



## 2021 Jack Brow Memorial Track & Field Meet Technical Package.

Hosted by Okanagan Athletics Club

Sanctioned by BC Athletics

**Friday, Saturday & Sunday July 2<sup>nd</sup> – 4<sup>th</sup> 2021**

**Meet Director:** Brad Heinzman: [president@okac.ca](mailto:president@okac.ca)

LOCATION: 1555 Burtch Rd, Kelowna, BC V1Y 4A9

FACILITY: 400m curbed, urethane, 8-lane track: urethane run up areas for jumps and the javelin: concrete throwing circles: World Athletics 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 Aid attendants will be available.

### ELIGIBLE

ATHLETES: 2020 BC Athletic members or equivalent from another Province/Territory or National Athletics Federation.

2020 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 - **Elementary, middle or high school students** whose schools **do not** hold a school club membership must purchase “Day of Event” insurance for \$3.00 when registering.

### TRACK

RASCALS: Lollipop Run – Kids aged 6 & under. Saturday at 12:15pm. Free.  
Run, Jump, throw – Kids aged 6-8. Saturday at 12:30pm.  
\$10.00 fee includes t-shirt. Sign up at meet.

ENTRY FEES: \$10.00 per JD events  
\$15.00 per U16 and older

LATE ENTRIES: Once an entry is received, refunds will not be given.  
Late entries will not be accepted if the athlete is not registered in the meet.  
\$25.00/event for those already registered in the meet. This includes athletes  
Switching events. 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: 11:59 pm Tuesday June 29<sup>th</sup> for all entries. All entries must be received by this date to  
avoid late entry fees. The late entry deadline is 10:00am, Thursday July 1<sup>st</sup>.  
After this date, any further entries will only be accepted at the meet and only if  
there is room in the event (i.e. additional heats/sections do NOT have to be created).

#### ENTRY

PROCEDURE: All entries will be through Trackiereg.com. Payment must be made through  
Trackiereg and will not be accepted at the meet with the exception of relays.

#### REGISTRATION

PACKAGES: Pick up registration packages starting at 4:00pm, Friday June 26 or 7:30am, Saturday  
June 27, 2020 at the registration desk. Clubs/Teams must designate a responsible  
person who will pick up and assume responsibility for the package (the Meet Secretary  
will not look after partial club packages).

AWARDS: The top three finishers in each event will receive a medal, with the exception of relay  
teams. Athletes finishing 4<sup>th</sup> through 8<sup>th</sup> in each event will receive a ribbon. Relay  
teams will only receive ribbons for 1<sup>st</sup> – 3<sup>rd</sup> 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 pickups allowed.  
Awards not picked up, will not be mailed.

MEET RESULTS: Meet results will be posted on the walls adjacent to registration. Results will be  
posted on our website at [www.okac.ca](http://www.okac.ca) and linked to the BC Athletics website at  
[www.bcathletics.org](http://www.bcathletics.org).

COACHES MTG: Saturday July 3rd at 8:00am at the Apple Bowl, location to be announced.

- PROTESTS:** Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event. Result postings will be time stamped, and that time is considered the beginning of the 30-minute period. The Protest is made orally to the relevant referee, e.g. the field referee for the field event, or the track referee for the track event. A protest concerning a false start shall be made to the track referee, or (if there is one) the start referee. Only an athlete, or his/her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director, if the Referee is not immediately available. The referee should record his/her decision and the reasons for that decision on the protest and appeal form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to lodge a protest concerning this decision. A \$50.00 protest fee is to accompany all protests that are advanced to the Jury. If the protest is upheld, then the protest fee will be returned.
- 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. All jury of appeal decisions are final.
- RULES:** All World Athletics, 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.  
World Athletics rule 142 (4.4)
- 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 competition.
- 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 the exception of Hurdles).

**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 U16 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 2008-2012 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 2019 and 2020/21 outdoor seasons.

**RELAYS:** Team registrations will be accepted on Sunday July 4<sup>th</sup>. Team registration cut off will be 2 hours before the relays begin. The fee to enter a relay team is \$25.00 per relay.

**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.

**AGE DIVISIONS FOR COMPETITIVE GROUPINGS:**

Birth Year	Age	Age Group
2012	9 years	Junior Development
2011	10 years	Junior Development
2010	11 years	Junior Development
2009	12 years	Junior Development
2008	13 years	Junior Development
2007-2006	14-15 years	U16
2005-2004	16-17 years	U18
2003-2002	18-19 years	U20
2000 +	20+ years	Senior/Masters

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
U16 Girls	120 cm	U16 Boys	140 cm
U18 Women	140 cm	U18 Men	150 cm
U20/Senior Women	145 cm	U20/Senior Men	155 cm

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.

**THROWS:** Athletes born 2008-2012 will be allowed 3 attempts. Athletes born in 2007 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 2008-2012 will be allowed 3 attempts. Athletes born in 2007 and before will initially receive 3 attempts, with the top 8 receiving and additional attempts.

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
U16 Girls	3 kg	1 kg	500 g	3 kg
U18 Women	3 kg	1 kg	500 g	3 kg
U20 Women	4 kg	1 kg	600 g	4 kg
Senior 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
U16 Boys	4 kg	1 kg	600 g	4 kg
U18 Men	5 kg	1.5 kg	700 g	5 kg
U20 Men	6 kg	1.75 kg	800 g	6 kg
Senior Men	7.26 kg	2 kg	800 g	7.26 kg

\*Masters throw weights as per masters' age categories.

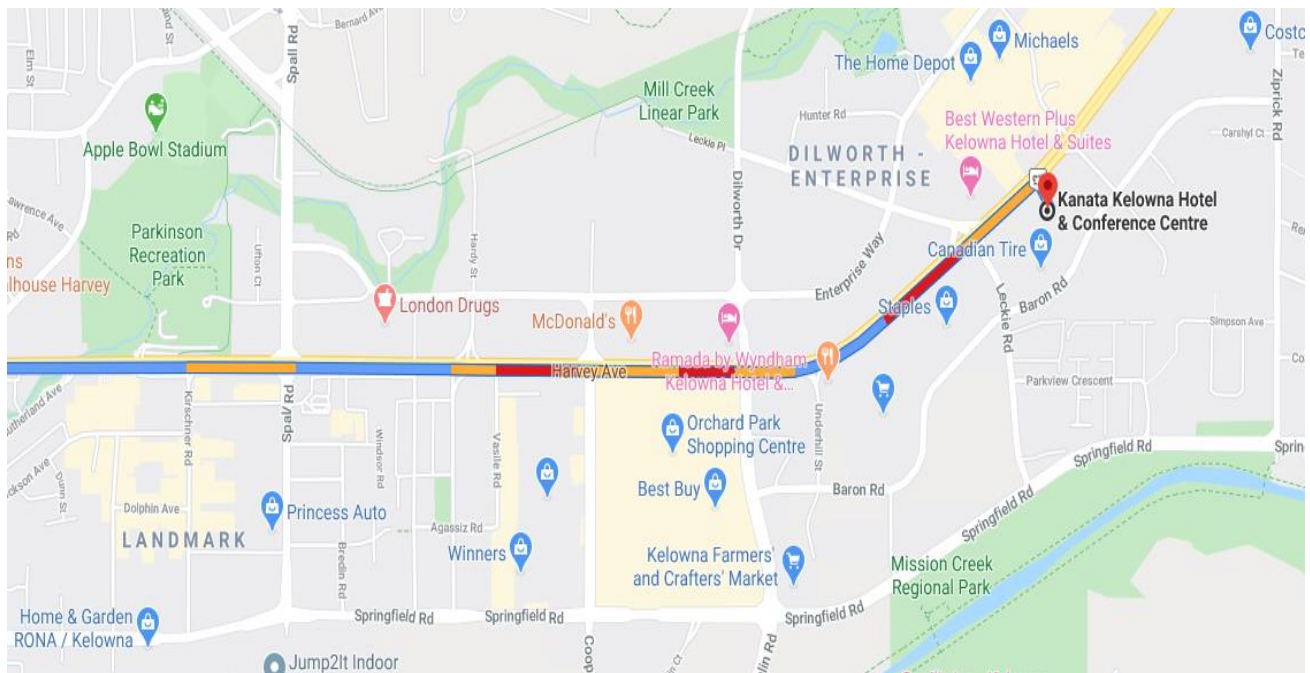
ACCOMMODATIONS:



The Kanata Hotel is offering a special rate of \$145/night for a standard room.  
\$155/night for a premium room.

<https://kanatainns.com/locations/hotel-in-kelowna-bc/> rate access code: OAC

Or call [1-888-700-2264](tel:1-888-700-2264) and ask for OAC rate (Okanagan Athletics Club)



UBC Okanagan – 3333 University way  
<http://www.okanagan.ubcconferences.com/accommodations/>

Bear Creek or Fintry Provincial Campgrounds  
[www.discovercamping.ca](http://www.discovercamping.ca)

## OKANAGAN ATHLETICS CLUB - COMPETITION PLAN - COVID-19

### Numbers of people inside the venue.

The number of athletes, officials, coaches, and volunteers will be determined by the PHO rules and BC Athletics/ Via Sport guidelines in place at the time of competition.

A maximum of 50 spectators will be permitted in the facility. Spectators will be required to remain seated in the stands at all times. This area will be clearly marked. Spectators will be required to sign in at the entrance before being permitted access to the Apple Bowl.

The Apple Bowl will be divided into sections:

- Track
- Vertical Jumps
- Horizontal Jumps
- Throws (hammer/discus)
- Throws (Javelin)
- Throws (Shot Put)

These areas will be clearly marked and will be for athletes, officials and assigned volunteers only. There will be limited use of public washrooms, so athletes are strongly encouraged to use their home washroom immediately prior to departing for the competition.

### Physical distancing

All competition participants (athletes, coaches and officials) must maintain a 2-metre distance from all other competitors, coaches and officials at all times. This includes:

- Upon arrival at the Apple Bowl
- During warm-up runs
- In the waiting area of the event
- At the end of each race/trial – no “high fiving”, shaking of hands etc.
- Prior to leaving.

### Hygiene

All participants are encouraged to bring their own hand sanitizer to the competition. Coaches and Officials will have hand sanitizer available as a backup.

Participants will be required to sanitize their hands for at least 20 seconds at the following times:

- Upon arrival to the Apple Bowl
- Before using any club equipment
- After using any club equipment
- Before departing from the Apple Bowl

- Any other time their coach or official requests

Athletes will not be required to wear personal protective equipment (PPE) to the competition. Should they choose to wear PPE, they must ensure that they safely dispose of disposable PPE or disinfect reusable PPE prior to returning to the next event.

Participants must practice good hygiene, including:

- Not touch their face (especially eyes, nose, and mouth)
- Sneeze only into the crease of their elbow
- Not sharing any food or drinks (including water) with other participants
- Not hi-fiving or elbow-bumping other participants. Air fives only.

## Equipment sharing

Athletes will be allocated throwing equipment to be used only by themselves during their competition.

Athletes are not permitted to share personal equipment.

## Illness

The following individuals are NOT to be permitted to attend the competition venue (Apple Bowl):

- Any person who is experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath). If these symptoms begin while at a competition venue or within 14 days of having attended a competition venue, the individual must leave immediately and contact their local public health office for recommendations. The individual must also inform their club and/or personal coach.
- Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health ([www.gov.bc.ca](http://www.gov.bc.ca))
- Any person who has been told to self-isolate at home.
- Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19.
- Any person who lives in a home or has been in close contact with someone who has been told to self-isolate at home; and
- Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.



## Competition Screening Tool

All competition athletes, officials, volunteers and spectators will be required to complete the "OAC Competition Screening Tool" form prior to attending each competition to ensure that participants are not experiencing any symptoms of COVID-19, nor are they at an elevated risk of developing them due to exposure to travel or other individuals who are at an elevated risk of being infected.

This form must be completed within a four-hour window prior to the start of the competition.

The competition secretary will be checking form submissions prior to starting competition and will not admit athletes until their form has been submitted, and it is determined that they are symptom-free and low risk.

The daily screening tool can be accessed here: [OAC Competition screening tool](#)

Printed copies will be available at the entrance to the track.