



BC Athletics Championships Jamboree 2009

Senior, Junior, Youth (Juvenile), 15 yr.-olds

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

Friday, Saturday & Sunday: July 10, 11, 12, 2009

LOCATION:

Jane & Gerry Swan Track at Rotary Stadium,
Abbotsford.

FACILITY:

Track: 8 lanes, 400m oval, Rekortan surface,
fully automatic timing.
Shot Put: concrete circles, hard packed landing
area.
Javelin: Rekortan runway, grass landing area.
Discus & Hammer: concrete circles, grass
landing area.
Jumps (LJ, TJ, HJ, PV): official jumping pits,
Rekortan runways.
Change rooms available.
Concession available.

MEET DIRECTORS:

April Arsene (arsene@telus.net)
& Gerry Swan (gswan@uniserve.com)
Ph: 604-859-9801 Fax: 604-850-7880

MEET ENTRY CHAIRPERSON:

Shirley Young
email: chedro@telus.net

ELIGIBILITY:

All entrants must be either:

- BC Athletics Competitive Athlete Members for 2009; or
- Athletics Canada Provincial Branch Competitive Athlete Members for 2009 e.g. Athletics Alberta Competitive Athlete Members); or
- IAAF National Athletics/T&F Federation Competitive Athlete Members for 2009 - e.g. Members of USATF or like National Athletics/T&F

Federation

No Day of meet memberships.

SELECTION CRITERIA & NOTES

This meet will act as the prime selection criteria for selection to BC teams that will compete at:

- a) the Canadian Legion Championships (Sherbrooke, Qu Aug 5-10)
- b) Canada Summer Games (Charlottetown, PEI Aug 22-29)

All athletes selected to the BC Team that will participate in the Canadian Junior Championships are encouraged to take part in this meet.

Those athletes wishing to be considered for BC Athlete Assistance Funds are also urged to participate in this meet.

ENTRY FEES:

\$10.00/event. Late: \$20.00/event. Day of Meet: \$30/event, if accepted.

REGISTRATION & ENTRIES:

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

E-mail: chedro@telus.net

Mail-In:

BC Athletics Championships Jamboree
#24 - 7330 122nd Street
Surrey, BC
V3W 1B4

****ENTRY DEADLINE**:** CHANGED! Now
Monday, July 6, 2009. All entries must be received by this date to avoid late entry fees.

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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:

15 yr. old ('94)
Youth ('93/'92)
Junior ('91/'90)
Senior ('89 & earlier)

AWARDS:

Medals will be awarded to 1st-3rd place.

MARSHALLING:

Check-in for all events is at the Athlete Control Center (ACC).

COMPETITOR'S NUMBERS:

All track events: must be worn on the front and back
Field events: worn on the front or back (at the discretion of the event 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 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:

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:

Track Events: Athletes will advance according to IAAF rules. Field Events: Athletes who finish in

the top 8 after three rounds will advance to the final and receive another 3 attempts.

COMPETITIVE ATTIRE:

All athletes are encouraged to wear their club uniform.

JURY OF APPEAL:

A jury of appeal consisting of three BC Athletics Officials, will be available for decisions arising from protests. All decisions are final.

MEDICAL:

The track is only 3 Km from the hospital. In case of need, an ambulance will be called to attend.

CONCESSION:

There will be a concession available during the meet.

MEET HOTEL:

Best Western Bakerview Inn
1821 Sumas Way, Abbotsford,
British Columbia
Phone: 604-859-1341 Fax: 604-854-1385

Best Western Regency Inn
32110 Marshall Road,
Abbotsford
Phone: 604-853-3111 Fax: 604-852-1750

DRIVING DIRECTIONS FROM FREEWAY:

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

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EVENTS OFFERED

	15 Yr. Olds (94)	Youth (93-92)	Junior (91-90)	Senior
100m	X	X	X	X
200m	X	X	X	X
400m	X	X	X	X
800m	X	X	X	X
1500m	X	X	X	X
3000m	X	X	Women Only	
5000m			Men Only	X
80m Hurdles	Women only			
100m Hurdles	Men Only	Women only	Women only	Women only
110m Hurdles		Men Only	Men Only	Men Only
200mH				
300mH	X			
400mH		X	X	X
1500m SC	X	Women Only		
2000m SC		Men only	Women Only	
3000m SC			Men Only	X
1500m RW	X	X		
5000m RW			X	X
4 x 100m	X	X	X	X
4 x 400m	X	X	X	X
High Jump	X	X	X	X
Long Jump	X	X	X	X
Triple Jump	X	X	X	X
Pole Vault	X	X	X	X
Shot Put	X	X	X	X
Discus	X	X	X	X
Javelin	X	X	X	X
Hammer	X	X	X	X
Heptathlon	Women Only	Women Only	Women Only	Women Only
Octathlon	Men Only	Men Only		
Decathlon			Men Only	Men Only

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EVENT NUMBERS - you MUST enter by using the event number!

15 yr WOMEN

31	15 yr Women Heptathlon
36	15 yr Women 100m
64	15 yr Women 200m
1	15 yr Women 400m
80	15 yr Women 800m
44	15 yr Women 1500m
60	15 yr Women 3000m
30	15 yr Women 80m Hurdles 30"
72	15 yr Women 300m Hurdles 30"
17	15 yr Women 1500 SC 30"
112	15 yr Women High Jump
142	15 yr Women Long Jump
96	15 yr Women Triple Jump
100	15 yr Women Pole Vault
120	15 yr Women Discus Throw
108	15 yr Women Hammer Throw
126	15 yr Women Javelin Throw
130	15 yr Women Shot Put Throw
52	15 yr Women 1500m Race Walk

15 yr MEN

22	15 yr Men Octathlon
37	15 yr Men 100m
65	15 yr Men 200m
2	15 yr Men 400m
81	15 yr Men 800m
46	15 yr Men 1500m
62	15 yr Men 3000m
35	15 yr Men 100m Hurdles 33"
73	15 yr Men 300m Hurdles 30"
16	15 yr Men 1500m SC 30"
134	15 yr Men High Jump
124	15 yr Men Long Jump
138	15 yr Men Triple Jump
104	15 yr Men Pole Vault
148	15 yr Men Discus Throw
118	15 yr Men Hammer Throw
152	15 yr Men Javelin Throw
110	15 yr Men Shot Put Throw
53	15 yr Men 1500m Race Walk

YOUTH WOMEN

29	Youth Women Heptathlon
38	Youth Women 100m
66	Youth Women 200m
3	Youth Women 400m
82	Youth Women 800m
45	Youth Women 1500m
61	Youth Women 3000m
28	Youth Women 100m Hurdles 30"
74	Youth Women 400m Hurdles 30"
18	Youth Women 2000m SC 30"
113	Youth Women High Jump
143	Youth Women Long Jump
97	Youth Women Triple Jump
101	Youth Women Pole Vault
121	Youth Women Discus Throw
109	Youth Women Hammer Throw
127	Youth Women Javelin Throw
131	Youth Women Shot Put Throw
54	Youth Women 1500m Race Walk

YOUTH MEN

23	Youth Men Octathlon
39	Youth Men 100m
67	Youth Men 200m
4	Youth Men 400m
83	Youth Men 800m
47	Youth Men 1500m
63	Youth Men 3000m
34	Youth Men 110m Hurdles 36"
75	Youth Men 400m Hurdles 33"
15	Youth Men 2000 SC 36"
135	Youth Men High Jump
125	Youth Men Long Jump
139	Youth Men Triple Jump
105	Youth Men Pole Vault
149	Youth Men Discus Throw
119	Youth Men Hammer Throw
153	Youth Men Javelin Throw
111	Youth Men Shot Put Throw
55	Youth Men 1500m Race Walk

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EVENT NUMBERS - you MUST enter by using the event number!

JUNIOR WOMEN

26	Junior Women Heptathlon
40	Junior Women 100m
68	Junior Women 200m
5	Junior Women 400m
84	Junior Women 800m
48	Junior Women 1500m
11	Junior Women 3000m
25	Junior Women 100m Hurdles 33"
76	Junior Women 400m Hurdles 30"
19	Junior Women 2000m SC 30"
114	Junior Women High Jump
144	Junior Women Long Jump
98	Junior Women Triple Jump
102	Junior Women Pole Vault
150	Junior Women Discus Throw
90	Junior Women Hammer Throw
128	Junior Women Javelin Throw
132	Junior Women Shot Put Throw
56	Junior Women 5000m Race Walk

SENIOR WOMEN

27	Senior Women Heptathlon
42	Senior Women 100m
70	Senior Women 200m
7	Senior Women 400m
85	Senior Women 800m
49	Senior Women 1500m
12	Senior Women 5000m
24	Senior Women 100m Hurdles 33"
77	Senior Women 400m Hurdles 30"
154	Senior Women 3000m SC 30"
115	Senior Women High Jump
145	Senior Women Long Jump
99	Senior Women Triple Jump
103	Senior Women Pole Vault
151	Senior Women Discus Throw
91	Senior Women Hammer Throw
129	Senior Women Javelin Throw
133	Senior Women Shot Put Throw
58	Senior Women 5000m Race Walk

JUNIOR MEN

20	Junior Men Decathlon
41	Junior Men 100m
69	Junior Men 200m
6	Junior Men 400m
86	Junior Men 800m
50	Junior Men 1500m
9	Junior Men 5000m
32	Junior Men 110m Hurdles 39"
78	Junior Men 400m Hurdles 36"
13	Junior Men 3000m SC 36"
136	Junior Men High Jump
116	Junior Men Long Jump
92	Junior Men Triple Jump
106	Junior Men Pole Vault
140	Junior Men Discus Throw
95	Junior Men Hammer Throw
88	Junior Men Javelin Throw
122	Junior Men Shot Put Throw
57	Junior Men 5000m Race Walk

SENIOR MEN

21	Senior Men Decathlon
43	Senior Men 100m
71	Senior Men 200m
8	Senior Men 400m
87	Senior Men 800m
51	Senior Men 1500m
10	Senior Men 5000m
33	Senior Men 110m Hurdles 42"
79	Senior Men 400m Hurdles 36"
14	Senior Men 3000m SC 36"
137	Senior Men High Jump
117	Senior Men Long Jump
93	Senior Men Triple Jump
107	Senior Men Pole Vault
141	Senior Men Discus Throw
94	Senior Men Hammer Throw
89	Senior Men Javelin Throw
123	Senior Men Shot Put Throw
59	Senior Men 5000m Race Walk

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CANCELLED EVENTS: Decathlon - Jr, Sr 6:08 pm 400m WC Women and Men - all ages
Octathlon - 15 yr 6:15 pm 400m Final Women - 15 yr
Heptathlon - 15 yr 6:22 pm 400m Final Men - 15 yr
6:30 pm 400m Final Women - Yth

FRIDAY, JULY 10, 2009

TRACK EVENTS

6:00 pm 400m semi finals Women - 15 yr
6:10 pm 400m semi finals Men - 15 yr
6:20 pm 400m semi finals Women - Yth
6:30 pm 400m semi finals Men - Yth
6:40 pm 400m semi finals Women - Jr
****No semi finals for Sr Women & Men - finals run Sat.**

7:00 pm 5000m Men - Jr, Sr
7:25 pm 5000m Women - Sr
7:45 pm 3000m SC Men - Jr
8:00 pm 2000m SC Men - Yth
8:15 pm 1500m SC Men - 15 yr
8:25 pm 1500m SC Women - 15 yr
8:35 pm 2000m SC Women - Yth, Jr
8:45 pm 3000m SC Women - Sr

FIELD EVENTS

5:30 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 - 15 yr
7:45 pm Triple Jump Women - Yth, Jr

SATURDAY, JULY 11/2009

TRACK EVENTS

4:35 pm 100m Men - Oct Yth
4:45 pm 100m Hur Women - Hep Jr, Sr
4:52 pm 100m Hur Women - Jr, Sr
5:00 pm 100m Hur Women - Yth, Hep Yth
5:05 pm 80m Hur Women - 15 yr
5:15 pm 110m Hur Final Men - Jr
5:20 pm 110m Hur Final Men - Sr
5:25 pm 110m Hur Final Men - Yth
5:35 pm 100m Hur Final Men - 15 yr
5:40pm 100m Semi Final Men - 15yr
5:45 pm 100m Semi finals Women - Yth
5:55 pm 100m Semi finals Men - Yth
6:00 pm 100m Semi finals Men - Jr

6:37 pm 400m Final Men - Yth
6:40 pm 400m Final Women - Jr
6:45 pm 400m Final Men - Jr
6:53 pm 400m Final Women - Sr
7:00 pm 400m Final Men - Sr
7:10 pm 400m Octathlon - Yth
7:15 pm 100m Final Women - 15 yr
7:22 pm 100m Final Men - 15 yr
7:30 pm 100m Final Women - Yth
7:37 pm 100m Final Men - Yth
7:45 pm 100m Final Women - Jr
7:52 pm 100m Final Men - Jr
8:00 pm 100m Final Women - Sr
8:07 pm 100m Final Men - Sr
8:10 pm 100m WC Men and Women - all ages
8:15 pm 200m Women Hep - all ages
8:20 pm 1500m Final Women - 15 yr, Yth
8:30 pm 1500m Final Men - 15 yr
8:40 pm 1500m Final Men - Yth
8:50 pm 1500m Final Women - Jr, Sr
9:00 pm 1500m Final Men - Jr, Sr
9:10 pm 1500m WC Women and Men - all ages

FIELD EVENTS

2:30 pm Pole Vault Women - Yth, Jr, Sr
4:30 pm High Jump Women - all ages
4:30 pm Long Jump Men - 15 yr
4:30 pm Hammer Women - 15 yr, Yth
4:30 pm Pole Vault Men - all ages
5:00 pm Shot Put Men - 15 yr, Yth
5:15 pm Hammer Men - 15 yr, Yth
5:20 pm Long Jump - Oct Yth
5:30 pm High Jump Women - Hep Jr, Sr
5:45 pm Long Jump Men - Yth
6:15 pm Discus Women - 15 yr, Yth
6:15 pm Shot Put Men - Jr, Sr, plus Oct
7:00 pm Shot Put Women - Hep
7:15 pm Javelin Women - Jr, Sr
7:30 pm High Jump Men - all ages
7:30 pm Shot Put Women - 15 yr, Yth

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SATURDAY MULTI-EVENTS SCHEDULE (approx)

OCTATHLON (15 yr & Yth Men)

4:35 pm 100m (Yth)
5:20 pm Long Jump (Yth)
6:15 pm Shot Put (Yth)
7:10 pm 400 meters (Yth)

HEPTATHLON (15 yr, Yth, Jr, Sr Women)

4:45 pm 100m Hurdles (Jr, Sr)
5:00 pm 100m Hurdles (Yth)
5:30 pm High Jump
7:00 pm Shot Put
8:15 pm 200m

SUNDAY, JULY 12/2009

TRACK EVENTS

9:30 am 110m Hur Men - Oct Yth
9:35 am 1500m RW Women - Yth
9:50 am 1500m RW Men - 15 yr, Yth
10:05 am 5000m RW Women - Jr, Sr
10:35 am 5000m RW Men - Jr, Sr
10:50 am 3000m Final Women - 15 yr, Yth, Jr
11:05 am 3000m Final Men - 15 yr, Yth
11:20 am 200m Semi Final Women - 15 yr
11:30 am 200m Semi Final Men - 15 yr
11:40 am 200m Semi final Women - Yth
11:50 am 200m Semi final Men - Yth
12:00 noon 200m Semi final Men - Jr
12:10 pm 200m Semi Final Men - Sr
12:20 pm 1000m Men - Oct Yth
1:00 pm 300m Hur Final Women - 15 yr
1:10 pm 300m Hur Final Men - 15 yr
1:20 pm 400m Hur Final Women - Yth
1:30 pm 400m Hur Final Women - Jr, Sr
1:40 pm 400m Hur Final Men - Yth
1:50 pm 400m Hur Final Men - Jr, Sr
2:00 pm 800m Women - Hep - Jr, Sr
2:08 pm 200m WC Women and Men - all ages
2:10 pm 200m Final Women - 15 yr
2:15 pm 200m Final Men - 15 yr
2:20 pm 200m Final Women - Yth
2:25 pm 200m Final Men - Yth
2:30 pm 200m Final Women - Jr
2:35 pm 200m Final Men - Jr
2:40 pm 200m Final Women - Sr

2:45 pm 200m Final Men - Sr
2:55 pm 800m Women - 15 yr
3:08 pm 800m Men - 15 yr
3:15 pm 800m Women - Yth
3:25 pm 800m Men - Yth
3:35 pm 800m Women - Jr
3:45 pm 800m Men - Jr
3:55 pm 800m Women - Sr
4:05 pm 800m Men - Sr
4:15 pm 800m WC Women and Men - all ages

FIELD EVENTS

10:00 am Triple Jump Men - 15 yr
10:15 am Discus Men - Jr, Sr
10:15 am High Jump Men - Oct
10:15 am Shot Put Women - Jr
11:00 am Triple Jump Men - Yth
11:00 am Long Jump Women - 15 yr, plus Hep
11:15 am Javelin Men - 15 yr, Yth, plus Oct
11:15 am Discus Men - Yth
12:15 am Long Jump Women - Yth, Jr, Sr
12:15 pm Discus Men - 15 yr
12:30 pm Javelin Women - 15 yr, Yth, plus Hep
1:15 pm Long Jump Men - Jr, Sr
1:30 pm Discus Women - Jr, Sr

SUNDAY MULTI-EVENTS SCHEDULE (approx.)

OCTATHLON (15 yr & Yth Men)

9:30 am 110m Hurdles (Yth)
10:15 am High Jump
11:15 am Javelin
12:20 pm 1000m

HEPTATHLON (Yth, Juv, Jr, Sr Women)

11:00 am Long Jump
12:30 pm Javelin
2:00 pm 800m

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REGISTRATION FORM

Club (or unattached individual): _____

Coach: _____

Ph: _____ Fax: _____

E-mail: _____

Total # of Individual Events: ____ x \$10 = \$ _____

Total: \$ _____

Make cheques payable to Valley Royals Track Club

Payment sent with registration (circle one): Y or N

Will pay at package pick-up (circle one): Y or N

Completed entry form must be completed by Friday, July 4th, 2008

E-mail to:

chedro@telus.net

OR

Mail to:

BC Athletics Championships Jamboree 2008

C/O Shirley Young

#24-7330 122nd Street

Surrey, BC

V3W 1B4

