



# South Fraser Track & Field Club

## 2010 Junior Olympics for Elementary Schools and Track Clubs

**May 22, & 23, 2010**  
**Bear Creek Park, Surrey, B.C.**

**Featuring**

9 to 13 years: Born between 1997 to 2001: Grades 3 to 7

(Up to 13 yrs old in current year, Note 14 yr 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

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**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: Friday, May 14, 2010**

All entries received later than Friday, May 14, 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, #24 7330 – 122<sup>nd</sup> Street, Surrey, BC V3W 1B4  
Entries may be emailed (complete with event numbers) to  
[chedro@telus.net](mailto: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 4<sup>th</sup> to 8<sup>th</sup> 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 160<sup>th</sup>, Turn right on 88<sup>th</sup> 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, 2<sup>nd</sup> false starting athlete will be disqualified, and so on.

All track events are run in order from **Oldest to Youngest with girls first**, ie. 97F/97M/98F/98M/Etc.....

**60M, 100M and 200M events are run in heats, with the placings advancing to finals,**

1 heat: will run as a final

2 heats: top 3 places + next 2 fastest times

3 heats: top 2 places + next 2 fastest times

4 heats: top 1 placing + next 4 fastest times

5 heats: top 1 placing + next 3 fastest times

**400m Heats** are seeded for timed finals.

## Junior Olympics May 22th, 23rd, 2010 Schedule of Events

All track events are run in order from **Oldest to Youngest with girls first**, ie. 97F/97M/98F/98M/Etc

**Revised: May 03<sup>rd</sup> 10:00pm 100m Finals and 800m Finals, times revised.**

Saturday	Track Events	Y.O. Birth
Time		
8:45	Coach's Meeting	
9:00-10:00	1500m M/F	97-01
10:15-11:30	100m Heats M/F	97-01
11:30-11:45	50M W/U	02-04
11:45-12:15	50m M/F	02-04
1:00-1:30	400m Finals M/F	97-99
<b>2:30-3:00</b>	<b>100m Finals M/F</b>	97-01
<b>3:10-4:00</b>	<b>800m Finals M/F</b>	97-01
4:15-4:45	<b>4*100 Relay</b>	97-01

Saturday	Field Events					
Time	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:00	01M	2001F	97F	2000M	99F	
10:00-11:15	99M	2000F	97M	98M	98F	
11:15-12:30	01F	2001M	98M	99M	2000M	
12:30-2:00	97F	97M	99F	2000F	99M	
2:00-3:00	98M	98F	99M	97M	2000F	02-4F
2:15-2:30						02-4M
3:00-4:30	<b>98F</b>	99M		2001M	98M	

Sunday	Track Events	Y.o. Birth
Time		
9:00-9:30	60m Heats M/F	99-01
9:35-10:15	200m Heats M/F	97-99
10:15-10:30	Check in & WU	02-04
10:30-11:00	Shuttle RelayM/F	02-04
11:30-12:00	60m Finals M/F	99-01
12:30-1:00	200m Finals M/F	97-99
2:00-2:30	<b>4*400 Relay M/F</b>	97-01

Sunday	Field Events					
Time	HJ	LJ	TJ	SP	DIS	MT*
9:00-10:15	00M	99F	98F	97F	97M	
10:15-11:30	99F	2000M		98F	97F	
11:30-12:45	00F	98M		2001F		
12:00-12:30		02-04F	In	TJ	PIT	
12:30-1:00		02-04M	In	TJ	PIT	
12:45-2:00	97M	97F		99F		

**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.



- 1 Girls 13-14 1500 Meter Run
- 2 Girls 12 Year Olds 1500 Meter Run
- 3 Girls 11 Year Olds 1500 Meter Run
- 4 Girls 10 Year Olds 1500 Meter Run
- 5 Girls 9 Year Olds 1500 Meter Run
- 6 Boys 13-14 1500 Meter Run
- 7 Boys 12 Year Olds 1500 Meter Run
- 8 Boys 11 Year Olds 1500 Meter Run
- 9 Boys 10 Year Olds 1500 Meter Run
- 10 Boys 9 Year Olds 1500 Meter Run
- 11 Girls 13-14 100 Meter Run
- 12 Girls 12 Year Olds 100 Meter Run
- 13 Boys 13-14 100 Meter Run
- 14 Boys 12 Year Olds 100 Meter Run
- 15 Girls 11 Year Olds 100 Meter Run
- 16 Girls 10 Year Olds 100 Meter Run
- 17 Girls 9 Year Olds 100 Meter Run
- 18 Boys 11 Year Olds 100 Meter Run
- 19 Boys 10 Year Olds 100 Meter Run
- 20 Boys 9 Year Olds 100 Meter Run
- 21 Girls 6-8 50 Meter Run
- 22 Boys 6-8 50 Meter Run
- 23 Girls 13-14 400 Meter Run
- 24 Girls 12 Year Olds 400 Meter Run
- 25 Boys 13-14 400 Meter Run
- 26 Boys 12 Year Olds 400 Meter Run
- 203 Girls 11 400m Dash
- 204 Boys 11 400m Dash
- 33 Girls 13-14 200 Meter Run
- 34 Girls 12 Year Olds 200 Meter Run
- 35 Boys 13-14 200 Meter Run
- 36 Boys 12 Year Olds 200 Meter Run
- 201 Girls 11 200m Dash
- 202 Boys 11 200m Dash
- 37 Girls 11 Year Olds 60 Meter Run
- 40 Boys 11 Year Olds 60 Meter Run
- 41 Women 10 Year Olds 60 Meter Dash
- 42 Men 10 Year Olds 60 Meter Dash
- 43 Women 9 Year Olds 60 Meter Dash
- 44 Men 9 Year Olds 60 Meter Dash
- 45 Girls 13-14 800 Meter Run
- 46 Girls 12 Year Olds 800 Meter Run
- 47 Boys 13-14 800 Meter Run
- 48 Boys 12 Year Olds 800 Meter Run
- 49 Girls 11 Year Olds 800 Meter Run
- 50 Girls 10 Year Olds 800 Meter Run
- 51 Girls 9 Year Olds 800 Meter Run
- 52 Boys 11 Year Olds 800 Meter Run
- 53 Boys 10 Year Olds 800 Meter Run
- 54 Boys 9 Year Olds 800 Meter Run
- 55 Girls 13-14 4x100 Meter Relay
- 56 Girls 12 Year Olds 4x100 Meter Relay
- 57 Girls 11 Year Olds 4x100 Meter Relay
- 58 Girls 9-10 4x100 Meter Relay
- 60 Boys 13-14 4x100 Meter Relay
- 61 Boys 12 Year Olds 4x100 Meter Relay
- 62 Boys 11 Year Olds 4x100 Meter Relay
- 63 Boys 10 Year Olds 4x100 Meter Relay

64	Boys 9 Year Olds 4x100 Meter Relay
65	Boys 9 Year Olds High Jump
66	Girls 9 Year Olds Long Jump
67	Girls 13-14 Triple Jump
68	Boys 10 Year Olds Shot Put 2 KG
69	Girls 11 Year Olds Discus Throw 69 G
70	Boys 11 Year Olds High Jump
71	Girls 10 Year Olds Long Jump
72	Boys 13-14 Triple Jump
73	Boys 12 Year Olds Shot Put 3 KG
74	Girls 12 Year Olds Discus Throw 750 G
75	Girls 9 Year Olds High Jump
76	Boys 9 Year Olds Long Jump
77	Boys 12 Year Olds Triple Jump
78	Boys 11 Year Olds Shot Put 2 KG
79	Boys 10 Year Olds Discus Throw 750 G
80	Girls 13-14 High Jump
81	Boys 13-14 Long Jump
82	Girls 11 Year Olds Triple Jump
83	Girls 10 Year Olds Shot Put 2 KG
84	Boys 12 Year Olds High Jump
85	Girls 12 Year Olds Long Jump
86	Boys 11 Year Olds Triple Jump
87	Boys 13-14 Shot Put 3 KG
88	Girls 6-8 Other mini throw
89	Boys 10 Year Olds High Jump
90	Girls 11 Year Olds Long Jump
91	Girls 12 Year Olds Triple Jump
92	Girls 13-14 Shot Put 3 KG
93	Boys 13-14 Discus Throw 1 KG
95	Girls 10 Year Olds High Jump
96	Boys 10 Year Olds Long Jump
97	Boys 9 Year Olds Shot Put 2 KG
98	Boys 12 Year Olds Discus Throw 1 KG
99	Girls 11 Year Olds High Jump
100	Boys 11 Year Olds Long Jump
101	Girls 12 Year Olds Shot Put 3 KG
102	Girls 13-14 Discus Throw 750 G
103	Girls 6-8 Long Jump
104	Girls 12 Year Olds High Jump
105	Boys 12 Year Olds Long Jump
106	Girls 9 Year Olds Shot Put 2 KG
107	Girls 10 Year Olds Discus Throw 750 KG
108	Boys 6-8 Long Jump
109	Boys 13-14 High Jump
110	Girls 13-14 Long Jump
111	Girls 11 Year Olds Shot Put 2 KG
112	Boys 11 Year Olds Discus Throw 750G
113	Girls 6-8 4x15 Mile Relay Shuttle
114	Mixed 6-8 55 Sprint Medley Shuttle
200	Boys 6-8 Weight Throw Mini Throw
205	Girls 13-14 4*400m Relay
206	Boys 13-14 4*400m Relay
207	Girls 12 4*400m Relay
208	Boys 12 4*400m Relay
209	Girls 11 4*400m Relay
210	Boys 11 4*400m Relay