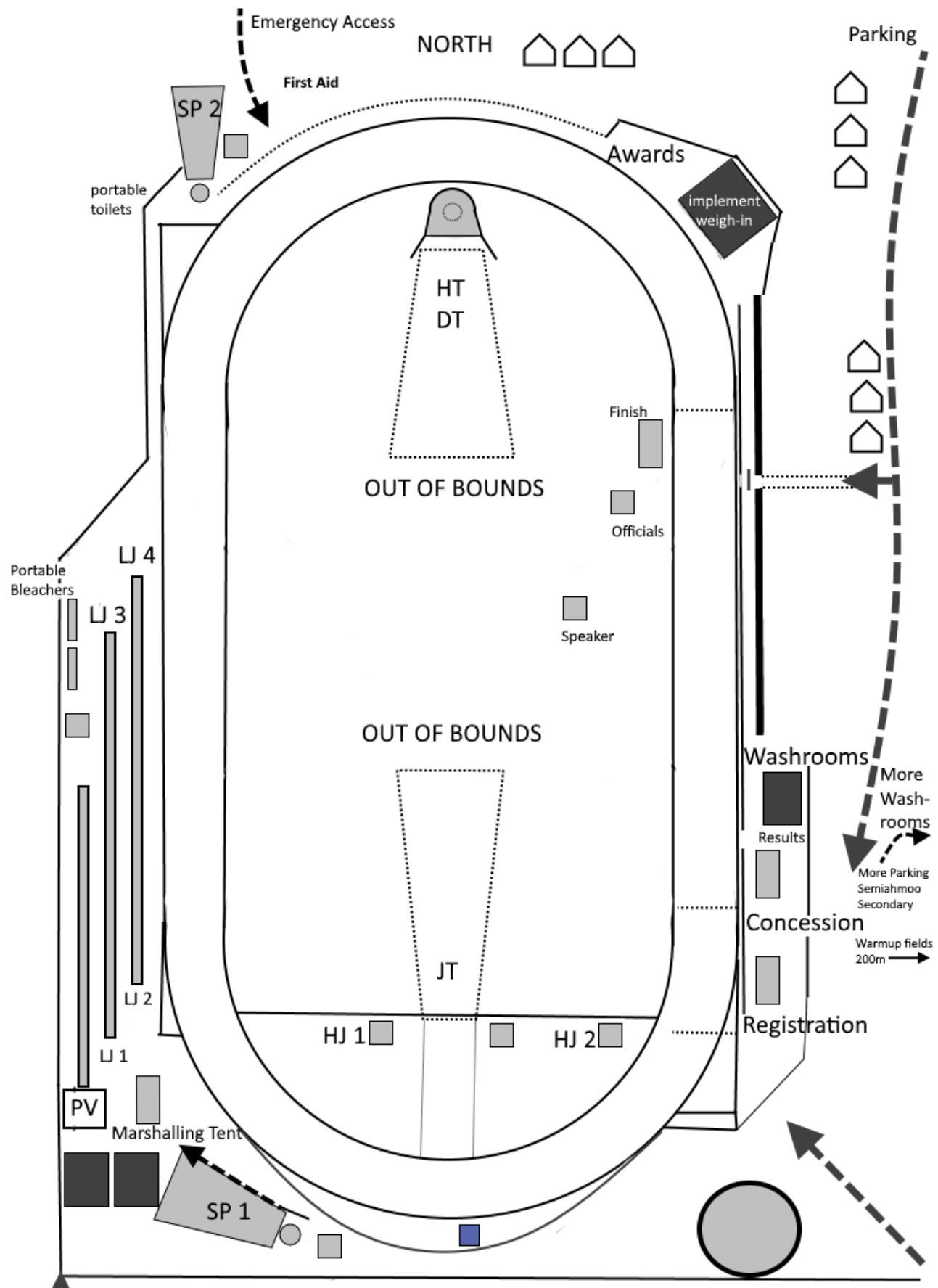
Track Location

Google Maps overview: <https://www.google.ca/maps/@49.0373698,-122.8151479,714m/data=!3m1!1e3>

Address: South Surrey Athletic Park is located at 146th St. on 20th Ave. in South Surrey. Parking is located in the lot above the park, across the street at the South Surrey Recreation Centre or the large parking lot off 148th Street at 18th Avenue (Semiahmoo Secondary School).



South Surrey Athletic Park Track Map



2022 BC Junior Development Championship

Friday July 15 - Sunday July 17, 2022

| | | | | |
|------------|------------|------------|------------|------------|
| 2013 Girls | 2012 Girls | 2011 Girls | 2010 Girls | 2009 Girls |
| 2013 Boys | 2012 Boys | 2011 Boys | 2010 Boys | 2009 Boys |

*Events are listed by birth year (eg. '12G = 2012 girls)

**Final schedule will be released after registration closes on July 11, 2022

Track – Friday July 15, 2022

| Time | Event | Comments | Age Group | | | |
|--------|-------|--------------|-----------|-------|-------|--|
| 5:00pm | 60m | Heats | 2011G | 2011B | 2012G | |
| | | | 2012B | 2013G | 2013B | |
| 6:45pm | 2000m | Timed Finals | 2009G | | 2009B | |
| 7:10pm | 300m | Timed Finals | 2009G | | 2009B | |
| | | | 2010G | | 2010B | |
| 7:30pm | 60m | Finals | 2011G | 2011B | 2012G | |
| | | | 2012B | 2013G | 2013B | |

Field – Friday July 15, 2022

| Time | Event | Age Group | Age Group |
|--------|------------|------------|------------|
| 5:00pm | Pole Vault | 2009 Boys | 2009 Girls |
| | Long Jump | 2010 Boys | |
| | Shot Put | 2013 Girls | |
| | Hammer | 2010 Girls | 2009 Girls |
| | Javelin | 2012 Girls | |
| 6:30pm | Shot Put | 2013 Boys | |
| | Hammer | 2010 Boys | 2009 Boys |
| | Long Jump | 2010 Girls | 2009 Girls |
| 6:45pm | Javelin | 2012 Boys | |

| | | | | |
|------------|------------|------------|------------|------------|
| 2013 Girls | 2012 Girls | 2011 Girls | 2010 Girls | 2009 Girls |
| 2013 Boys | 2012 Boys | 2011 Boys | 2010 Boys | 2009 Boys |

*Events are listed by birth year (eg. '12G = 2012 girls)

**Final schedule will be released after registration closes on July 11, 2022

Track – Saturday July 16, 2022

| Time | Event | Comments | Age Group | | | | |
|---------|--------------|--------------|-----------|-------|-------|------|------|
| 10:00am | 80m Hurdles | Heats | 2009B | | 2009G | | |
| | | | 2010B | | 2010G | | |
| 10:30am | 60m Hurdles | Heats | 2011G | 2011B | 2012G | | |
| | | | 2012B | 2013G | 2013B | | |
| 11:10am | 800m | Timed Finals | 2009G | | 2009B | | |
| | | | 2010G | | 2010B | | |
| 11:30am | 600m | Timed Finals | 2011G | 2011B | 2012G | | |
| | | | 2012B | 2013G | 2013B | | |
| 12:00pm | 100m | Heats | 2009G | | 2009B | | |
| 12:15pm | 100m | Heats | 2010G | | 2010B | | |
| 12:30pm | 100m | Heats | 2011G | | 2011B | | |
| 12:45pm | 100m | Heats | 2012G | | 2012B | | |
| 1:00pm | 100m | Heats | 2013G | | 2013B | | |
| | AWARDS | | | | | | |
| | Rascal Event | | | | | | |
| 2:15pm | 80m Hurdles | Finals | 2009B | | 2009G | | |
| | | | 2010B | | 2010G | | |
| 2:30pm | 60m Hurdles | Finals | 2011B | 2011G | 2012B | | |
| | | | 2012G | 2013B | 2013G | | |
| 3:00pm | 100m | Finals | '09G | '09B | '10G | '10B | '11G |
| | | | '11B | '12G | '12B | '13G | '13B |
| 3:45pm | 4x100 relays | Timed Finals | '09G | '09B | '10G | '10B | '11G |
| | | | '11B | '12G | '12B | '13G | '13B |
| | AWARDS | | | | | | |

Field – Saturday July 16, 2022

| Time | Event | Age Group | Age Group |
|---------|-----------|------------|------------|
| 9:30am | Javelin | 2009 Girls | |
| | Discus | 2010 Girls | |
| | Shot | 2010 Boys | |
| | High Jump | 2012 Boys | 2012 Girls |
| | Long Jump | 2011 Girls | |
| | | | |
| | | | |
| 10:45am | Shot | 2009 Boys | |
| 11:00am | Discus | 2010 Boys | |
| 11:15am | High Jump | 2013 Boys | 2013 Girls |
| | | | |
| 11:45am | Shot | 2011 Girls | |
| | Javelin | 2009 Boys | |
| 12:30pm | Triple | 2009 Girls | |
| | Discus | 2011 Boys | |
| | | | |
| 12:45pm | High Jump | 2010 Boys | 2010 Girls |
| 1:30pm | Long Jump | 2012 Boys | |
| | Javelin | 2010 Girls | |
| 1:45pm | Triple | 2009 Boys | |
| | Shot | 2009 Girls | |
| 2:00pm | Discus | 2012 Girls | |
| 3:00pm | Javelin | 2011 Boys | |

| | | | | |
|------------|------------|------------|------------|------------|
| 2013 Girls | 2012 Girls | 2011 Girls | 2010 Girls | 2009 Girls |
| 2013 Boys | 2012 Boys | 2011 Boys | 2010 Boys | 2009 Boys |

***Events are listed by birth year (eg. '12G = 2012 girls)**

****Final schedule will be released after registration closes on July 11, 2022**

Track – Sunday July 17, 2022

| Time | Event | Comments | Age Group | | | |
|-----------|---------------|--------------|-----------|-------|-------|------|
| 10:00am | 200m | Timed Finals | 2009G | 2009B | 2010G | |
| | | | 2010B | 2011G | 2011B | |
| 11:00am | 1000m | Timed Finals | 2011G | 2011B | 2012G | |
| | | | 2012B | 2013G | 2013B | |
| 11:30am | 1200m | Timed Finals | 2009G | 2009B | | |
| | | | 2010G | 2010B | | |
| 12:00noon | 1500m RW | Timed Finals | 2009G | | 2009B | |
| 12:20pm | 800m RW | Timed Finals | '10G | '10B | '11G | '11B |
| | | | '12G | '12B | '13G | '13B |
| 12:30pm | 200m Hurdles | Timed Finals | 2009B | | 2009G | |
| | | | 2010B | | 2010G | |
| 2:15pm | Medley Relay | Timed Finals | 2009G | 2009B | 2010G | |
| | | | 2010B | 2011G | 2011B | |
| | | | | | | |
| | AWARDS | | | | | |

Field – Sunday July 17, 2022

| Time | Event | Age Group | |
|---------|-----------|------------|-----------|
| 9:30am | Discus | 2012 Boys | |
| | Shot put | 2012 Girls | |
| | Javelin | 2011 Girls | |
| | Long Jump | 2013 Girls | |
| | High Jump | 2011 Girls | 2011 Boys |
| | | | |
| 10:30am | Shot Put | 2011 Boys | |
| 10:45am | Discus | 2011 Girls | |
| | | | |
| 11:15am | Long Jump | 2012 Girls | |
| 11:30am | Shot Put | 2012 Boys | |
| | Long Jump | 2011 Boys | |
| | High Jump | 2009 Girls | 2009 Boys |
| 11:45am | Javelin | 2010 Boys | |
| 12noon | Discus | 2009 Boys | |
| 1:00pm | Shot Put | 2010 Girls | |
| | Long Jump | 2009 Boys | 2013 Boys |
| 1:45pm | Discus | 2009 Girls | |

Technical Specifications

| | | |
|-----------------|-------------------------|-----------------------------------|
| <u>Hurdles:</u> | 2013 males & females | 60mH – 6 hurdles at 21" / 0.533m |
| | 2011/12 males & females | 60mH – 6 hurdles at 24" / 0.610m |
| | 2010 males & females | 80mH – 8 hurdles at 27" / 0.686m |
| | | 200mH – 5 hurdles at 24" / 0.610m |

| | | |
|--|----------------------|-----------------------------------|
| | 2009 females & males | 80mH – 8 hurdles at 30" / 0.762m |
| | | 200mH – 5 hurdles at 27" / 0.686m |

| | | |
|------------------|----------------------------|-----|
| <u>Shot Put:</u> | 2011/12/13 males & females | 2kg |
| | 2009/10 males & females | 3kg |

| | | |
|----------------|-------------------------|------|
| <u>Discus:</u> | 2011/12 males & females | 750g |
| | 2009/10 females | 750g |
| | 2009/10 males | 1kg |

| | | |
|-----------------|-------------------------|------|
| <u>Javelin:</u> | 2011/12 males & females | 400g |
| | 2009/10 females | 400g |
| | 2009/10 males | 500g |

| | | |
|----------------|-------------------------|-----|
| <u>Hammer:</u> | 2009/10 males & females | 3kg |
|----------------|-------------------------|-----|

| | | | | |
|---------------------------------------|--------------|-------|------------|-------|
| <u>Starting Heights for High Jump</u> | 2013 females | 0.80m | 2013 males | 0.80m |
| | 2012 females | 0.90m | 2012 males | 0.90m |
| | 2011 females | 1.00m | 2011 males | 1.00m |
| | 2010 females | 1.10m | 2010 males | 1.10m |
| | 2009 females | 1.15m | 2009 males | 1.15m |

Pole Vault: BC Athletics Official will determine the starting height of the Pole Vault events

Thank You Sponsors!



Hosted by Ocean Athletics Track and Field Club – oceanathletics.club