

Jack Brow Memorial

2017



Track & Field Meet

Technical Package

Last Updated: June 12, 2017

WHEN: Friday, June 30, 2017
Saturday, July 1, 2017
Sunday, July 2, 2017

SANCTION: Sanctioned by BC Athletics

LOCATION: Apple Bowl, Kelowna, BC.
Turn North onto Burtch Rd off Highway 97

FACILITY: 400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles: IAAF standard hammer/discus cage and 100m field: pole vault facility: dressing rooms with washrooms and showers: covered seating for 500 spectators, an additional 400 seats uncovered: a concession is located at the North end of the stands.

WEATHER: Usually sunny, low humidity. Average temperature 25-28 degrees Celsius. Can be Extremely hot, bring extra drinking water.

ALTITUDE: 360 meters above sea level

MEDICAL: Certified First Aide attendants will be available.

ELIGIBLE ATHLETES: 2017 BC Athletic members or an equivalent from another Province/Territory or National Athletics Federation.
2016/2017 School club members – Elementary, middle or high school students whose schools hold a School Club Membership are eligible to compete.
“Day of Event” school club members who do not hold a school club membership must purchase a “Day of Event” insurance for \$3.00

ACCOMODATIONS:
Please see Appendix A for Hotel Group booking options

Okanagan College – 1000 KLO Rd
<http://www.okanagan.bc.ca/housing>

UBC Okanagan – 3333 University Way
<http://www.okanagan.ubconferences.com/accomodations/>

Bear Creek or Fintry Provincial Campgrounds
www.discovercamping.ca

TRACK RASCALS: Run, Jump, Throw – Kids aged 6-8. Saturday at noon.
\$10.00 fee, includes t-shirt. Sign up at meet.

Lollipop Run – Kids aged 6 & under. Sunday at 2pm. Free.

- ENTRY FEES: \$10.00 per JD events
\$12.00 per Midget age and up.
- LATE ENTRIES: Once an entry is received, refunds will not be given.
Not accepted if the athlete is not registered in the meet.
\$15.00/event for those already registered in the meet. This includes athletes switching and/or adding an event. Late entries are not guaranteed correct seeding. Late entries close 2 hours before the scheduled start time of the event – no exceptions.
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.
- ENTRY
DEADLINE: Sunday June 25th for all entries.
- ENTRY
PROCEDURE: All entries will be through Trackiereg.com. Payment must be made through Trackie and will not be accepted at the meet.
- REGISTRATION
PACKAGES: Pick up registration packages starting at 4:00pm, Friday June 30 or 7:30am, Saturday July 1, 2017 at the Apple Bowl.
- AWARDS: The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4th through 8th in each event will receive a ribbon. Relay teams will only receive ribbons for 1st – 3rd place.
Medals and ribbons may be picked up at the Awards table near the finish line 30 minutes after the event results are posted. Sorry no early pick ups allowed.
Awards not picked up, will not be mailed. **Masters events are Age Graded results.**
- MEET RESULTS: Meet results will be posted on the walls adjacent to registration. Results will be posted on our website at www.okac.ca and linked to the BC Athletics website at www.bcathletics.org.
- COACHES MTG: Saturday July 1 at 8:00am at the Apple Bowl, location to be announced.
- JURY OF APPEAL: A Jury of Appeal, consisting of 3 qualified persons selected from guest clubs/officials will be available to deal with any formal protests arising during the meet as per BC Athletics policy.
- RULES: All IAAF, Athletics Canada and BC Athletics rules apply.
Note: Athletes who scratch from an event final that has advanced from a preliminary round are ineligible to compete in any subsequent events at the meet. IAAF rule 142.
- TIMING: FinishLynx Photo Finish Timing
- WIND GAUGES: Wind gauges will be used for athletes aged 14 years and older competing in track events 200m and shorter and in horizontal jumps.

EQUIPMENT: The Okanagan Athletics Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked and weighed. Predetermined weigh-in times will be posted at the beginning of each day. We recommend athletes weigh in their implements early on the day of completion.

SPIKE LENGTH: Track and Horizontal jumps: 7mm maximum
High jump and Javelin: 9mm maximum

**WARM UP/
COOL DOWN:** Use fields outside the Apple Bowl stadium. Please stay off the infield.

**MARSHALLING
AREA:** Check in for all field events is at the event site. Check in for all track events is at the event start line area. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.

**ORDER OF
EVENTS:** Track events run youngest to oldest, female and then male (with exception in Hurdles).

**LIMITED
ENTRIES:** The numbers of heats and sections will be limited by the length of the day.

**COMPETITOR
NUMBERS:** Each athlete will be issued one competitor number for the entire meet. This number is to be worn on the front of their shirt/singlet for all track and field events.

START LISTS: Start lists and heat sheets will be displayed on the boards at the entrance to the Apple Bowl near the registration area. Track events will be run according to the schedule posted on the day of the meet, which may differ from that published in the Technical package.
Track heat sheets are subject to change based on scratches, no shows, and consolidations for meet efficiency. Coaches and athletes must pay attention to the pace of the meet and prepare accordingly. For ages midget and up, if there are fewer than 8 athletes in events with heats, the event will be run at the scheduled time for finals instead. It is up to the athlete to ensure they are checking the heat start lists for this. Final decision will be made day of event by Meet Director.

**SIMULTANEOUS
EVENTS:** Track events will not be delayed. Athletes should report to their field event to check in. A delay in returning to a field event may result in missed attempts. Every effort will be made to accommodate athletes in the 2004-2008 age divisions.

SEEDING: Athletes will be seeded for heats and finals, so please indicate results achieved by the athlete in the past year. Entries without seed times will be treated as slower. Coaches and athletes should be able to verify performances from sanctioned meets held in the 2016 and 2017 outdoor seasons.

RELAYS: Team registrations will be accepted on Saturday July 1 only. Team registration cut off will be 2 hrs before the relays begin. The fee to enter a relay team is \$20.00 per event.

**AGE DIVISIONS
FOR COMPETITIVE
GROUPINGS:**

Birth Year	Age	Age Group
2008	9 years	Junior Development
2007	10 years	Junior Development
2006	11 years	Junior Development
2005	12 years	Junior Development
2004	13 years	Junior Development
2003-2002	14-15 years	Midget
2001-2000	16-17 years	Youth
1999-1998	18-19 years	Junior
1997 & older	20+ years	Open/Masters

**SHOT/DISCUS/
JAVELIN &**

HAMMER THROWS: Athletes born 2004-2008 will be allowed 3 attempts. Athletes born in 2003 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts. Masters will throw their age appropriate weights.

**HORIZONTAL
JUMPS:**

Athletes born 2004-2008 will be allowed 3 attempts. Athletes born in 2003 and before will initially receive 3 attempts, with the top 8 receiving an additional 3 attempts.

**QUALIFYING
FOR FINALS:**

All 100m races for athletes aged 9-13 years will be run as timed finals during the heat sections.

The general rules for qualification from heats to finals in the sprints are:

If 2 Heats, then top 3 and 2 (next) fastest times advance

If 3 Heats, then top 2 and 2 (next) fastest times advance

If 4 or more Heats, then top 1 and (next) fastest times advance

OFFICIALS

CLINIC:

There will be a Level 1 Officiating Clinic on Friday June 30, 5-6:30pm held in the stands of the Apple Bowl. This is free but please register by emailing officials@okac.ca There must be a minimum of 5 participants for this event to go ahead. It is instructed by Greg Nicol. This clinic is an introduction to officiating with BC Athletics. It prepares novice officials for successful participation and future upgrading. It covers some rules and best practices in individual track and field events.

HIGH JUMP

STARTING HEIGHTS:

Age Group	Height	Age Group	Height
9 Girls	80 cm	9 Boys	85 cm
10 Girls	90 cm	10 Boys	95 cm
11 Girls	100 cm	11 Boys	105 cm
12 Girls	105 cm	12 Boys	110 cm
13 Girls	115 cm	13 Boys	120 cm
Midget Girls	120 cm	Midget Boys	140 cm
Youth Women	140 cm	Youth Men	150 cm
Jr/Open Women	145 cm	Jr/Open Men	155 cm

IMPLEMENT

WEIGHTS:

Age Group	Shot Put	Discus	Javelin	Hammer
9 Girls	2 kg	n/a	n/a	n/a
10-11 Girls	2 kg	750 g	400 g	n/a
12-13 Girls	3 kg	750 g	400 g	3 kg
Midget Girls	3 kg	1 kg	500 g	3 kg
Youth Women	3 kg	1 kg	500 g	3 kg
Junior Women	4 kg	1 kg	600 g	4 kg
Open Women	4 kg	1 kg	600 g	4 kg
9 Boys	2 kg	n/a	n/a	n/a
10-11 Boys	2 kg	750 g	400 g	n/a
12-13 Boys	3 kg	1 kg	500 g	3 kg
Midget Boys	4 kg	1 kg	600 g	4 kg
Youth Men	5 kg	1.5 kg	700 g	5 kg
Junior Men	6 kg	1.75 kg	800 g	6 kg
Open Men	7.26 kg	2 kg	800 g	7.26 kg

*Masters throw weights as per Masters age categories.

POLE VAULT:

The starting height will be 90cm with increments of 20cm up to 2.90cm. Then there will be 15cm increments until there are 3-5 athletes left in the competition, then we proceed by 10cm increments.

2017 JACK BROW SCHEDULE

FRIDAY JUNE 30

FIELD EVENTS:

Hammer Throw:

6:00 pm – 12-15 Girls

7:00 pm – 12-15 Boys

TRACK EVENTS:

1500 m Racewalk:

6:00 pm – 13 yr olds & Midget M & F

5000 m Racewalk:

6:30 pm – Youth & Junior M & F

1500 m Steeplechase (no water):

7:00 pm – 14-15 Girls (12 hurdle jumps; 76 cm high)

7:10 pm – 14-15 Boys (12 hurdle jumps; 76 cm high)

2000 m Steeplechase:

7:20 pm – Youth Women (18 hurdle jumps; 5 water jumps; 76 cm high)

7:35 pm – Youth Men (18 hurdle jumps; 5 water jumps; 84 cm high)

3000 m Steeplechase:

7:55 pm – Jr/Open Women (28 hurdle jumps; 7 water jumps; 76 cm high)

8:10 pm – Jr/Open Men (28 hurdle jumps; 7 water jumps; 91 cm high)

SATURDAY JULY 1

FIELD EVENTS:

Age Group	High Jump	Long Jump (pit)	Triple Jump (pit)	Shot Put	Discus	Javelin	Hammer	Pole Vault
9 Girls	10:00			12:00				
9 Boys	11:00			8:00				
10 Girls	1:00			9:00		3:00		
10 Boys	2:00			8:00				
11 Girls		8:00 (B)		11:00		1:00		
11 Boys		8:00 (A)		10:00		2:00		
12 Girls	8:00	10:00(B)		11:00				
12 Boys	9:00	10:00(A)		2:30				
13 Girls	3:00	9:00(B)			8:00			9:30
13 Boys	4:00	9:00(A)			2:15			9:30
Midget Girls		11:00 (A/B)			12:00	10:00		9:30
Midget Boys	12:00	2:30 (A)			1:15			9:30
Youth Women		1:30 (B)			10:30		3:30	9:30
Youth Men		1:30 (A)		1:00	9:15			9:30
Junior Women		12:30 (B)				11:30	3:30	9:30
Junior Men		12:30 (A)		1:00		9:00		9:30
Open/ Masters Women		12:30 (B)				11:30	3:30	9:30
Open/ Masters Men		12:30 (A)		1:00		9:00		9:30

SATURDAY, JULY 1

TRACK EVENTS:

2000m:

8:00 13-15 Girls
13-15 Boys

3000m:

8:25 Youth Women
8:40 Youth Men

5000m:

8:55 Jr/Open/M Women
9:10 Jr/Open/M Men

Sprint Hurdles(Timed Finals):

9:30	9 Girls	60m	6x21" hurdles
	9 Boys	60m	6x21" hurdles
9:40	10 Girls	60m	6x24" hurdles
	10 Boys	60m	6x24" hurdles
9:50	11 Girls	60m	6x24" hurdles
	11 Boys	60m	6x24" hurdles
10:10	12 Girls	80m	8x27" hurdles
	12 Boys	80m	8x27" hurdles
10:20	13 Girls	80m	8x30" hurdles
	13 Boys	80m	8x30" hurdles
10:35	Midget Girls	80m	8x30" hurdles
10:50	Youth Women	100m	10x30" hurdles
	Junior Women	100m	10x33" hurdles
11:10	Midget Boys	100m	10x33" hurdles
	Open Women	100m	10x33" hurdles
11:30	Youth Men	110m	10x36" hurdles
	Junior Men	110m	10x39" hurdles
	Open Men	110m	10x42" hurdles

12:00 Ages 6-8 years
Run, Jump, Throw Event

60m Timed Finals:

12:00 9 Girls
9 Boys
12:10 10 Girls
10 Boys
12:20 11 Girls
11 Boys

200m Timed Finals:

12:45 11 Girls/Boys
1:00 12 Girls/Boys
1:15 13 Girls/Boys
1:35 Midget Girls
1:50 Midget Boys
2:10 Youth Women/Men
2:30 Jr Women/Men
2:45 Open/M Women/Men

600m Timed Finals:

3:00 9-11 Girls/Boys

800m Timed Finals:

3:30 12-13 Girls/Boys
3:45 Midget Girls/Boys
4:00 Youth Women/Men
4:20 Jr/Open/M Women/Men

4x100 m Relays:

4:45 9-12 Girls/Boys
13-15 Girls/Boys
16-19 Women/Men
Open Women/Men

**TIMES ARE APPROXIMATE.
EVENTS MAY START UP TO 30 MINUTES
EARLY.**

SUNDAY JULY 2

TRACK EVENTS:

1000m

8:00 9-11 Girls
9-11 Boys

1200m

8:20 12-13 Girls
12-13 Boys
8:30 Midget Girls
Midget Boys

1500m

8:50 Youth Women
Youth Men
9:20 Jr/Open/M Women
Jr/Open/M Men

100m Timed Finals

9:45 9 Girls
9 Boys
10:00 10 Girls
10 Boys
10:15 11 Girls
11 Boys
10:30 12 Girls
12 Boys
10:45 13 Girls
13 Boys

100m Heats

11:00 Midget Girls
11:15 Midget Boys
11:30 Youth Women
Youth Men
11:45 Junior Women
Junior Men
12:00 Open/M Women
Open/M Men

200m Hurdles Timed Finals

12:15 12 Girls 5x24" hurdles
12 Boys 5x24" hurdles

minutes early

200m Hurdles Timed Finals

12:25 13 Girls 5x27" hurdles
13 Boys 5x27" hurdles

300m Hurdles Timed Finals

12:45 Midget Girls 7x30" hurdles
1:00 Midget Boys 7x30" hurdles

400m Hurdles Timed Finals

1:20 Youth Women 10x30" hurdles
1:30 Jr/Open Women 10x30" hurdles
1:40 Youth Men 10x33" hurdles
1:50 Jr/Open Men 10x36" hurdles

50m Lollipop Fun Run

2:00 Kids aged 6 & under. Free.

100m Finals

2:05 Midget Girls
Midget Boys
Youth Women
Youth Men
Junior Women
Junior Men
Open/M Women
Open/M Men

300m Timed Finals

2:50 12 Girls
12 Boys
3:00 13 Girls
13 Boys
3:10 Midget Girls
3:25 Midget Boys

400m Timed Finals

3:35 Youth Women
Youth Men
3:50 Jr Women/Men
3:55 Open/M Women/Men

Times are approximate, events could start up to 30

SUNDAY JULY 2

FIELD EVENTS:

Age Group	High Jump	Long Jump (pit)	Triple Jump (pit)	Shot Put	Discus	Javelin	Hammer	Pole Vault
9 Girls		10:45 (B)						
9 Boys		11:45 (B)						
10 Girls		1:45 (B)			9:00			
10 Boys		12:45 (B)			11:00	3:30		
11 Girls	10:30				9:00			
11 Boys	8:00				11:00			
12 Girls					9:00	11:30		
12 Boys					1:00	10:30		
13 Girls			12:45 (C)	11:00		9:30		
13 Boys			1:45 (C)	12:30		10:30		
Midget Girls	2:15		10:45 (D)	10:00				
Midget Boys			10:45 (C)	9:00		12:30		
Youth Women	9:15		11:45 (C)	10:00		2:00		
Youth Men	12:15		9:45 (D)			8:00	3:30	
Junior Women	9:15		11:45 (C)	8:00	2:00			
Junior Men	12:15		9:45 (D)		8:00		3:30	
Open/ Masters Women	9:15		11:45 (C)	8:00	2:00			
Open/ Masters Men	12:15		9:45 (D)		8:00		3:30	

Track & Field Events offered	9 Girls	9 Boys	10 Girls	10 Boys	11 Girls	11 Boys	12 Girls	12 Boys	13 Girls	13 Boys	Midget Girls	Midget Boys	Youth Women	Youth Men	Junior Women	Junior Men	Senior/Open Women	Senior/Open Men
60m	x	x	x	x	x	x												
100m	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
200m					x	x	x	x	x	x	x	x	x	x	x	x	x	x
300m							x	x	x	x	x	x						
400m													x	x	x	x	x	x
600m	x	x	x	x	x	x												
800m							x	x	x	x	x	x	x	x	x	x	x	x
1000m	x	x	x	x	x	x												
1200m							x	x	x	x	x	x						
1500m													x	x	x	x	x	x
2000m									x	x	x	x						
3000m													x	x				
5000m															x	x	x	x
60m hurdles	x	x	x	x	x	x												
80m hurdles							x	x	x	x	x							
100m hurdles												x	x		x		x	
110m hurdles														x		x		x
200m hurdles							x	x	x	x								
300m hurdles											x	x						
400m hurdles													x	x	x	x	x	x
1500m SC											x	x						
2000m SC													x	x				
3000m SC															x	x	x	x
4x100m relay	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
High Jump	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Long Jump	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Triple Jump									x	x	x	x	x	x	x	x	x	x
Pole Vault									x	x	x	x	x	x	x	x	x	x
Shot Put	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Discus			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Javelin			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hammer							x	x	x	x	x	x	x	x	x	x	x	x

*Masters as per events listed in schedule

X denotes event is dependent on age.

Appendix A

Hotel Group rate bookings

Sandman Hotel – see next page flyer. \$142 a nite.

Holiday Inn Express

2429 Highway 97 North

1-800-465-0200 or 250-763-0500

Group name is “Jack Brow Track and Field Meet”

There is a block of 20 rooms being held until May 12, 2017. 2 queens for \$289/nite, minimum of 3 night stay required. Includes hot buffet breakfast, high speed internet, free parking, indoor pool with waterslide, fitness center, 15% off coupons for Boston Pizza and Extreme Pita.

Fairfield Inn & Suites – Marriott

1655 Powick Rd

250-763-2800

Group name is “Jack Brow Track Meet”

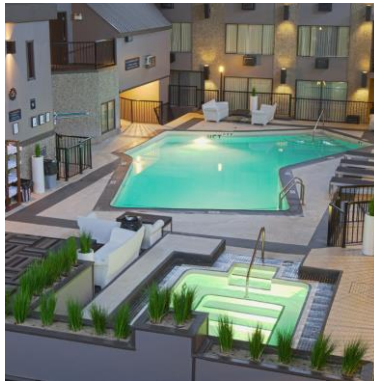
There is a block of 10 rooms being held until May 15, 2017. They are studio suites – 1 King & a double sofa bed. There is a minimum of a 3 night stay and the cost is \$279/nite.

There is an indoor pool with waterslide, fitness center and complimentary Deluxe breakfast.

ALWAYS THE SMART CHOICE



2130 Harvey Ave
Kelowna, BC | V1Y 6G8 | Tel: 250 860 6409



WE ARE PLEASED TO OFFER
SPECIAL EVENT RATES STARTING AT

\$142 PER NIGHT*

BOOK NOW

OFFERING EXCLUSIVE RATES FOR TRACK & FIELD 2017

So Many Reasons to Stay: 220 beautifully-appointed guest rooms | Kitchenettes, deluxe queen & deluxe king suites available | Complimentary high speed Internet | Complimentary parking | Denny's Restaurant with room service | Bar One | Fitness facilities | Indoor pool & whirlpool | Banquet & meeting facilities | Business centre

Terms & conditions: Valid for stays between June 1 – August 1, 2017. Quoted in CDN dollars. Subject to availability, taxes, and applicable fees. Cannot be combined with other offers. New bookings only. Standard cancellation policy. Blackout dates and other restrictions may apply.

**Use group code ' TRACK ' to receive our special event rates.
For more information, please contact our Sales Department
at Tel: 250 860 6409 or Email: sales_kelowna@sandman.ca.**



BAR ONE
food & drinks



sandmanhotels.com | 1 800 SANDMAN (726 3626)