



South Fraser Track & Field Club

2011 Junior Olympics for Elementary Schools and Track Clubs

May 21, & 22, 2011
Bear Creek Park, Surrey, B.C.

Featuring

9 to 13 years: Born between 1998 to 2002: Grades 3 to 7
(Up to 13 yrs old in current year (as of Dec 31st), Note 14yr olds in Grade 7 will compete with 13 yr olds but be awarded separately).

Also Featuring

Track Rascals
6 to 8 years olds (Run, Relay, Jump and Throw) 4 events

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics

Entry Fees: \$7.00 per Event, \$10.00 per Relay,
Track Rascals \$10.00 flat fee for the whole weekend.
Late Fees: \$14.00 per event

**** Athletes who are not registered with BC Athletics will be required to pay \$3 more ****
(\$10.00 for the first event and \$7.00 for each additional event)

Deadline for Entries: Sunday, May 15, 2010

All entries received later than Sunday, May 15, or Phone Entries, will be considered as late entries and will be charged \$14.00 per event.
Day of meet entries will be accepted, up to 1 hr before the event.

Entries mailed to: Shirley Young, Shirley Young, 17486 58A Avenue Surrey BC V3S 1M8
Entries may be emailed (complete with event numbers) to
chedro@telus.net

If the entry is emailed, numbers will not be issued until the entry fee is paid

Number Pick up: Starts at 8:00 am Saturday and Sunday **at the white tent next to concession.** Packages must be paid for and picked up before any athlete can participate in an event, therefore a club representative must be assigned to pick up the numbers and pay for the entries.

Athlete / Team Awards: Will be given to outstanding Performance by boy and Girl. Medals awarded to top 3 and ribbons for 4th to 8th place. Team (Club or School) Trophy to overall top scoring team based on total points

1st = 10 points-----5th = 4 points

2nd = 8 points-----4th = 3 points

3rd = 6 points-----6th = 2 points

4th = 5 points-----8th = 1 point

* Please note that the medals and ribbons will not be mailed. They must be claimed before the end of the meet.

A concession: will be open during the meet.

Spike Size: 7mm for track events:

Equipment: All other equipment and implements will be provided by the meet.

Electronic timing: will be used for all running events.

Athletes in track events **must check in at event area** 15 minutes prior to the start of the event.

Field event contestants will **check in at their event site** at least 15 minutes before the start of the event.

All athletes must be officially entered in the meet. **No entries will be taken at the marshalling areas**

Directions to Bear Creek Park: exit 50 on Hwy 1; go along 160th, Turn right on 88th Ave. The entry to the park is on the left before King George Hwy.

Schedule of Events- Specific events may be moved ahead at meet director's discretion (up to max. 30 minutes), Ample Notice will be given via announcer if this happens.

Rules- IAAF Rules will apply or BCA JD Rules where applicable will take precedent.

Starts- 1 false start will be allowed per race, warning issued to the field, 2nd false starting athlete will be disqualified, and so on.

All track events are run in order from **Oldest to Youngest with girls first**, ie. 98F/98M/99F/99M/Etc.....

60M, 100M and 200M events are run in heats, with the top 8 times advancing to finals,

1 heat: will run as a final

2 heats: top 8 times go to the finals

3 heats: top 8 times go to the finals

4 heats: top 8 times go to the finals

5 heats: top 8 times go to the finals

400m Heats are seeded for timed finals.

Junior Olympics May 21, 22, 2011 Schedule of Events All track events are run in order from **Oldest to Youngest with Girls/ Boys/Girls/ Boys**, ie. 98F/98M/99F/99M/Etc

NOTE- Schedule is Preliminary, check website for changes closer to meet date, April 24 2011.

BCA Officials Level 1 workshop Saturday 11:30 am – 1:00pm on location, Info:
<http://bcathletics.wordpress.com/2011/04/27/track-and-field-officials-training/>

Saturday	Track Events	Y.O. Birth
Time		
8:45	Coach's Meeting	
9:00-9:30	1200m M/F	99-99
9:35-10:00	1000m M/F	00-02
10:15-11:30	100m Heats M/F	98-02
11:30-11:45	50M Warm up	03-05
11:45-12:15	50m M/F	03-05
1:00-1:30	300m Finals M/F	98-99
2:30-3:00	100m Finals M/F	98-02
4:00-4:30	4*100 Relay	98-02

Saturday	Field Events					
Time	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:00	02M	2002F		2001M	00F	
10:00-11:15	00M	2001F	98F	99M	99F	
11:15-12:30	02F	2002M	98M	00M	2001M	
12:30-2:00	98F	98M		2001F	00M	
2:00-3:00	99M	99F		98M	2001F	03-05F
2:15-2:30						03-05M
3:00-4:00	99F	00M		2002M	99M	

Sunday	Track Events	Y.o. Birth
Time		
8:00 – 8:25	800m Finals M/F	98-99
8:35 – 8:50	600m Finals M/F	00-02
9:00-9:30	60m Heats M/F	00-02
9:35-10:15	200m Heats M/F	98-00
10:15-10:30	Check in/warm up	03-05
10:30-11:00	Shuttle RelayM/F	03-05
11:30-12:00	60m Finals M/F	00-02
12:30-1:00	200m Finals M/F	98-00
2:00-2:30	4*200 Relay M/F	98-00

Sunday	Field Events					
Time	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:15	01M	00F		98F	98M	
10:15-11:30	00F	2001M		99F	98F	
11:30-12:45	01F	99M		2002F		
12:00-12:30		03-05F	In	TJ	PIT	
12:30-1:00		03-05M	In	TJ	PIT	
12:45-2:00	98M	98F		00F		

Saturday: Track Rascals a)50m 11:30-12:15pm; b)Mini-Javelin 2:00-2:30pm

Sunday: Track Rascals c)Shuttle Relay 10:30-11:00am; d)Long Jump 12:00-1:00pm

Specific events May be moved ahead at meet director's discretion, (up to max. 30 minutes), Ample Notice will be given via announcer if this happens.

Born 1998 = 13 years old

Born 1999 = 12 years old

Born 2000 = 11 years old

Born 2001 = 10 years old

Born 2002 = 9 years old

event

- # **GIRLS 6 -8**
 21 Girls 6-8 50 Meter Run
 109 Girls 6-8 Long Jump
 94 Girls 6-8 Other mini throw
 119 Girls 6-8 Relay Shuttle

Girls 9 years

- 45 Girls 9 Year Olds 60 Meter Dash
 17 Girls 9 Year Olds 100 Meter Run
 53 Girls 9 Year Olds 600 Meter Run
 5 Girls 9 Year Olds 1000 Meter Run
 81 Girls 9 Year Olds High Jump
 72 Girls 9 Year Olds Long Jump
 112 Girls 9 Year Olds Shot Put 2 KG
 207 Girls 9 Year 4x100m relay

Girls 10 years

- 43 Girls 10 Year Olds 60 Meter Dash
 16 Girls 10 Year Olds 100 Meter Run
 52 Girls 10 Year Olds 600 Meter Run
 4 Girls 10 Year Olds 1000 Meter Run
 101 Girls 10 Year Olds High Jump
 77 Girls 10 Year Olds Long Jump
 Girls 10 Year Olds Discus Throw 750
 113 KG
 89 Girls 10 Year Olds Shot Put 2 KG
 209 Girls 10 Year 4x100m relay

Girls 11 years

- 37 Girls 11 Year Olds 200 Meter Dash
 39 Girls 11 Year Olds 60 Meter Run
 15 Girls 11 Year Olds 100 Meter Run
 51 Girls 11 Year Olds 600 Meter Run
 3 Girls 11 Year Olds 1000 Meter Run
 105 Girls 11 Year Olds High Jump
 96 Girls 11 Year Olds Long Jump
 75 Girls 11 Year Olds Discus Throw 750 G
 117 Girls 11 Year Olds Shot Put 2 KG
 63 Girls 11 Year Olds 4x200 Meter Relay
 211 Girls 11 Year 4x100m relay

Girls 12 years

- 12 Girls 12 Year Olds 100 Meter Run
 34 Girls 12 Year Olds 200 Meter Run
 24 Girls 12 Year Olds 300 Meter Run
 48 Girls 12 Year Olds 800 Meter Run
 2 Girls 12 Year Olds 1200 Meter Run

event

- # **BOYS 6 -8**
 22 Boys 6-8 50 Meter Run
 114 Boys 6-8 Long Jump
 206 Boys 6-8 Weight Throw Mini Throw
 120 Boys 6-8 Relay Shuttle

Boys 9 years

- 46 Boys 9 Year Olds 60 Meter Dash
 20 Boys 9 Year Olds 100 Meter Run
 60 Boys 9 Year Olds 600 Meter Run
 10 Boys 9 Year Olds 1000 Meter Run
 71 Boys 9 Year Olds High Jump
 82 Boys 9 Year Olds Long Jump
 103 Boys 9 Year Olds Shot Put 2 KG
 208 boys 9 Year 4x100m relay

Boys 10 years

- 44 Boys 10 Year Olds 60 Meter Dash
 19 Boys 10 Year Olds 100 Meter Run
 59 Boys 10 Year Olds 600 Meter Run
 9 Boys 10 Year Olds 1000 Meter Run
 95 Boys 10 Year Olds High Jump
 102 Boys 10 Year Olds Long Jump
 Boys 10 Year Olds Discus Throw 750
 85 G
 74 Boys 10 Year Olds Shot Put 2 KG
 210 boys 10 Year 4x100m relay

Boys 11 years

- 38 Boys 11 Year Olds 200 Meter Dash
 42 Boys 11 Year Olds 60 Meter Run
 18 Boys 11 Year Olds 100 Meter Run
 55 Boys 11 Year Olds 600 Meter Run
 8 Boys 11 Year Olds 1000 Meter Run
 76 Boys 11 Year Olds High Jump
 106 Boys 11 Year Olds Long Jump
 118 Boys 11 Year Olds Discus Throw 750G
 84 Boys 11 Year Olds Shot Put 2 KG
 68 Boys 11 Year Olds 4x200 Meter Relay
 212 boys 11 Year 4x100m relay

Boys 12 years

- 14 Boys 12 Year Olds 100 Meter Run
 36 Boys 12 Year Olds 200 Meter Run
 26 Boys 12 Year Olds 300 Meter Run
 50 Boys 12 Year Olds 800 Meter Run
 7 Boys 12 Year Olds 1200 Meter Run

- 110 Girls 12 Year Olds High Jump
- 91 Girls 12 Year Olds Long Jump
- 80 Girls 12 Year Olds Discus Throw 750 G
- 107 Girls 12 Year Olds Shot Put 3 KG
- 62 Girls 12 Year Olds 4x200 Meter Relay
- 213 Girls 12 Year 4x100m relay

Girls 13 years

- 11 Girls 13 Year Olds 100 Meter Run
- 33 Girls 13 Year Olds 200 Meter Run
- 23 Girls 13 Year Olds 300 Meter Run
- 47 Girls 13 Year Olds 800 Meter Run
- 1 Girls 13 Year Olds 1200 Meter Run
- 86 Girls 13 Year Olds High Jump
- 116 Girls 13 Year Olds Long Jump
- 73 Girls 13 Year Olds Triple Jump
- 108 Girls 13 Year Olds Discus Throw 750 G
- 98 Girls 13 Year Olds Shot Put 3 KG
- 61 Girls 13 Year Olds 4x200 Meter Relay
- 215 Girls 13 Year 4x100m relay

- 90 Boys 12 Year Olds High Jump
- 111 Boys 12 Year Olds Long Jump
- 104 Boys 12 Year Olds Discus Throw 1 KG
- 79 Boys 12 Year Olds Shot Put 3 KG
- 67 Boys 12 Year Olds 4x200 Meter Relay
- 214 boys 12 Year 4x100m relay

Boys 13 years

- 13 Boys 13 Year Olds 100 Meter Run
- 35 Boys 13 Year Olds 200 Meter Run
- 25 Boys 13 Year Olds 300 Meter Run
- 49 Boys 13 Year Olds 800 Meter Run
- 6 Boys 13 Year Olds 1200 Meter Run
- 115 Boys 13 Year Olds High Jump
- 87 Boys 13 Year Olds Long Jump
- 78 Boys 13 Year Olds Triple Jump
- 99 Boys 13 Year Olds Discus Throw 1 KG
- 93 Boys 13 Year Olds Shot Put 3 KG
- 66 Boys 13 Year Olds 4x200 Meter Relay
- 216 boys 13 Year 4x100m relay