

You are invited to participate in the 25th Annual  
**VANCOUVER ELEMENTARY SCHOOLS  
TRACK AND FIELD MEET**

hosted by the

**VANCOUVER OLYMPIC CLUB**

UBC Rashpal Dhillon Track Oval

3055 Wesbrook Mall

( Corner of 16<sup>th</sup> Ave and Westbrook Mall )

Saturday, April 30th, 2011

**ENTRIES:** The enclosed spreadsheet must be completed and RECEIVED **by Friday April 22<sup>th</sup>, 2011**. Payment is required prior to the release of the package, or a cheque can be mailed ahead of time to: **Brenda Patterson 2774 East 54<sup>th</sup> Avenue Vancouver B.C. V5S 1X9**. Please note that the **registration process is the same as last year.** We are asking for all entries to be submitted by **email to samsteph@shaw.ca, on the attached spreadsheet using entry numbers for each event.** Relays are also to be included on the spreadsheet by typing either an A or B or both under the year column.

**ENTRY FEES:**

**NUMBERS WILL NOT BE HANDED OUT UNTIL FEES ARE PAID**

- \$8 per individual event, and \$10 per relay event IF RECEIVED BY **Friday April 22nd, 2011**
- \$10.00 per individual event, and \$12 per relay event till **Wednesday, April 27th at 12:00pm. Entries are NOT accepted after April 27th OR on Meet Day.**

**AGE GROUPS:** Determined by year of birth from 1998– 2002

- Athletes younger than 2002 are NOT eligible to enter as per BC Athletics Policy.
- Athletes must compete in their own age groups, except for grade 7 students born in 1997, who may compete in the 1998 age group.
- Cheques for entry fees are to be made payable to the VANCOUVER OLYMPIC CLUB.
- Each Athlete may be entered in a maximum of 3 individual events and 1 relay.
- Each School may enter only 2 relay teams in each age/gender group.
- All participants must either be members of B.C. Athletics or school memberships can be purchased directly from B.C. Athletics. Phone 604-333-3550. **Otherwise, each competing athlete must complete an individual “Day of Event Membership Form” at a cost of \$3.00 in addition to the entry fees. This fee is for BC Athletics insurance to cover the athlete for the day of the meet.**

### **TRACK EVENTS:**

60m (2000-2002), with the top 16 times in each age group proceeding to the A & B Flights timed finals.

100m (1998-1999) with the top 16 times in each age group proceeding to the A&B finals.

400m timed finals (1998-1999)

800m timed finals (1998-2002)

4x 50M Relays ( 2000, 2001, 2002 )and 4 x100M Relays (1998-1999)

Competitors in each race must report to the designated marshalling area 15 minutes prior to the start of the race.

### **FIELD EVENTS:**

Long Jump & High Jump (1998-2002)          Shot Put (1998-2002)

Each competitor will be allowed **two attempts** at the long jump and **only one practice run-up**.

**RULES:** Ties in any event will be broken using IAFF/CTFA rules. Any other questions will also be resolved with IAFF/CTFA rules.

**NUMBERS:** Numbers will be issued for each competitor AND MUST be worn by that individual ONLY. For the 60, 100, 400 and relay races, numbers must be worn on the **back**. For 800 metre races and field events, numbers must be worn on the front. **AWARDS: For school athletes**, the awards will be given directly to teachers at the end of the meet. Other awards can be picked up 30 minutes after the posting of each event. Medals will be awarded to first, second and third place finalists of individual events. Ribbons will be awarded to athletes from fourth place to twelfth place in individual events, and first, second and third place finalists in relays.

**SCHEDULE:** A tentative schedule is enclosed. Please be aware that event times may be earlier (max. up to half an hour) or later than listed because of the heats involved. It is advisable that your team should be at the meet in plenty of time for proper warm up. Coaches, please advise parents of this.

**VENUE:** Bathrooms are available at the track. All tents must be erected OUTSIDE the track fence. Metered Parking is available on the street and at the track, overflow meter parking is also available at Thunderbird Stadium and at the Parkade located adjacent to the arena.

**INFIELD:** Only participating athletes are allowed in the infield. The infield and the finish line area must be kept clear to enable the officials to do their job.

**LOST AND FOUND:** Lost and found articles may be claimed after the meet c/o 2774 East 54<sup>th</sup> Avenue, Vancouver, B.C. Phone: 604-436-9320. Articles not claimed after 2 months will be donated to charity.

**VOLUNTEERS:** Most volunteers are part of the VOC family but we are sometimes forced to ask for parents for help, especially in long and high jump. Your help would be greatly appreciated.

**Vancouver Elementary Schools Track & Field Meet**  
**Schedule for Saturday, April 30, 2011**  
**\*\* 8:40 am Coaches' Meeting**

**TRACK EVENTS**

	TIME	AGE
<b>400M</b>	9:00	98 G+B
	9:30	99 G+B
<b>100m</b>	10:30	98 G
	11:00	98 B
	11:30	99 G
	12:00	99 B
<b>100m</b> <b>Finals</b>	12:30	99 B
		99 G
		98 B
		98 G
<b>60m</b>	1:00	00 G
	1:30	00 B
	2:00	01 G
	2:30	01 B
	3:00	02 G
	3:30	02 B
<b>60m</b> <b>Final</b>	4:00	00 B
		00 G
		01 B
		01 G
		02 B
		02 G
<b>Relays</b>		
<b>4 x 50m</b>	4:30	02 B+G
	4:40	01 B+G
	5:00	00 B+G
<b>4 x 100</b>	5:20	99 B+G
	5:40	98 B+G
<b>800m</b>	6:00	02,01 B,G
	6:30	00,99,98
		B+G

**FIELD EVENTS**

TIME	
<b>9:00</b>	High Jump 2000 Girls Pit A
	High Jump 2000 Boys Pit B
	Long Jump 2002 Girls Pit A
	Long Jump 2002 Boys Pit B
	Shot Put 2001 Girls Pit A
	Shot Put 2001 Boys Pit B
<b>10:30</b>	High Jump 2002 Girls Pit A
	High Jump 2002 Boys Pit B
	Long Jump 2001 Girls Pit A
	Long Jump 2001 Boys Pit B
	Shot Put 1998 Girls Pit A
	Shot Put 1998 Boys Pit B
<b>12:00</b>	Long Jump 2000 Girls Pit A
	Long Jump 2000 Boys Pit B
<b>12:30</b>	High Jump 1998 Girls Pit A
	High Jump 1998 Boys Pit B
	Shot Put 2000 Girls Pit A
	Shot Put 2000 Boys Pit B
<b>1:00</b>	Long Jump 1999 Girls Pit A
	Long Jump 1999 Boys Pit B
<b>2:30</b>	High Jump 1999 Girls Pit A
	High Jump 1999 Boys Pit B
<b>3:30</b>	Shot Put 1999 Girls Pit A
	Shot Put 1999 Boys Pit B
<b>4:00</b>	High Jump 2001 Girls Pit A
	High Jump 2001 Boys Pit B
	Long Jump 1998 Girls Pit A
	Long Jump 1998 Boys Pit B
<b>4:30</b>	Shot Put 2002 Girls Pit A
	Shot Put 2002 Boys Pit B

- If your school is a B.C. Athletics Member, please supply your Membership Number: \_\_\_\_\_
- If your school is NOT a B.C. Athletics Member, please have each athlete complete the “Day of Event Membership Form” as seen below:

# **VANCOUVER OLYMPIC CLUB**

## **Day of Event Membership Form**

### BC AMATEUR ATHLETICS ASSOCIATION SPORT SAFETY/ACKNOWLEDGEMENT OF RISK

The responsibility of sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury in my own or my child's participation in sport; either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by B.C. Athletics, its Divisions, its Member Clubs, or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child, I assume the shared responsibility and acknowledge the risk of injury by so participating.

Date: \_\_\_\_\_

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Signature of applicant (all applicants must sign regardless of age)

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Signature of parent/guardian (if applicant is under 19)

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- Please have each participating athlete complete this form and submit \$3.00 for the VOC Elementary Schools Track and Field Meet.
  - Please make as many copies as necessary.

# Vancouver Elementary Schools Track & Field Meet

hosted by the

## **VANCOUVER OLYMPIC CLUB**

At the Rashpal Dhillon Track Oval  
6081 University Blvd, Vancouver, BC  
Saturday, April 30th, 2011

<b>Event #</b>	<b>Event Name</b>		<b>Event #</b>	<b>Event Name</b>
1	Boys 1999 400 Meter Dash		33	Boys 1998 - 1997 4x100 Meter Relay
2	Girls 1999 400 Meter Dash		34	Girls 1998 - 1997 4x100 Meter Relay
3	Boys 1998 - 1997 400 Meter Dash		37	Girls 2000 High Jump
4	Girls 1998 - 1997 400 Meter Dash		38	Boys 2000 High Jump
5	Boys 1999 100 Meter Dash		39	Girls 2002 Long Jump
6	Girls 1999 100 Meter Dash		40	Boys 2002 Long Jump
7	Boys 1998 - 1997 100 Meter Dash		41	Girls 2001 Shot Put
8	Girls 1998 - 1997 100 Meter Dash		42	Boys 2001 Shot Put
9	Boys 2000 60 Meter Dash		43	Girls 2002 High Jump
10	Girls 2000 60 Meter Dash		44	Boys 2002 High Jump
11	Boys 2001 60 Meter Dash		45	Girls 2001 Long Jump
12	Girls 2001 60 Meter Dash		46	Boys 2001 Long Jump
13	Boys 2002 60 Meter Dash		47	Girls 1998 - 1997 Shot Put
14	Girls 2002 60 Meter Dash		48	Boys 1998 - 1997 Shot Put
15	Boys 2002 800 Meter Dash		49	Girls 2000 Shot Put
16	Girls 2002 800 Meter Dash		50	Boys 2000 Shot Put
17	Boys 2001 800 Meter Dash		51	Girls 2001 High Jump
18	Girls 2001 800 Meter Dash		52	Boys 2001 High Jump
19	Boys 2000 800 Meter Dash		53	Girls 1999 Long Jump
20	Girls 2000 800 Meter Dash		54	Boys 1999 Long Jump
21	Boys 1999 800 Meter Dash		55	Girls 1998 - 1997 Long Jump
22	Girls 1999 800 Meter Dash		56	Boys 1998 - 1997 Long Jump
23	Boys 1998 - 1997 800 Meter Dash		57	Girls 2002 Shot Put
24	Girls 1998 - 1997 800 Meter Dash		58	Boys 2002 Shot Put
25	Boys 2002 4x50 Meter Relay		59	Girls 1999 High Jump
26	Girls 2002 4x50 Meter Relay		60	Boys 1999 High Jump
27	Boys 2001 4x50 Meter Relay		61	Girls 2000 Long Jump
28	Girls 2001 4x50 Meter Relay		62	Boys 2000 Long Jump
29	Boys 2000 4x50 Meter Relay		63	Girls 1999 Shot Put
30	Girls 2000 4x50 Meter Relay		64	Boys 1999 Shot Put
31	Boys 1999 4x100 Meter Relay		65	Girls 1998 - 1997 High Jump
32	Girls 1999 4x100 Meter Relay		66	Boys 1998 - 1997 High Jump