



**BC ATHLETICS 2008 JUNIOR DEVELOPMENT
TRACK AND FIELD CHAMPIONSHIPS
JULY 11, 12, 13, 2008**

Hosted By:

VANCOUVER ISLAND ATHLETIC ASSOCIATION and NANAIMO TRACK & FIELD CLUB
This meet is also part of the Island Track & Field Series for 2008

Meet Director: Allen Johnston - allen_955@yahoo.ca phone: 250-756-3014

Facility: Rotary Bowl Stadium, 365, Wakesiah Avenue, Nanaimo, BC

Eligibility: ALL ATHLETES MUST BE JUNIOR DEVELOPMENT MEMBERS OF BC ATHLETICS.
No Fitness, Day of Event, School or BC Games Memberships are eligible

Entry Deadline: Friday, June 27th, 2008 5:00 pm (no phone entries)

Send Entries To: Brian Foan: bef1935@shaw.ca
709 Rimrock Trail Nanaimo, BC V9R

Entry Fees: Up to June 27th: \$7.00 per event; Late Fees to July 4th, 2008: \$14.00 per event. **After July 4th
\$25.00 per event.**

\$10.00 per relay

No refunds will be given once entries are received.

Cheques Payable to: Nanaimo Track & Field Club

Age Divisions: 1999 - 9 yrs. 98 - 10 yrs. 97 - 11 yrs. 96 - 12 yrs. 95 - 13 yrs. 94 - 14 yrs.

Officiating: It is the policy of JD Championships that EACH PARTICIPATING CLUB provides volunteers to help at the meet. Clubs will be expected to have enough volunteers to help a BCA Official run an event if they have 10 or more athletes entered in the meet. Small clubs will be paired with other small clubs.

Package Pick-up: Packages will be available for pick-up starting Friday, July 11th at 11 am and 8:00 am. Saturday July 12th at the track. Entries must be fully paid before club packages are handed out.

Coaches Meeting: To be held

Awards: BC Athletic Medals for 1st, 2nd, 3rd. Ribbons for 4th to 8th.

Medical: Certified First Aid Attendants

Results: Results will be posted in the arena during the event. Full results will be posted on the Club's website www.nanaimotrackandfield.com.

Age Specifications: Blocks may be used by 14 year old athletes only.
3000m: Ages 13 & 14; Steeplechase: Age 14 only;
Discus: Ages 10 to 14; Triple Jump: Ages 11 to 14;
Hammer: Ages 12 to 14; Pole Vault: Ages 13 to 14;
Javelin: Ages 10 to 14. Other events open to all age groups.

Conflicting Events: To avoid missing jumps, throws or races, athletes should report to BOTH event officials. The officials will try to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of throws or jumps, nor move into different races and compete with other age groups.

Meet Rules: IAAF rules with Athletics Canada and BC Athletics Junior Development variations.

Athletes and officials only are permitted in the competition area.

Protests: Protests shall be in writing accompanied by a cheque for \$25.00 and received within 30 minutes of the posting of the results of the event. If the protest is upheld, the fee will be returned. Coaches, not athletes or parents, should attempt to resolve the protest with the chief official before presenting it as an official protest.

Track Events: All Track Events will be run Oldest to Youngest with Females going first, with exception of the hurdles. These will follow heights and distances (100m to 60m).

Seeding: Athletes will be seeded for heats and timed finals up to and including the 800m according to seed times. In the case of timed finals, sections will be seeded with the fastest seeds in the same section and the fastest section competing last. **IT IS THE RESPONSIBILITY OF THE CLUB REGISTRARS or CLUB COACHES TO FILL OUT SEED TIMES ON THE ENTRY FORM, AND THAT SEED TIMES ARE ACCURATE.**
Athletes without seed times will be placed in unseeded heats.

Preliminary Heats: Heats will be held in the 100m and 200m events for all the age categories

The winner of each heat, plus the next fastest times to fill eight lanes will proceed to the final. In case of a tie for the 8th position in the final, the highest placed athlete in the slowest heat of the tied athletes will proceed to the final. All other Track events will be run as timed finals.

Relays: Clubs may form teams from various age groups but the team must run in the age category of the oldest member. Medley relays are 200m, 200m, 400m, 800m.

Throws: Each athlete receives 3 attempts. 14 yr. olds - top 8 qualify for 3 more.

Horizontal Jumps: Each athlete receives 3 attempts. 14 yr. olds - top 8 qualify for 3 more.

Vertical Jumps: Each athlete is permitted 3 consecutive failed attempts. The bar is to be raised by 5 cm in HJ and 10 cm for PV after each round. If there are less than two competitors remaining in HJ and three in PV before the competition has been won, the bar shall not be raised by less than 1 cm in HJ and 5 cm in PV after each round. There will be a jump-off if there is a tie for first place. When a competitor has won the competition, the height to which the bar is raised shall be decided by the competitor in consultation with the jumps official



**BC ATHLETICS JUNIOR DEVELOPMENT
TRACK AND FIELD CHAMPIONSHIPS
Club volunteer Sign-Up**

Return this form with Registration

- BC Athletics Officials will be in charge of all events.
- It is a policy of the Junior Development Championship Meets that each participating club take responsibility for organizing enough volunteers at their assigned event to work with the BCA official.
- Clubs will be expected to have enough volunteers on their own if they have 10 or more athletes entered in the meet.
- Small clubs will be paired with other small clubs and will share the duties of their event. They should organize their volunteers to cover the event for the entire Championships.
- It is required that Volunteers should be scheduled at events by age groups, not a certain amount of time.

Volunteers must not leave an event in progress.

PLEASE PRINT CLEARLY

Name of Club: _____

Club Representative in Charge of Volunteers at the Meet: _____

Club Representative Telephone: _____ Fax: _____

Club Representative E-mail: _____

Number of athletes from your club participating in the meet: _____

Event Preferred: FIRST CHOICE _____

SECOND CHOICE _____

2008 BC JUNIOR DEVELOPMENT CHAMPIONSHIP

PAYMENT FORM

Club _____ Phone: _____

Coach/Contact _____ Fax: _____

E-Mail: _____

_____ X early entries (received not later than 5 pm, June 27th, 2008) @ \$7.00 per event _____

_____ X late entries (received from June 28th to 5 pm, July 4th, 2008) @ \$14.00 per event _____

_____ X late late entries (received after July 4th, 2008) @ \$25.00 per event _____

_____ X relays at \$10.00 per team (enter up to 3 hours before scheduled start) _____

TOTAL _____

This form will serve as your receipt for entry fees.

ACCOMMODATION Booking accommodations is the responsibility of the participant. Check out www.tourismnanaimo.com for more information on places to stay or contact any of the following hotels or Malaspina College which are listed below.

Days Inn Harbourview

809 Island Highway South, Nanaimo V9R 5K1

www.daysinnnanaimo.com Tel: 250.754.8171 Fax: 250.754.8557 Email:

harbourviewdaysinn@nanaimo.com

Buccaneer Inn 1577 Stewart Avenue, Nanaimo V9S 4E3

email: sleepwell@buccaneerinn.com

Tel: 250.753-1246 Fax: 250.753-0507

Toll Free Reservations 1-877-282-6337

Howard Johnson Harbourside

1 Terminal Avenue North, Nanaimo V8Z 5M2

www.hojonnanaimo@shaw.ca

Tel: 250.753-2241 Fax: 250.753-6522

Toll Free Reservations 1-800-663-7322

Travelodge Nanaimo

96 Terminal Avenue North, Nanaimo V9S 4J2

Tel: 250-754-6355 Fax: 250-754-1301

reservations@travelodgenanaimo.com

Coast Bastion Inn

11 Bastion Street, Nanaimo V9R 6E4

Tel: 250.753-6601 Fax: 250.753-4155

Reservations: 1-800-716-6199

Best Western Dorchester Hotel

70 Church Street, Nanaimo V9R 5H4,

Tel: (250) 754-6835, Fax: (250) 754-2638

info@dorchesternanaimo.com

Malaspina College Summer Residents

Single is \$35 and a Quad is \$160 and features 4 single rooms in a unit.

www.malaspinaresidences.ca/summer.html

Nanaimo also has a brand new Ramada, within a short drive to the track and walking distance to downtown to the correct page.

Ramada Nanaimo

315 Rosehill Street

Nanaimo, BC V9S 1E3 Phone: 250-716-2009 <http://www.ramada.com>

FERRIES. Two to Four hour waits are not uncommon at this time of year. We strongly recommend reservations.

See www.bcferries.bc.ca for details and latest schedules. Plan on boarding a ferry from Horseshoe Bay or

Tsawwassen at least five hours before a scheduled event.

BC Junior Development Championships
July 11th to 13th, 2008
Rotary Bowl Stadium, Nanaimo, BC
Track Schedules

Friday, July 11			
5:00 pm	3000 metres	14 & 13 years	Timed Finals
6:00 pm	400 metres	14 to 11 years	Timed Finals

Saturday, July 12			
8:30 am	Coaches meeting		
9:00 am	800 metres	14 to 9 years	Timed Finals
10:00 am	200 metres	14 to 11 years	Heats
11:00 am	60 metres	11 to 9 years	Heats
11:45 am	100 m Hurdles	14 years ~ male	Heats
	80 m Hurdles	14 years ~ female	Heats
12:15 pm	80/60 m Hurdles	13 to 9 years	Timed Finals
1:30 pm	60 metres	11 to 9 years	Finals
2:00 pm	200 metres	14 to 11 years	Finals
2:45 pm	100 m Hurdles	14 years ~ male	Final
	80 m Hurdles	14 years ~ female	Final
3:00 pm	1500 m Steeple	14 years	Timed Finals
3:30 pm	1500 m Racewalk	14 & 13 years	Timed Finals
	800 m Racewalk	12 to 9 years	Timed Finals
4:30 pm	4 x 100 m Relay	14 to 9 years	Timed Finals

Sunday, July 13			
8:30 am	Coaches meeting		
9:00 am	1500 metres	14 to 9 years	Timed Finals
11:00 am	100 metres	14 to 9 years	Heats
1:00 pm	300 m Hurdles	14 years	Timed Finals
1:30 pm	200 m Hurdles	13 & 12 years	Timed Finals
2:00 pm	100 metres	14 to 9 years	Finals
3:00 pm	Medley Relay	14 to 9 years	Timed finals

Notes:

- If there are 8 or fewer athletes in a sprint heat, then the heat will serve as the final of that event and will be run at the scheduled heat time.
- Events will run from oldest to youngest with girls first.
- Racewalk and steeplechase age groups will be combined as required.

Field Events Schedule

Friday, July 13th					
	SP	HAM	LJ 1	LJ 2	HJ1
5:30 PM	11 F	12/14 M	9 F	10 F	14F
7:00 PM	11 M	12/14 F	9 M	10 M	14M

Saturday, July 14th							
	SP	DIS 1	JAV	LJ	TJ	HJ 1	HJ 2
9:00 AM	9 F	12 F	11 M	13 M	12 M	10 F	10 M
10:00 AM	14 F	13 F					
10:30 AM			13 M	13 F	12 F	11 F	14M
11:00 AM	10 F	12 M					
12:00 PM			14 M	14 F	11 M	9 F	9 M
1:00 PM	9 M	13 M	10 M				
1:30 PM				14 M	11 F	12 F	12 M
2:00 PM	13 F	10/11 M	14 F				

Sunday, July 15th							
	SP	DIS 1	JAV	LJ	TJ	HJ	PV
9:00 AM	13 M	14 M	12 F	12 M	14 F	11 M	
10:00 AM	10 M		13 F				13/14 F
10:30 AM		10 F		11 F	14 M		
11:00 AM	12 F	11 F	12 M				13/14 M
12:00 PM	14 M			12 F	13 F	13 M	
1:00 PM		14 F					
1:30 PM	12 M		10/11 F	11 M	13 M	13 F	

9 YEARS FEMALE			
Day	Event	Time	Notes
Friday	Long Jump	5:30 pm	Pit # 1
Saturday	Shot Put	9:00 am	
Saturday	High Jump	12:00 noon	Pit # 1

9 YEARS MALE			
Day	Event	Time	Notes
Friday	Long Jump	7:00 pm	Pit # 1
Saturday	High Jump	12:00 noon	Pit # 2
Saturday	Shot Put	1:00 pm	

10 YEARS FEMALE			
Day	Event	Time	Notes
Friday	Long Jump	5:30 pm	Pit # 2
Saturday	High Jump	9:00 am	Pit # 1
Saturday	Shot Put	11:00 am	
Sunday	Discus	10:30 am	
Sunday	Javelin	1:30 pm	With 11 F

10 YEARS MALE			
Day	Event	Time	Notes
Friday	Long Jump	7:00 pm	Pit # 2
Saturday	High Jump	9:00 am	Pit # 2
Saturday	Javelin	1:00 pm	
Saturday	Discus	2:00 pm	With 11 M
Sunday	Shot Put	10:00 am	

11 YEARS FEMALE			
Day	Event	Time	Notes
Friday	Shot Put	5:30 pm	
Saturday	High Jump	10:30 am	Pit # 1
Saturday	Triple Jump	1:30 pm	
Sunday	Long Jump	10:30 am	
Sunday	Discus	12:00 noon	
Sunday	Javelin	1:30 pm	With 10 F

11 YEARS MALE			
Day	Event	Time	Notes
Friday	Shot Put	7:00 pm	
Saturday	Javelin	9:00 am	
Saturday	Triple Jump	12:00 noon	
Saturday	Discus	2:00 pm	With 10 M
Sunday	High Jump	9:00 am	
Sunday	Long Jump	1:30 pm	

12 YEARS FEMALE			
Day	Event	Time	Notes
Friday	Hammer	7:00 pm	
Saturday	Discus	9:00 am	
Saturday	Triple Jump	10:30 am	
Saturday	High Jump	1:30 pm	Pit # 1
Sunday	Javelin	9:00 am	
Sunday	Shot Put	11:00 am	
Sunday	Long Jump	12:00 noon	

12 YEARS MALE			
Day	Event	Time	Notes
Friday	Hammer	5:30 pm	
Saturday	Triple Jump	9:00 am	
Saturday	Discus	11:00 am	
Saturday	High Jump	1:30 pm	Pit # 2
Sunday	Long Jump	9:00 am	
Sunday	Javelin	11:00 am	
Sunday	Shot Put	1:30 pm	

13 YEARS FEMALE			
Day	Event	Time	Notes
Friday	Hammer	7:00 pm	
Saturday	Discus	10:00 am	
Saturday	Long Jump	10:30 am	
Saturday	Shot Put	2:00 pm	
Sunday	Pole Vault	10:00 am	
Sunday	Javelin	10:00 am	
Sunday	Triple Jump	12:00 am	

Sunday	High Jump	1:30 pm	
13 YEARS MALE			
Day	Event	Time	Notes
Friday	Hammer	5:30 pm	
Saturday	Long Jump	9:00 am	
Saturday	Javelin	10:30 am	
Saturday	Discus	1:00 pm	
Sunday	Shot Put	9:00 am	
Sunday	Pole Vault	11:00 am	
Sunday	High Jump	12:00 noon	
Sunday	Triple Jump	1:30 pm	

14 YEARS FEMALE			
Day	Event	Time	Notes
Friday	High Jump	5:30 pm	
Friday	Hammer	7:00 pm	
Saturday	Shot Put	10:00 am	
Saturday	Long Jump	12:00 noon	
Saturday	Javelin	2:00 pm	
Sunday	Triple Jump	9:00 am	
Sunday	Pole Vault	10:00 am	
Sunday	Discus	1:00 pm	

14 YEARS MALE			
Day	Event	Time	Notes
Friday	High Jump	7:00 pm	
Friday	Hammer	5:30 pm	
Saturday	Javelin	12:00 noon	
Saturday	Long Jump	1:30 pm	
Sunday	Discus	9:00 am	
Sunday	Pole Vault	11:00 am	
Sunday	Triple Jump	10:30 am	
Sunday	Shot Put	12:00 noon	