



The 37th Annual BC Elementary Track and Field Championships

Hosted by the **Kajaks Track and Field Club**

in co-operation with The Richmond Dept. of Leisure Services on **May 27-29, 2005**

Sponsored by: The Richmond Review

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 Membership: \$ 3.00 day of meet per athlete (covers all three days) or
\$125.00 School Membership (Contact BC Athletics Office at 604-737-3177)

Entry Fee: \$5.00 per individual event
\$10.00 per relay team

Late Entries: \$10.00 per individual event
\$20.00 per relay team

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 20, 2005.**

Late Entry Deadline: Received by **Tuesday May 24, 2005.**

Day of meet entry will not be available.

Entries Sent to: BC Elementary Meet 8180 Seafair Drive Richmond BC V7C 1X1	e-mail: penj@telus.net
	Phone/Fax: (604)-275-0708

****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.**

Registration: Pick up starting at **1:00 pm Friday May 27, 2005**

Coaches Meeting: **8:00 am Saturday May 28, 2005**

Web Site: **www.kajaks.org**

REGISTRATION INFORMATION

Age Divisions for Competition

1996 Girls (Girls born in 1996)	1996 Boys (Boys born in 1996)
1995 Girls (Girls born in 1995)	1995 Boys (Boys born in 1995)
1994 Girls (Girls born in 1994)	1994 Boys (Boys born in 1994)
1993 Girls (Girls born in 1993)	1993 Boys (Boys born in 1993)
1992 Girls (Girls born in 1992)	1992 Boys (Boys born in 1992)

No other Ages will be allowed to compete in this meet.

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 1992 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 Division will be allowed.

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 4x200 Mixed Age relays are to have one athlete from each age from **1992** down to **1995**. It is possible to enter a younger runner to fill the space of a missing older runner. There will be no mixed gender relay teams allowed. Club relay teams will be allowed to run exhibition teams in the preliminary round of the 4x100. Only School teams will advance to the finals.

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.

TECHNICAL INFORMATION

Competitors' Numbers: Each Athlete will be issued a competitive 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**.

Track Event Check In: Athletes in track events will be marshalled 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.

60 and 80 Metre Hurdles: Advancement to the finals in the Sprint Hurdles events will be by time alone. The top 8 times in each Division will advance to the finals.

Hurdle Specifications:

Age/Gender	Distance	#H	H height	to 1st H	Between H's	Last H to end
'96 Boys & Girls	60mH	6	21"	11 metres	6.5 metres	16.5 metres
'95 & '94 Boys & Girls	"	"	24"	"	"	"
'93 Boys & Girls	80mH	8	27"	12 metres	7.0 metres	19 metres
'92 Girls	"	"	30"	"	7.5 metres	15.5 metres
'92 Boys	"	"	30"	"	8.0 metres	12 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.

High Jump: Starting heights	1995	1994	1993	1992
Girls	.90m	.95m	1.00m	1.10m
Boys	.95m	1.05m	1.10m	1.20m

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

Long Jump	1996	1995	1994	1993	1992
Girls	2.30m	2.80m	2.90m	3.00m	3.20m
Boys	2.50m	2.90m	3.10m	3.30m	3.50m

Triple Jump	1992
Girls	7.00m
Boys	7.50m

Shot Put	1995	1994	1993	1992
Girls	3.00m	4.00m	5.00m	6.00m
Boys	4.00m	5.00m	6.00m	7.50m

Discus	1994	1993	1992
Girls	8.00m	10.00m	13.00m
Boys	10.00m	12.00m	16.00m

Shot Put Specifications

'95 & '94 Boys & Girls -	2kg
'93 & '92 Boys & Girls -	3kg

Discus Specifications

'94 Boys & Girls -	750g
'93 & '92 Girls	750g
'93 & '92 Boys	1 kg

Event Results: Results will be posted on the north end of the stands on Friday and in the arena on Saturday & Sunday. Unattached athletes may pick up their awards 30 minutes after the results have been posted.

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)

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
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

BC Elementary Track & Field Championships
Official Entry Form (to be filled out by each school or unattached athlete)

PLEASE PRINT: UNATTACHED ENTRY _____ (PLEASE CHECK IF APPLICABLE)

SCHOOL

SCHOOL NAME _____ DISTRICT# _____

ADDRESS _____

POSTAL CODE _____ PHONE _____ FAX _____

SCHOOL BC ATHLETICS# _____

SPECIAL DIVISIONAL AWARDS (IF APPLICABLE) NON LOWER MAINLAND _____

SMALL SCHOOL UNDER 160 _____
(no. of students enrolled in gr.3 to 7)

COACH / PARENT - IF UNATTACHED

NAME _____

ADDRESS _____

POSTAL CODE _____ PHONE _____ FAX _____

COMPLETE THE FOLLOWING

OF INDIVIDUAL EVENTS ENTERED _____ X \$5

OF RELAY TEAM EVENTS ENTERED _____ X \$10

OF BC ATHLETICS DAY OF MEET MEMBERSHIP FEES _____ X \$3 (not a BC Athletic member)

TOTAL FEES ENCLOSED \$ _____

RECEIPT REQUIRED - YES _____ NO _____

DO NOT WRITE IN THIS SPACE

TOTAL \$

RECEIVED \$

CASH \$

CHEQUE \$

BALANCE \$

OWING \$

RECEIPT # _____

RELAY ENTRY FORM

Please circle the appropriate entries (A or both)

SCHOOL _____

4 X 200M RELAY

GIRLS A B

BOYS A B

4 X 100M RELAY

MEDLEY RELAY (600M,200M,400M,800M)

95 GIRLS A B

95 GIRLS A B

95 BOYS A B

95 BOYS A B

94 GIRLS A B

94 GIRLS A B

94 BOYS A B

94 BOYS A B

93 GIRLS A B

93 GIRLS A B

93 BOYS A B

93 BOYS A B

92 GIRLS A B

92 GIRLS A B

92 BOYS A B

92 BOYS A B

91 GIRLS A B

91 GIRLS A B

91 BOYS A B

91 BOYS A B

TOTAL NUMBER OF RELAYS CIRCLED _____

BC Elementary Track and Field Championships 2005

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 27						
100m Heats all ages	16:30					
	18:00		95 girls			
	18:00		93 boys			
3000m 1992	19:45					
Saturday May 28						
Coaches Meeting	08:00					
Hurdles Heats all ages	08:30	94 boys	93 girls			
	09:00				92 girls	92 boys
	10:30		94 girls			
Hurdles Finals all ages	11:00				95 girls	93 girls
	11:20	93 boys				
800m all ages	11:45					
	12:30		92 boys			
	13:00				95 boys	93 boys
	13:15	95 girls				
4x200 Mixed Age	14:00					
	14:15		96 boys			
100m Finals all ages	14:30					
	15:00				93 boys	94 girls
	15:15	92 girls				
4x100 Heats all ages	15:45					
	16:15		94 boys			
	17:00	92 boys				
	17:30				94 boys	
4x100 Finals all ages	17:45					
	18:00		92 girls			
Sunday May 29						
400m 1992	08:30					
200m Heats all ages	08:45		95 boys			
	09:00	94 girls			92 boys	92 girls
	10:45			92 boys		
	11:00	93 girls			94 girls	94 boys
1500m 1995 to 1992	12:30					
	12:30			92 girls	93 girls	
	12:55	95 boys				
200m Finals all ages	13:45					
	14:00		96 girls			
Medley Relay	15:00					