



# 2019 North and West Zones

Hosted by the Kamloops Track and Field Club  
Sanctioned by BC Athletics and BC High School Sports

## Tuesday, May 7, 2019

### Location:

Hillside Stadium, 910 McGill Rd., Kamloops, BC – beside TRU (See pg. 3 for driving directions).

### Facility:

Track: 8 lanes, 400m oval, polyurethane surface, fully automatic FinishLynx timing. Complete jumps and throws areas. Change rooms available. Concession available.

### Meet Director:

Jeff Colvin (Revelstoke – North Zone): e-mail: [jcolvin@sd19.bc.ca](mailto:jcolvin@sd19.bc.ca)

Randy Sheldon (Merritt – West Zone): e-mail: [rsheldon@365.sd58.bc.ca](mailto:rsheldon@365.sd58.bc.ca)

### Meet Manager:

Judy Armstrong: Ph: (250) 377-3378 e-mail: [judy54armstrong@gmail.com](mailto:judy54armstrong@gmail.com)

### Eligible Athletes:

- 2019 Grade 8-12 High School Athletes from the North and West Okanagan Zones high schools who must be members of BC High School Sports.
- Each school may enter up to:
  1. 3 grade 8 male and female athletes per event
  2. 3 Jr male and female athletes per event
  3. 3 Sr male and female athletes per event

### Entry Fees:

Individual athletes may compete in a maximum of 3 events plus 2 relays

- \$20.00 per athlete submitted electronically using TrackieReg Online registration (see below) to a maximum of \$400/school.
  - Relay teams may be submitted on paper forms no later than 1 hour before scheduled relay start date
- Athletes who are not members of Athletics Canada, or whose school is NOT a member of BC Athletics, must also pay a \$3 “Day of Event” insurance fee. Athletes and BC schools who ARE members of BC Athletics must include AC number, or will be charged the \$3 fee. **When schools register, these numbers must be known in order to NOT be charged the additional non-member fee. \*\*Please email the school membership number if a school member of BC Athletics prior to registering anyone from your school.**

### Entries Chairperson:

Brian Beck: Ph: (250) 579-5346 e-mail – [wbrianbeck@gmail.com](mailto:wbrianbeck@gmail.com)

All entries must be submitted to Brian by the following methods:

- **Online** – at the TrackieReg website (<http://www.trackiereg.com/2019-NandWZone>). **This is our preferred method of registering athletes.** Credit Card or Debit Card may be used, or pay by cheque when picking up team meet package.

**\*\*ENTRY DEADLINE\*\*:** 9:00 pm PDT on Tuesday, April 30, 2019. After this time, any further late entries will be accepted online, only if there is room available in any event. After Sunday, May 5 at 12:00 pm, no further online entries will be accepted. Athletes may possibly enter events on May 7 at the meet, if there is room available in the event. Schedule updates will be posted on the Meet Registration page at [www.kamtrack.ca](http://www.kamtrack.ca) by 12:00pm PST, Monday, May 6.

## **COMPETITION RULES AND OTHER INFORMATION**

### **REGISTRATION PACKAGES:**

Payment must be received before the package of competition numbers is released to a person who will assume responsibility for the entire team package (the Competition Secretary will not manage partial envelopes). Payment may be made at the meet. Make all cheques payable to "Kamloops Track and Field Club". TrackieReg registrations may be paid by credit card at the time of online registration or on package pickup by cheque. There are no refunds once registered.

### **COMPETITION CATEGORIES (Divisions):**

Grade 8, Junior (Grades 9 & 10), Senior (Grades 11 & 12) and Special Olympics. – Please be sure to indicate which Division each athlete is registering for and their grade. Special Olympic athletes will compete in their age grouping.

### **MARSHALLING:**

Check-in for all track events is at the event start line area. Check-in for all field events is at the event site. All athletes must check-in a minimum of 20 minutes prior to the scheduled start time. Please be aware that the schedule is a rolling schedule and events may begin earlier than the scheduled start time. Please listen for announcements so that events are not missed.

### **COMPETITION NUMBERS:**

Competition numbers must be worn on the front for all events (or at the discretion of the event chief official). If hip numbers are available, they must be worn on both hips and on the upper left-hand chest visible from the front.

### **IMPLEMENTS:**

All implements will be supplied by the meet organizers. Athletes may use their own implements which must meet IAAF standards. They must be weighed-in and measured at least 45 minutes prior to competition start. The weigh-in station will be located at the throws building on the lower field throwing area.

### **SPIKE LENGTH:**

The maximum spike length allowed is 7mm for all events except high jump and javelin, where a maximum of 9mm is allowed.

### **ORDER OF EVENTS:**

All track events will be run youngest to oldest, females then males (exception hurdles).

### **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. Please listen to announcing for any time changes of events.

### **TRACK EVENTS**

All Track events will run as timed finals. Track events will follow a rolling schedule, so start times may differ from those posted. Please listen to announcements.

### **FIELD EVENTS \*\***

**Every effort** will be made to allow for **2 practice and 3 measured** attempts. However, depending on the numbers of registered athletes and time permitted for the event, the event Chief official may adjust the number of practice and/or measured attempts. **Field events will be considered finished, once the final throw/jump is complete, or 30 minutes after the start time if no athletes have shown up.\*\***

### **Seed Times**

Coaches/athletes are expected to submit current, or the latest electronic seed times from 2018 if available, for track events when registering for events to ensure correct seeding. Those not submitting a seed time will be seeded in the slower sections.

### **COMPETITIVE ATTIRE:**

All athletes must wear their school uniform in their events.

### **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 should 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 or Technical Information Centre (if there is one), if the Referee is not immediately available. No deposit is required for a PROTEST.

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.

### **Appeals to the Jury**

The original protestor, or anyone else affected by the Referee's decision has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within 30 minutes of the official announcement of that decision. An APPEAL TO THE JURY shall be in writing, and should cite the relevant Rule number. A \$50 deposit shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

### **JURY OF APPEAL:**

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

### **MEDICAL:**

St. John's Ambulance.

### **CONCESSION:**

There will be a concession available on-site, during the meet.

### **Driving Direction to Hillside Stadium at the Tournament Capital Centre:**

Arriving from the west (Highway #5): Exit to the right at exit 367 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road to the Tournament Capital Centre. (**NOTE:** left turns are not permitted on McGill to the TCC parking. Please continue through the light at Hillside Drive and follow University Drive. Then make your way to the parking area for Hillside Stadium and TRU.)

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left after the Real Canadian Superstore onto McGill Rd. Follow McGill until you reach the Tournament Capital Centre.

