



South Fraser Track & Field Club

2015 Junior Olympics

For Elementary Schools and Track Clubs

May 16 & 17, 2015

Bear Creek Park, Surrey, B.C.

Featuring

9 to 13 years old | Born between 2002 to 2006 | Grades 3 to 7

Also Featuring

Track Rascals

6 to 8 years olds (Run, Relay, Jump and Throw) 4 events

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics

Entry Fees: \$8.00 per Event, \$12.00 per Relay.

Track Rascals \$10.00 flat fee for the whole weekend; **register at the meet.**

Late Fees: \$16.00 per event

Athletes who are not registered with BC Athletics will be required to pay \$3 BCA Fee

Deadline for Entries: Midnight Monday, May 11, 2015

All entries received after Saturday, May 11 will be considered late entries and will be charged \$16.00 per event. Day of meet, entries will be accepted up to 1 hour before the event.

**All registration is online via Trackie <http://www.trackie.com/online-registration/>
Late registration will be accepted until Thursday, May, 14th.
Late Entries pay **\$16.00** per late event.
Email entries late registration to: Shirley Young at chedro@telus.net**

REGISTRATION PACKAGES: Make all cheques payable to “South Fraser Track and Field Club.”

Clubs must designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their club members (the meet registration booth will not be able to hand out individual bib numbers).

A CONCESSION STAND: will be open during the meet.

EQUIPMENT: All other equipment and implements will be provided by the meet. Spike size is 7mm (max.) for track events. Athletes may use their own throwing implements as long as they have been weighed in at 9:00 am on day of the meet.

FIRST AID: Med Tech Emergency Medical Services will be onsite. Surrey Memorial Hospital – 1km distance away.

MARSHALLING: Athletes in track events must check in at event area 20 minutes prior to the start of the event. Field event contestants will check in at their event site at least 20 minutes before the start of the event. All athletes must be officially entered in the meet. No entries will be taken at the marshaling areas.

COMPETITION NUMBER PICK UP: Starts at 8:00 am Saturday and Sunday **at the tent next to concession.** Packages must be paid for before any athlete can participate in an event, therefore a club or school representative must be assigned to pick up the numbers and pay for all the entries.

COMPETITOR'S NUMBERS: Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official). Competition numbers will not be issued until the entry fee is paid.

SCHEDULE OF EVENTS: Specific events may be moved ahead at meet director’s discretion (up to max. 30 minutes). Ample Notice will be given via announcements if this happens. All track events are run in order from **Oldest girls first, to youngest girls last with the same applying to boys being oldest to youngest** (ie. 02F/02M/03F/03M/etc.)

ATHLETES WITH CONFLICTING EVENTS: Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

TRACK EVENTS: Events may be run up to 30 minutes earlier than the scheduled time.

ELECTRONIC TIMING: will be used for all running events.

NUMBERS: will not be issued until the entry fee is paid.

NUMBER PICK UP: Starts at 8:00 am Saturday and Sunday **at the tent next to concession.** Packages must be paid for before any athlete can participate in an event, therefore a club or school representative must be assigned to pick up the numbers and pay for the entries.

ATHLETE / TEAM AWARDS: will be given for an outstanding performance for overall boy and girl competitors. Medals are awarded for the top 3 places and ribbons for 4th to 8th place. Team (Club or School) trophy to overall top scoring team based on total points:

1st = 10 points	5th = 4 points
2nd = 8 points	6th = 3 points
3rd = 6 points	7th = 2 points
4th = 5 points	8th = 1 point

*Please note that the medals and ribbons will not be mailed. They must be claimed before end of the meet.

AWARDS: All ages: Medals for 1st to 3rd, Ribbons for 4th to 8th places. Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. There will be no mail-outs.

RELAYS: Medals will be awarded for 1st to 3rd place; ribbons for 4th to 8th place.

DIRECTIONS TO BEAR CREEK PARK: exit 50 on Hwy 1; go along 160th, Turn right on 88th Ave. The entry to the park is on the left before King George Hwy.

RULES: IAAF Rules will apply and BCA JD Rules where applicable will take precedent.

JUNIOR DEVELOPMENT FALSE START RULE - One (1) false start by an athlete in a race shall be charged to all athletes in that specific race. A second (2nd) false start shall result in the disqualification of the athlete. Starting Blocks are not used for the Junior Development age group, ages 9-13 years of age.

QUALIFYING FOR FINALS:

Field Events: Athletes who finish in the top 8 will be awarded medal/ribbons.

Track Events: 60m, 100m and 200m will run heats with top 8 times going to the final.
300m Heats are seeded for timed finals.

PROTESTS: Protests must be submitted in writing to the Meet Director and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned. A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned. A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

Junior Olympics May 16 & 17, 2015 Schedule of Events:

Saturday	Track Events	Y.O.B.
8:45 - 9:00	Coach's Meeting	
9:00 - 9:30	80m Hurdles F/M	02-03
9:35 - 10:00	60m Hurdles F/M	04-06
10:05 - 10:30	1200m F/M	02-03
10:35 - 11:45	1000m F/M	04-06
11:50 - 12:30	100m Heats F/M	02-06
12:35 - 1:00	50m F/M –Rascals	07-09
1:05 - 1:30	100m Finals F/M	02-06
2:00 - 2:30	300m Finals F/M	02-03
3:30 - 4:00	4x100 Relay	02-06

Saturday	Field Events					
	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:00	06M	06F		05M	04F	
10:05-11:15	04M	04F	02F	03M	03F	
11:20-12:30	06F	06M	02M	04M	05M	
12:35-2:00	02F	02M		05F	04M	
2:05-3:00	03M	03F		02M	05F	07-09F/M
3:00-4:00	03F	04M		06M	03M	

Sunday	Track Events	Y.O. B.
9:00 – 9:25	200mHurdlesF/M	02-03
9:30 – 9:55	800m Finals F/M	02-04
10:00-10:15	600m Finals F/M	04-06
10:20-10:50	60m Heats F/M	04-06
11:55-12:30	200m Heats F/M	02-04
12:35-1:00	Shuttle Relay F/M	07-09
1:05-1:30	60m Finals F/M	04-06
1:35-2:00	200m Finals F/M	02-04
2:10-2:40	4x200 Relay F/M	02-04

Sunday	Field Events					
	HJ	LJ	TJ	SP	DIS	MT*
9:00 - 10:15	05M	05F		02F	02M	
10:15 – 11:30	04F	05M		03F	02F	
11:30 – 12:45	05F	03M		06F		
12:00 – 12:30		07-09 F/M		Occurs In TJ PIT		
12:45 – 2:00	02M	02F		04F		

Saturday: Track Rascals a) 50m 12:30-1:00pm; b) *Mini Throw 2:05 – 3:00pm
 Sunday: Track Rascals c) Shuttle Relay 12:30-1:00pm; d) Long Jump 12:00-12:30pm
 Track Rascals register at the meet not on trackie

- Born 2002 = 13 years old
- Born 2003 = 12 years old
- Born 2004 = 11 years old
- Born 2005 = 10 years old
- Born 2006 = 9 years old

LATE REGISTRATION FORM

Name of Club or School: _____

Contact: _____

Last name, First name	Year	BCA #	F/M	Ev1	Seed	Ev2	Seed	Ev3	Seed
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Athlete: _____ (Please use event # from table below)

_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

Total # of Individual events _____ x \$8.00 = \$ _____

Total # of Relays _____ x \$12.00 = \$ _____

BC Athletics Fee (if not a member) _____ x \$3.00 = \$ _____

Rascal _____ x \$10.00 = \$ _____

TOTAL OWING _____

Entries from individuals not with a school/club must be accompanied by the entry fee. For further information please send an email to: Shirley Young at chedro@telus.net

EVENT NUMBERS

1 Girls 13 Year Olds 200m Hurdles
2 Boys 13 Year Olds 200m Hurdles
3 Girls 12 Year Olds 200m Hurdles
4 Boys 12 Year Olds 200m Hurdles
5 Girls 13 Year Olds 80m Hurdles
6 Boys 13 Year Olds 80m Hurdles
7 Girls 12 Year Olds 80m Hurdles
8 Boys 12 Year Olds 80m Hurdles
9 Girls 11 Year Olds 60m Hurdles
10 Boys 11 Year Olds 60m Hurdles
11 Girls 10 Year Olds 60m Hurdles
12 Boys 10 Year Olds 60m Hurdles
13 Girls 9 Year Olds 60m Hurdles
14 Boys 9 Year Olds 60m Hurdles

15 Girls 13 Year Olds 100m Dash
16 Boys 13 Year Olds 100m Dash
17 Girls 12 Year Olds 100m Dash
18 Boys 12 Year Olds 100m Dash
19 Girls 11 Year Olds 100m Dash
20 Boys 11 Year Olds 100m Dash
21 Girls 10 Year Olds 100m Dash
22 Boys 10 Year Olds 100m Dash
23 Girls 9 Year Olds 100m Dash
24 Boys 9 Year Olds 100m Dash

25 Girls 11 Year Olds 60m Dash
26 Boys 11 Year Olds 60m Dash
27 Girls 10 Year Olds 60m Dash
28 Boys 10 Year Olds 60m Dash
29 Girls 9 Year Olds 60m Dash
30 Boys 9 Year Olds 60m Dash

31 Girls 13 Year Olds 300m Dash
32 Boys 13 Year Olds 300m Dash
33 Girls 12 Year Olds 300m Dash
34 Boys 12 Year Olds 300m Dash

35 Girls 13 Year Olds 200m Dash
36 Boys 13 Year Olds 200m Dash
37 Girls 12 Year Olds 200m Dash
38 Boys 12 Year Olds 200m Dash
39 Girls 11 Year Olds 200m Dash
40 Boys 11 Year Olds 200m Dash

41 Girls 13 Year Olds 800m Run
42 Boys 13 Year Olds 800m Run
43 Girls 12 Year Olds 800m Run
44 Boys 12 Year Olds 800m Run

45 Girls 11 Year Olds 600m Run
46 Boys 11 Year Olds 600m Run
47 Girls 10 Year Olds 600m Run
48 Boys 10 Year Olds 600m Run
49 Girls 9 Year Olds 600m Run
50 Boys 9 Year Olds 600m Run

51 Girls 13 Year Olds 4x100m Relay
52 Boys 13 Year Olds 4x100m Relay
53 Girls 12 Year Olds 4x100m Relay
54 Boys 12 Year Olds 4x100m Relay
55 Girls 11 Year Olds 4x100m Relay
56 Boys 11 Year Olds 4x100m Relay
57 Girls 10 Year Olds 4x100m Relay
58 Boys 10 Year Olds 4x100m Relay
59 Girls 9 Year Olds 4x100m Relay
60 Boys 9 Year Olds 4X100m Relay

61 Girls 13 Year Olds 4x200m Relay
62 Boys 13 Year Olds 4x200m Relay
63 Girls 12 Year Olds 4x200m Relay
64 Boys 12 Year Olds 4x200m Relay
65 Girls 11 Year Olds 4x200m Relay
66 Boys 11 Year Olds 4x200m Relay

67 Girls 13 Year Olds High Jump
68 Boys 13 Year Olds High Jump
69 Girls 12 Year Olds High Jump
70 Boys 12 Year Olds High Jump
71 Girls 11 Year Olds High Jump
72 Boys 11 Year Olds High Jump
73 Girls 10 Year Olds High Jump
74 Boys 10 Year Olds High Jump
75 Girls 9 Year Olds High Jump
76 Boys 9 Year Olds High Jump
77 Girls 13 Year Olds Long Jump
78 Boys 13 Year Olds Long Jump
79 Girls 12 Year Olds Long Jump
80 Boys 12 Year Olds Long Jump
81 Girls 11 Year Olds Long Jump
82 Boys 11 Year Olds Long Jump
83 Girls 10 Year Olds Long Jump
84 Boys 10 Year Olds Long Jump
85 Girls 9 Year Olds Long Jump
86 Boys 9 Year Olds Long Jump

87 Girls 13 Year Olds Triple Jump
88 Boys 13 Year Olds Triple Jump

89 Girls 13 Year Olds Shot Put
90 Boys 13 Year Olds Shot Put
91 Girls 12 Year Olds Shot Put
92 Boys 12 Year Olds Shot Put
93 Girls 11 Year Olds Shot Put
94 Boys 11 Year Olds Shot Put
95 Girls 10 Year Olds Shot Put
96 Boys 10 Year Olds Shot Put
97 Girls 9 Year Olds Shot Put
98 Boys 9 Year Olds Shot Put

99 Girls 13 Years Olds Discus Throw
100 Boys 13 Year Olds Discus Throw
101 Girls 12 Year Olds Discus Throw
102 Boys 12 Year Olds Discus Throw
103 Girls 11 Year Olds Discus Throw
104 Boys 11 Year Olds Discus Throw
105 Girls 10 Year Olds Discus Throw
106 Boys 10 Year Olds Discus Throw
107 Girls 13 Year Olds 1200m Run
108 Boys 13 Year Olds 1200m Run
109 Girls 12 Year Olds 1200m Run
110 Boys 12 Year Olds 1200m Run
111 Girls 11 Year Olds 1000m Run
112 Boys 11 Year Olds 1000m Run
113 Girls 10 Year Olds 1000m Run
114 Boys 10 Year Olds 1000m Run
115 Girls 9 Year Olds 1000m Run
116 Boys 9 Year Olds 1000m Run