



**NORWESTERS ELEMENTARIES MEET
SATURDAY and SUNDAY
MAY 1st and 2nd, 2010
SWANGARD STADIUM, BURNABY**

MEET INFORMATION

INTRODUCTION

- **Event Order:** All track events will be run in the order of Oldest to Youngest. This allows the younger athletes to learn race procedures from the older athletes prior to being marshalled. Girls will go before boys in each age group track event.
- **100m and 60m relays:** For the youngest athletes we have placed the 4x100m. relays to run immediately following the 100 Meters and the 60m shuttle relay to follow the 60m run. They also have their field events following each other, allowing them to leave earlier each day. Schools are not limited in the number of relay entries Per School.
- **Age Categories For 1500m/800m:** *The 1500m and 800m are open to all age groups, 1997to 2001. We shall also be providing finals for the 100m and the 60m races.*
- **Field Event Registration Limits:** **Schools and clubs will be allowed to enter a maximum of four athletes, per age group and gender in jumps events.** Names of other athletes who wish to participate may be submitted in numbered order and will be entered on a first come first served basis. These athletes will be notified no later than the Wednesday before the meet. *Any athletes not able to jump more than the starting height in high jump should not be entered. It is a good idea to have a jump off prior to the meet and send only those who can do so. **The take off board for long jump is two meters before the pit at Swangard. Please check that athletes can jump more that 2 meters in order to be able to land safely in the pit***
There are no limitations on throws events. For safety reasons shot put contestants must put the shot correctly and not throw it.
- **Minimum Standards:** Please note that there will be minimum standards in all jumping events. Only attempts exceeding these standards will be measured. However, final attempts will be measured for all athletes
- **Marshalling:** Only athletes will be allowed in the marshalling areas. **Marshalling for track events is in the north end of the stadium. Field events marshall at the event.** After the athlete has entered the marshalling area, parents and coaches are required to leave. Athletes should warm up ahead of marshalling and keep warm clothing on until the start of the event. For track events, runners' clothes will be collected at the starting line and stored in a dry box until after the event should it be raining.
- **If Two Events Occur At The Same Time For An Athlete** the athlete or the parent/coach, should notify the field event head official and the track event marshall of the situation at the time that each event is marshalled. A **short** time before the track event is run the athlete must notify the field event officials and go to the race. The parent/coach must realize that **COMPETITION WILL NOT BE SUSPENDED UNTIL ATHLETES RETURN** (IAAF and JD rules.) The athlete will enter the competition at the point that it has reached when they return. **Sometimes athletes may decide to miss one of the events in order to do well in the one of their choice. This situation is a common occurrence at track and field meets.**

AGE CLASSES BY BIRTH YEAR:

1997 (Boys/Girls)

1998 (Boys/Girls)

1999 (Boys/Girls)

2000(Boys/Girls)

2001 (Boys/Girls)

AGE RESTRICTIONS:

Athletes younger than those born in 2001 are not eligible to enter this meet. Athletes must compete in their own age class except for Grade 7 students born in 1996 who may compete with the 1997 age class.

RELAYS:

All relay teams must be made up of athletes from the same school or club. An athlete may compete for an older age class in a relay, but may not compete in more than one relay race of each kind or more than once in the same race. If a school enters a relay team, club athletes will run for their school. Clubs may enter relay teams of athletes whose schools are not entered.

TRACK EVENTS:

60m (1999 to 2001)
100m (1997 to 2001)
200m timed finals (1997 to 1999 only)
400m timed finals (1997 to 1999 only)
800m timed finals (1997 to 2001)
1500m timed finals (1997 to 2001)
Sprint relay (4x 100m) timed finals (1997 to 2001)
60m shuttle relay (4x60m) 1999 to 2001
Medley relay (100/100/200/400m) (1997 to 1999 only)
(Nine and ten year olds may not run up in events which include a 200m or 400m)

FIELD EVENTS:

Long Jump (1997 to 2001)
High Jump (1997 to 2000 only)
Shot Put (1997 to 2001)
Discus (1997 to 2000 only)

Please note: NorWesters reserves the right to limit the number of entries in any jumps event in order to keep the meet running on schedule. Entries will be accepted in the order in which they are received. **Please number your athletes in your order of preference for inclusion in each age group.**

AWARDS:

Individual events: Ribbons: 1st to 8th
Relays: Ribbons: 1st to 3rd

Ribbons will be collated during the day for coaches to pick up. Only coaches or appointed adults as designated on the registration form may pick up ribbons for teams.

RULES:

EACH SCHOOL OR CLUB IS RESPONSIBLE FOR THE SUPERVISION AND CONDUCT OF THEIR ATHLETES. ON YOUR REGISTRATION FORM, PLEASE DESIGNATE THE ADULT OR COACH RESPONSIBLE FOR YOUR TEAM.

Coaches, athletes and spectators are not allowed on the infield. All coaches and spectators must stay out of the areas designated as competition areas. Coaching must take place from an area designated by the chief official. Seating will be provided. Athletes who are competing must stay within the competition area with the other competitors.

The sidelines in front of the stadium and the sidelines in front of the bleachers must be kept clear to make it possible for officials and timers to carry out their duties effectively.

Do Not Cross the Track, Discus, High Jump, Long Jump, or Shot Put Area Except Under the Direction of an Official.

Dogs are not allowed in the Stadium Area. Burnaby Park attendants will ask you to remove any animals.

This Meet will be run in accordance with IAAF and BC Junior Development rules. Failure to comply with meet rules may result in the disqualification of an athlete, team or coach from the competition.

FIELD: *Long jump: 3 jumps each*
 High Jump: Starting heights on schedule
 5 cm increments until two athletes are left, then the athletes can choose.
 Shot put 3 throws each
 1999 to 2001 boys and girls – 2k; 1998 & 1997 boys and girls - 3Kg)
 Discus: 3 throws each
 1997 to 2000 girls - 750g; 1999 and 2000boys 750g;
 1998- 1997 boys 1kg.

ACCELERATION OF EVENTS:

Events may be moved forward by 30 minutes at the Meet Director's discretion. Please listen carefully to announcements over the public address system..

IMPORTANT INFORMATION:

Please note that athletes born in 2001 are limited to 100m, 4x 100m relay, 60m, 60m shuttle relay, 800m 1500m shot put and long jump. Do not enter athletes born in 2001 in any other events. They will not be accepted.

If a coach enters an athlete from a school other than his/her own, that athlete must be entered as running for the school attended and pay all appropriate fees including day of race fees. All athletes must compete for the school that they attend.

CLUBS PLEASE NOTE: If a school enters a team, club athletes enter with their school.

ENTRIES: **Please use the attached entry forms. Those not doing so will have their entries returned for correct completion**

Entry fees: \$6.00 per individual event, \$12.00 per relay team.
Enclose the required entry fees with your forms.
Make cheque payable to NorWesters Track and Field Club.

Email entries to Michelle Brown at lesnmich@telus.net

EARLY ENTRY DEADLINE: 10pm Friday April 23rd, 2010

LATE ENTRY DEADLINE: 10.p.m. Monday April 26, 2010

Late entries, which will be charged double, will only be accepted until Monday, April 26.

NO ENTRIES WILL BE ACCEPTED ON THE DAY OF THE MEET.

ALL ENTRIES RECEIVED ARE FINAL. SUBSTITUTIONS AND DELETIONS WILL NOT BE MADE. CORRECTIONS TO CLUB MISTAKES MAY BE MADE UP TO ONE HOUR PRIOR TO THE START OF AN EVENT.

Meet Entry Information will be available on line at www.norwesterstandf.com by 9am, Thursday April 29th. The team coach must make all corrections to entries. Parents' phone calls will not be accepted if a school enters an athlete. Please PRINT athletes' names legibly on the entry forms so that we spell them accurately.

REGISTRATION: Registration packages, including athletes' numbers, will be available for pick up by coaches at 8.00.a.m. Please go to the table on the platform in the center of the grandstand. Numbers must be worn for all events. Athletes using another athlete's number will be disqualified from participating in the rest of the meet.

Any scheduling changes will be announced. All changes to posted results will be made in consultation with the Track or Field Referees and the Meet Director.

NORWESTERS ELEMENTARIES MEET

Saturday May 1st and Sunday May 2nd 2010
SWANGARD STADIUM, BURNABY

ENTRY FORM

TOTAL OF ALL INDIVIDUAL EVENTS ENTERED _____ x \$6.00 = \$ _____

NUMBER OF TEAMS ENTERED IN RELAYS: _____ x \$12.00= \$ _____

*** DAY OF RACE MEMBERSHIP _____ x \$3.00 = \$ _____
(\$3 per non BC Athletics member)

TOTAL FEES ENCLOSED \$ _____

**Late entries from Saturday, April 24. to 10pm Monday April 26th, 2010 will be charged double
PLEASE MAKE CHEQUES PAYABLE TO NORWESTERS TRACK AND FIELD CLUB**

***Note: This fee is for B.C. ATHLETICS membership and insurance to cover athletes for the day of the meet. This fee may be waived for those schools which have taken out a B.C. Athletics annual school membership or for those students who hold current B.C. ATHLETICS Competitive memberships. (THE STUDENT'S NAME AND MEMBERSHIP NUMBER MUST BE SUPPLIED.)

FALSE STATEMENTS MAY RESULT IN ATHLETE DISQUALIFICATION FROM THIS AND FUTURE EVENTS. By entering this event, all entrants agree to abide by IAAF/CTFA/BC Athletics rules. This is a B.C. Athletics sanctioned event.

“ The responsibility for sport safety must be shared by all. I, the undersigned am aware that there is a certain risk of injury involved in 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 this risk of injury by so participating.”

It is understood that each school will obtain waivers from each student to this effect.

Signature of school/ club coach

Names of Athletes not already entered in an individual event but competing in a relay.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

NORWESTERS ELEMENTARIES MEET

SATURDAY, MAY 1st, 2010

SWANGARD STADIUM, BURNABY, B.C.

OFFICIAL ENTRY FORM, RELAYS & FEES

SCHOOL/CLUB NAME _____

COACH: _____ PHONE _____

MEDLEY RELAY
(100/100/200/400m)

	TEAM A	TEAM B
1997 Boys	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
1997 Girls	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
1998 Boys	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
1998 Girls	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
1999 Boys	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
1999 Girls	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____

PLEASE ENTER THE NAMES OF THE FOUR RELAY PARTICIPANTS (CHANGES WILL BE ALLOWED ON THE DAY). HOWEVER, ANY ATHLETE NOT ALREADY ENTERED IN AN INDIVIDUAL EVENT MUST PAY DAY OF RACE INSURANCE FEE.

NORWESTERS ELEMENTARIES MEET

SATURDAY, MAY 1st, 2010
 SWANGARD STADIUM, BURNABY, B.C.
 OFFICIAL ENTRY FORM, RELAYS & FEES

SCHOOL/CLUB NAME _____

COACH: _____

PHONE _____

SHUTTLE RELAY

(4x60m)

TEAM A

TEAM B

1999 Boys

1 _____
 2 _____
 3 _____
 4 _____

1 _____
 2 _____
 3 _____
 4 _____

1999 Girls

1 _____
 2 _____
 3 _____
 4 _____

1 _____
 2 _____
 3 _____
 4 _____

2000 Boys

1 _____
 2 _____
 3 _____
 4 _____

1 _____
 2 _____
 3 _____
 4 _____

2000 Girls

1 _____
 2 _____
 3 _____
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1 _____
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2001 Boys

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2001 Girls

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1 _____
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1 _____
 2 _____
 3 _____
 4 _____

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NORWESTERS ELEMENTARIES MEET

SUNDAY, MAY 2nd, 2010

SWANGARD STADIUM, BURNABY, B.C.

OFFICIAL ENTRY FORM, RELAYS & FEES

SCHOOL/CLUB NAME _____

COACH: _____

PHONE _____

SPRINT RELAY 4 x 100

TEAM A

TEAM B

1997 Boys

1 _____
2 _____
3 _____
4 _____

1 _____
2 _____
3 _____
4 _____

1997 Girls

1 _____
2 _____
3 _____
4 _____

1 _____
2 _____
3 _____
4 _____

1998 Boys

1 _____
2 _____
3 _____
4 _____

1 _____
2 _____
3 _____
4 _____

1998 Girls

1 _____
2 _____
3 _____
4 _____

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1999 Boys

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1999 Girls

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2000 Boys

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2000 Girls

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3 _____
4 _____

2001 Boys

1 _____
2 _____
3 _____
4 _____

1 _____
2 _____
3 _____
4 _____

2001 Girls

1 _____
2 _____
3 _____
4 _____

1 _____
2 _____
3 _____
4 _____

PLEASE ENTER THE NAMES OF THE FOUR RELAY PARTICIPANTS (CHANGES WILL BE ALLOWED ON THE DAY). HOWEVER, ANY ATHLETE NOT ALREADY ENTERED IN AN INDIVIDUAL EVENT MUST PAY DAY OF RACE INSURANCE FEE.