



# BC Athletics Championships Jamboree 2010

Senior, Junior, Youth, 14 & 15 yr Olds

Hosted by Valley Royals Track & Field Club  
Sanctioned by BC Athletics

**Friday, Saturday & Sunday: July 16, 17 & 18, 2010**

**Location:**

Jane & Gerry Swan Track at Rotary Stadium, Abbotsford.

**Facility:**

Track: 8 lanes, 400m oval, Rekotan surface, fully automatic timing.

Shot Put: concrete circles, hard packed landing area.

Javelin: Rekotan runway, grass landing area.

Discus & Hammer: concrete circles, grass landing area.

Jumps (LJ, TJ, HJ, PV): official jumping pits, Rekotan runways.

Change rooms available. Concession available.

**Meet Directors:**

April Arsene [arsene@telus.net](mailto:arsene@telus.net) 604 859 2639

Please email April rather than phone if at all possible.

**Meet Entry Chair Person:**

Shirley Young – email: [chedro@telus.net](mailto:chedro@telus.net)

**Eligibility:**

All entrants must be either:

- BC Athletics Competitive Athlete Members for 2010; or
- Athletics Canada Provincial Branch Competitive Athlete Members for 2010 - e.g. Athletics Alberta Competitive Athlete Members; or
- IAAF National Athletics/T&F Federation Competitive Athlete Members for 2010 – e.g. Members of USATF or like National Athletics/T&F Federation

**Day of event memberships will not be accepted.**

**Entry Fees:**

\$10.00/per event. Late Entries: \$20.00/event between July 9<sup>th</sup> to 16<sup>th</sup> and \$25.00 per event after that if accepted

**Registration & Entries:**

**Entries Chairperson: Shirley Young**

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

**E-mail** – [chedro@telus.net](mailto:chedro@telus.net)

**Mail-In** – BC Athletics Championships Jamboree, #24—7330 122<sup>nd</sup> Street, Surrey, BC—V3W 1B4

**\*\*ENTRY DEADLINE\*\*:** Friday, July 9, 2010. All entries must be received by this date to avoid late entry fees.

# **COMPETITION RULES AND OTHER INFORMATION**

## **REGISTRATION PACKAGES:**

Payment must be received before package is released. Payment can be made at the meet. Make all cheques payable to “Valley Royals Track Club.”

## **COMPETITION CATEGORIES:**

14 & 15 yr. olds (1996 & 1995); Youth (1994 & 1993); Junior (1992 & 1991); Senior (1990 and years prior).

## **AWARDS:**

BC Athletics Championships Medals will be awarded to 1-3<sup>rd</sup> place.

## **MARSHALLING:**

Check-in for all field events is at the event site. Check-in for all track events is at the start line area.

## **COMPETITOR'S NUMBERS:**

Competition numbers must be worn on the back for events run in lanes, and on the front for non-lane track events, and front or back for field events (at the discretion of the official).

## **SPIKE LENGTH:**

The maximum spike length allowed is 7mm for all events except javelin. Maximum spike length for javelin is 9mm.

## **ATHLETES WITH CONFLICTING EVENTS:**

Track events will go as scheduled. Athletes must notify the officials at all field events that 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**

Athletes running in heats and/or semi-finals, which have 8 or fewer competitors will automatically advance to the final **and compete at the scheduled final time.**

## **QUALIFYING FOR FINALS**

Field Events: Athletes who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts.

Track Events: Athletes will advance according to IAAF rules.

## **COMPETITIVE ATTIRE:**

All athletes are encouraged to wear their club uniform.

## **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:**

A qualified first aid attendant will be on site. In case of a medical emergency, the hospital is easily accessible by ambulance.

## **CONCESSION:**

There will be a concession available during the meet.

## **ACCOMMODATIONS:**

Best Western Bakerview Inn (official meet hotel)

1821 Sumas Way, Abbotsford, BC

Phone: 604-859-1341 Fax: 604-854-1385

\$99 +taxes/night is the meet special, while space is available

Best Western Regency Inn

32110 Marshall Road, Abbotsford, BC

Phone: 604-853-3111 Fax: 604-852-1750

## **DRIVING DIRECTION FROM FREEWAY TO ROTARY STADIUM:**

Take the Clearbrook exit from freeway and travel north on Clearbrook for approximately 3-k. Turn right on to McLure for one long block. Turn left onto Trethewey for 500-meters and then take entrance to Exhibition Park and the track.

# BC Athletics Championships Jamboree 2010

Senior, Junior, Youth, 14 & 15 yr Olds

Revised schedule - Wednesday July 7. There may be further minor changes.

## FRIDAY, JULY 16, 2010

### TRACK

5:30 pm 300m Semi Finals—Women 14/15 yr  
5:40 pm 300m Semi Finals – Men 14/15 yr  
5:50 pm 400m Semi Finals – Women Yth  
6:00 pm 400m Semi Finals – Men Yth  
6:10 pm 400m Semi Finals – Women Jr  
6:20 pm 400m Semi Finals – Men Jr  
6:40 pm 400m Semi Finals – Women Sr  
6:50 pm 400m Semi Finals – Men Sr  
7:00 pm 5000m—Men Jr, Sr  
7:25 pm 5000m—Women Jr, Sr  
7:45 pm 3000m SC—Men Jr, Sr  
8:00 pm 2000m SC—Men Yth  
8:15 pm 1500m SC—Men 14/15yr  
8:25 pm 1500m SC—Women 14/15yr  
8:35 pm 2000m SC—Women Yth, Jr  
8:50 pm 3000m SC—Women Sr

### FIELD

5:00 pm Javelin—Men Jr, Sr  
6:00 pm Hammer—Women Jr, Sr  
6:00 pm Triple Jump—Men Jr, Sr  
7:00 pm Hammer—Men Jr, Sr  
7:00 pm Triple Jump—Women 14/15yr, Yth  
7:45 pm Triple Jump – Women Jr, Sr

## SATURDAY, JULY 17/2010

### TRACK

2:15 pm 110mHur Final—Men Jr, Sr  
2:23 pm 110mHur Final—Men Yth  
2:30 pm 100mHur Final—Men 14/15yr, Pent  
2:37pm 100mHur—Women Jr, Sr, Hep (Jr, Sr)  
2:45 pm 100mHur—Women Yth, Hep (Yth)  
2:55 pm 80mHur—Women 14/15yr, Pent  
3:15 pm 100m Semi Finals—Women 14/15yr  
3:20 pm 100m Semi Finals – Men 14/15 yr  
3:25 pm 100m Semi Finals – Women Yth  
3:30 pm 100m Semi Finals – Men Yth  
3:35 pm 100m Semi Finals – Women Jr  
3:35 pm 100m Semi Finals – Men Jr  
3:40 pm 100m Semi Finals – Women Sr  
3:45 pm 100m Semi Finals – Men Sr  
4:00 pm 100m Men Oct  
4:05 pm 100m Men Dec (Jr, Sr)  
4:15 pm 300m Final—Women 14/15yr  
4:20 pm 300m Final—Men 14/15yr  
4:25 pm 400m Final—Women Yth  
4:30 pm 400m Final—Men Yth  
4:35 pm 400m Final—Women Jr  
4:40 pm 400m Final—Men Jr  
4:45 pm 400m Final—Women Sr  
4:50 pm 400m Final – Men Sr  
5:00 pm 400m WC - Women & Men (all ages)  
5:50 pm 200m - Women Hep (all ages)

6:10 pm 100m Final—Women 14/15yr  
6:15 pm 100m Final—Men 14/15yr  
6:20pm 100m Final—Women Yth  
6:25 pm 100m Final—Men Yth  
6:30 pm 100m Final—Women Jr  
6:35 pm 100m Final—Men Jr  
6:40 pm 100m Final—Women Sr  
6:45 pm 100m Final—Men Sr  
6:50 pm 100m—WC Women, Men (all ages)  
7:00 pm 1000m – Men Pent  
7:05pm 800m - Women Pent  
7:10 pm 1200m Final—Women 14/15yr  
7:20 pm 1200m Final—Men 14/15yr  
7:30 pm 400m – Men Oct  
7:40 pm 1500m Final—Women Yth  
7:50 pm 1500m Final—Men Yth  
8:00 pm 1500m Final—Women Jr, Sr  
8:10 pm 1500m Final—Men Jr, Sr  
8:20 pm 1500m WC Final –Women, Men (all ages)  
8:30 pm 400m – Men Dec (Jr, Sr)

### FIELD

2:00 pm Pole Vault—Women 14/15yr, Yth, Jr, Sr  
2:30 pm Hammer—Men 14/15yr, Yth  
3:10 pm Long Jump – Men Pent  
3:10 pm High Jump—Women Hep  
3:30 pm High Jump – Women Pent  
4:15 pm Shot Put—Men 14/15yr, Yth, Pent  
4:30 pm High Jump – Women (all ages)  
4:30 pm Pole Vault—Men 14/15yr, Yth  
4:30 pm Shot Put – Women Pent, Hep  
4:30 pm Hammer—Women 14/15yr, Yth  
4:45 pm Long Jump—Men Oct, Dec (Jr, Sr)  
5:15 pm High Jump – Men Pent  
5:30 pm Long Jump – Women Pent  
6:00 pm Long Jump—Men 14/15yr, Yth.  
6:00 pm Javelin—Women Jr, Sr  
6:15 pm Discus—Women 14/15yr, Yth  
6:15 pm Shot Put—Men Jr, Sr, Oct, Dec (Jr, Sr)  
7:00 pm Shot Put—Women 14/15yr, Yth  
7:15 pm High Jump—Men Dec (Jr, Sr)  
8:00 pm High Jump – Men (all ages)

### **MULTI-EVENTS - APPROXIMATE TIME SCHEDULE**

#### PENTATHLON (Women 14/15-yr )

2:55 pm 80m Hurdles  
3:30 pm High Jump  
4:30 pm Shot Put  
5:30 pm Long Jump  
7:05 pm 800m

#### PENTATHLON (Men 14/15yr)

2:30 pm 100m Hurdles  
3:10 pm Long Jump  
4:15 pm Shot Put  
5:15 pm High Jump

7:00 pm 1000m

OCTATHLON (Men Yth)

4:00 pm 100m  
4:45 pm Long Jump  
6:15 pm Shot Put  
7:30 pm 400m

HEPTATHLON (Women Yth, Jr, Sr)

2:37 pm 100m Hurdles  
3:10 pm High Jump  
4:30 pm Shot Put  
5:50 pm 200m

DECATHLON (Men Jr, Sr)

4:05 pm 100m  
4:45 pm Long Jump  
6:15 pm Shot Put  
7:15 pm High Jump  
8:30 pm 400m

**SUNDAY, JULY 18/2010**

**TRACK**

9:00 am 110m H – Oct, Dec (Jr, Sr)  
9:05 am 10,000m RW – Women, Men Sr  
10:00 am 5000m RW – Women Jr  
3000m RW – Women Yth  
10:35 am 5000m RW – Men Jr  
3000m RW – Men Yth  
11:10 am 1500m RW – Women 14/15 yr  
11:20 am 1500m RW – Men 14/15 yr  
11:30 am 2000m—Women 14/15-yr  
11:45 am 2000m—Men 14/15-yr  
11:55 am 3000m Final—Men Yth  
12:10 pm 3000m Final—Women Yth, Jr  
12:25 pm 1000m – Men Oct  
12:35 pm 200m Semi Finals—Women 14/15yr  
12:45 pm 200m Semi Finals—Men 14/15yr  
12:55 pm 200m Semi Finals—Women Yth  
1:05 pm 200m Semi Finals—Men Yth  
1:15 pm 200m Semi Finals—Women Jr  
1:25 pm 200m Semi Finals—Men Jr  
1:35 pm 200m Semi Finals—Women Sr  
1:45 pm 200m Semi Finals—Men Sr  
1:55 pm 800 m – Women Hep (all ages)  
2:00 pm 200mHur Final—Women 14/15yr  
2:10 pm 200mHur Final—Men 14/15yr  
2:20 pm 300mHur Final—Women Yth  
2:30 pm 300m Hur Final—Men Yth  
2:40 pm 400m Hur Final—Women Jr,Sr  
2:50 pm 400m Hur Final—Men Jr  
3:00 pm 400m Hur Final—Men Sr  
3:15 pm 1500m Men Dec (Jr, Sr)  
3:25 pm 200m Finals—Women 14/15yr  
3:30 pm 200m Finals—Men 14/15yr  
3:35 pm 200m Finals—Women Yth  
3:40 pm 200m Finals—Men Yth  
3:45 pm 200m Finals—Women Jr  
3:50 pm 200m Finals—Men Jr  
3:55 pm 200m Finals—Women Sr  
4:00 pm 200m Finals—Men Sr  
4:05 pm 200m WC – Women, Men (all ages)  
4:25 pm 800m—Women 14/15yr  
4:30 pm 800m—Men 14/15yr

4:38 pm 800m—Women Yth  
4:46 pm 800m—Men Yth  
5:00 pm 800m—Women Jr, Sr  
5:08 pm 800m—Men Jr  
5:16 pm 800m—Men Sr  
5:26 pm 800m WC - Women, Men (all ages)

**FIELD**

9:45 am Discus—Men Jr, Sr Dec (Jr, Sr)  
10:00 am Triple Jump—Men 14/15yr, Yth  
10:15 am High Jump—Men Oct  
11:00 am Javelin—Men 14/15yr, Yth  
11:15 am Javelin – Men Oct  
11:00 am Long Jump—Women Hep, 14/15yr, Yth, Jr, Sr  
11:00 am Shot Put—Women Jr, Sr  
11:30 am Pole Vault—Men Jr, Sr, Dec (Jr, Sr)  
12:15 pm Long Jump—Men Jr, Sr  
12:00 pm Discus—Men 14/15yr, Yth  
12:45 pm Javelin—Women Hep, 14/15yr, Yth  
1:15 pm Javelin – Men, Dec (Jr, Sr)  
2:00 pm Discus—Women Jr, Sr

**MULTI-EVENTS - APPROXIMATE TIME SCHEDULE**

HEPTATHLON (Women Yth, Jr, Sr)

11:00 am Long Jump  
12:45 pm Javelin  
1:55 pm 800m

OCTATHLON (Men Yth)

9:30 am 110m Hurdles  
10:15 am High Jump  
11:15 am Javelin  
12:25 pm 1000m

DECATHLON (Men Jr, Sr)

9:00 am 110m Hurdles  
9:45 am Discus  
11:30 am Pole Vault  
1:15 pm Javelin  
3:15 pm 1500m