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## AN OPEN INVITATION....

**April 15, 2010**

Dear Club Registrar:

The Kelowna Track & Field Club is pleased to invite your club to the 26th annual Jack Brow Memorial Track and Field Meet, July 3rd and 4th, 2010. Our meet has developed a tradition of outstanding competition in a warm and friendly environment. We hope you will be able to join us in Kelowna this summer.

For the second year in a row, the meet has been scheduled over a two-day, rather than a three-day, period. This is intended to assist athletes, coaches and officials traveling from outside the Okanagan. We will be using a schedule of events very similar to that used in 2009, with a few adjustments to ensure our meet aligns with recent event changes.

The Jack Brow Memorial is planned with the help of Hy-Tek's Meet Manager software, which allows the meet to run smoothly and efficiently. We utilize a FinishLynx photofinish network to ensure accurate and timely results.

We are changing our registration procedures this year. Club Registrars are asked to download a Team Manager file from our website, save their entry selections to the file, and then e-mail the file back to us at [kelownatrack@gmail.com](mailto:kelownatrack@gmail.com). Unattached entries may be sent as an e-mail message to the same address.

Please be sure to inform your parents and coaches that entries must be fully paid for before club entry packages are handed out. It is always easiest for clubs to send a cheque covering entry fees after club entries have been forwarded. This makes the entry process much easier on our end and allows for a smooth number pick up for you.

Please note that the capacity of our club does not allow us to offer all possible events in a large meet like the Jack Brow. We apologize for any disappointment this may cause.

While we appreciate that there are always last minute issues, standard policy is that any entry made will be paid for. As those of you who have hosted meets know, it involves more work to delete an athlete at the last minute than to make the initial entry. Please follow standard protocol: be honest with your entries and we will do all that we can to make your entries work for you. Please double-check your online registration, looking for errors in the year of birth and gender.

Many hours have gone into ensuring that the meet runs smoothly. However, there are bound to be glitches. When problems arise, we ask only that you be part of the solution. Our goal is to produce another successful Jack Brow Memorial—as always, with your help. See you on July 3<sup>rd</sup>.

Sincerely,

*Dean Sader*  
*Jack Brow Meet Director*

**Kelowna Track & Field Club  
Hosts the 26th Annual  
Jack Brow Memorial Track and Field Meet  
July 3-4, 2010**

(Technical Package Revisions June 2, 2010)

**GENERAL INFORMATION**

- Sanction:** Sanctioned by BC Athletics.
- Location:** Apple Bowl track and field facility, Kelowna, B.C.  
Turn north on Burtch Road off Highway 97.
- Parking:** Turn north on Spall Road from Highway 97, and then turn west at the first left after the lights at Spall and Enterprise Road.
- Weather:** Usually sunny, low humidity, average temperature of 25-27 degrees celsius. Can be extremely hot.
- Altitude:** 350 meters above sea level.
- Facility:** 400m curbed, urethane, 8-lane track; urethane run up areas for jumps and the javelin; concrete throwing circles; IAAF standard hammer/discus cage and 100m field; pole vault facility; dressing rooms with washrooms and showers; covered seating for 500 spectators, an additional 400 seats uncovered.
- Medical:** Kelowna General hospital ten minutes away.
- Concession:** Available at the Apple Bowl facility, north end of the grandstand.
- Memorabilia:** Commemorative t-shirts.
- Eligibility:** In order to compete, athletes must possess a current BC Athletics, or other provincial athletics association membership. Athletes from other countries must be members in good standing of their nationally affiliated athletics association.
- Accommodation:** It can be very difficult to find reasonably priced accommodation in Kelowna during summer long weekends. Clubs are advised to book their accommodation early. UBC Okanagan (UBCO) and Okanagan College both offer short-term rentals in the summer.

## REGISTRATION

**Entry fees:** \$8.00 per individual event for entries submitted through a club registrar.  
\$10.00 per individual event for entries submitted to the Jack Brow Meet Registrar (includes all unattached entries).  
\$20.00 per relay team. Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.

Elementary and High School aged athletes who do not hold a 2010 BC Athletics membership (or an equivalent membership with another province/federation), or who attend a school that does not have a 2010 BC Athletics School or School District membership, are required to pay a \$3.36 Day of Event Fee in addition to their entry fees. There is no Day of Event membership allowed for any other age group.

**Late entries:** *Not accepted if the athlete is not already registered in the meet.*  
\$15.00 for those athletes already registered in the meet. This includes athletes switching and/or adding an event. ***Late entries close two hours before the scheduled start time of the event—no exceptions.***  
Relay teams are registered on the day of the event. Late entry fees do not apply to relay teams.  
**If you are not pre-registered, you will not compete!**

**Cheques:** Payable to the “Kelowna Track & Field Club.”  
***Once an entry is received, refunds will not be given.***

**Entry deadline:** **Wednesday, June 23rd for unattached athletes submitting entries to the Jack Brow Meet Registrar. Sunday, June 27<sup>th</sup>, for athletes registering through their club Registrar.**

## ENTRY PROCEDURE

**Club athletes:** Club athlete registration is not accepted by mail and must be done through your club registrar or designate. Club Registrars are asked to download a Team Manager file from our website at [www.kelownatrackandfield.com](http://www.kelownatrackandfield.com). Entries and event selections are entered into the Team Manager file by the club Registrar. The file is saved and then e-mailed to the Jack Brow Meet Registrar at [kelownatrack@gmail.com](mailto:kelownatrack@gmail.com). Athletes and events entered can be changed up to midnight on June 27th, 2010. Remember your athlete entries will be electronically transferred to the event/heat sheets as you have entered the data. Please double-check the name, gender, and year of birth, as it is very important that these are correctly entered. If you need assistance with club registration procedures, please do not hesitate to e-mail us at [kelownatrack@gmail.com](mailto:kelownatrack@gmail.com).

**Unattached athletes:** E-mail your unattached entry form to the Jack Brow Meet Registrar at [kelownatrack@gmail.com](mailto:kelownatrack@gmail.com). Look for the unattached entry form on our club website at [www.kelownatrackandfield.com](http://www.kelownatrackandfield.com).

Please include your name, date of birth, gender, best performance for all events entered, and BC Athletics number.

Unattached athletes will be charged \$10.00 per event.

Entries must be received by June 23rd, 2010.

Payment is made at the Apple Bowl when your registration package is picked-up.

**Registration packages:**

Pick up registration packages starting at 8:00 a.m., Saturday, July 3rd, 2010. Packages are organized by club and must be paid for and picked up before any athlete in the club can participate in the meet.

**TECHNICAL INFORMATION**

**Coaches meeting:** Saturday, July 3rd at 8:00 a.m. Location: in front of the grandstand at the north end.

**Rules:** All events will be run as per BC Athletics and Athletics Canada rules, except where noted. Rule books: IAAF, and BC Athletics Junior Development policy.

**Jury of Appeal:** A Jury of Appeal, consisting of 5 qualified persons selected from guest club volunteers (coaches and officials) will be selected during the coaches meeting scheduled for 8:00 a.m. on Saturday, July 3rd, 2010.

**Timing:** FinishLynx

**Wind gauges:** Wind gauges will be used for track events 200m and shorter, and for horizontal jumps for athletes born in 1995 and before.

**Equipment:** The Kelowna Track & Field Club will supply all official equipment. Athletes wishing to use their own throwing implements may do so, but must have them checked in and weighed 30 minutes before the start of their event. We recommend athletes weight in their implements early on the day of competition.

**Spike length:** Track and horizontal jumps: 5mm maximum.  
High Jump and Javelin: 9mm maximum.

**Competition attire:** Club or school uniforms.

**Warm up/cool down:** Use the area outside the stadium. Stay off the infield and remain in the stands on either side of the facility when not competing.

**Marshalling area:** Athletes in track events will be marshaled from the north end of the track by age group. Athlete number, attire and footwear must be shown and comply with the meet rules.

**Coaching areas:** Athletes and coaches are only allowed to converse in designated coaching areas during an event.

**Order of events:** Track events will be run as indicated on the schedule posted at the meet.

**Age divisions for competitive groupings:**

2001-1995	Single year divisions
1994-1993	Juvenile
1992-1991	Junior
1990 and older	Open

Masters Divisions: not offered in 2010.

When deemed practical, age groups or divisions will be combined to run together, but will be scored separately. For age groupings for relays, please refer below to the technical note on relays.

**Athletes may compete in one age division only per event.**

**Limited entries:** The number of heats and sections will be limited by the length of the day.

**Competitor numbers:** Each athlete will be issued a competitor number. In track events finishing in lanes, and in the relay, numbers must be worn on the back. For track events not finishing in lanes, and in field events, numbers are worn on the front.

**Event offerings:** Not all events offered are open to athletes of all ages. Please refer to the posted meet schedule.

**Start lists:** Start lists and heat sheets will be shown on the boards at the entrance to the facility near the Registration Desk. Track events will be run according to the schedule posted on the day of the meet, which may differ from that published in the Technical Package and the Meet Program.

**Track heat sheets are subject to change based on scratches and “no shows”.** Coaches and athletes must pay attention to the pace of the meet and prepare accordingly.

**Simultaneous events:** Track events will not be delayed. Athletes should report to their field event to check in. For track events, check in to the marshalling tent near the start of the homestretch (northwest corner of the track). Refer to posted times. A delay in returning to the field event might result in missed attempts. However, every effort will be made to accommodate athletes in the age divisions from 2001 to 1995.

**Seeding:** Athletes will be seeded for heats and finals, so please indicate the actual ability of the athlete. Entries without seed times will be treated as slow. Coaches and athletes should be able to verify performances from sanctioned meets held in the 2009/2010 outdoor seasons.

**Qualifying for finals:** In the 100m, the winner in each heat will advance plus the next fastest runners (place, then time). In case of a tie for 8<sup>th</sup> place, the better place for a finish in the heat will determine the winner. If still tied, the athlete from the heat with the slowest winning time will qualify. If 8 or fewer are entered, then the event will be run as a final at the scheduled heat time.  
**All track events for athletes born in 1997-2001 will be timed finals.**

**Relays:** **Team registrations will be accepted on Saturday, July 3rd, only. Team registration cut-off will be two hours before the relays begin.** The fee to enter a relay team is \$20.00 per event. Ribbons will be awarded to all members of the top 8 relay teams in each category.

For the relays, athletes will compete in 4 groupings: (2001-1999), (1998-1996), (1995-1991) and Open.

**Discus/Shot/Javelin:** Athletes born 1997-2001 will be allowed three attempts. Athletes born in 1996 and before will receive three attempts, with the top 8 receiving three additional attempts.

**Hammer:** All athletes will receive three attempts, with the top 8 receiving an additional three attempts.

<b>JUNIOR DEVELOPMENT IMPLEMENT WEIGHTS</b>				
	<b>SHOT PUT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>HAMMER</b>
<b>BOYS</b>				
9 years	2 kg	N/A	N/A	N/A
10-11 years	2 kg	750 g	N/A	N/A
12-13 years	3 kg	1 kg	600 g	N/A
14-15 years	4 kg	1 kg	600 g	4 kg
<b>GIRLS</b>				
9 years	2 kg	N/A	N/A	N/A
10-11 years	2 kg	750 g	N/A	N/A
12-13 years	3 kg	750 g	400 g	3 kg
14-15 years	3 kg	1 kg	600 g	3 kg

## JUVENILE-OPEN IMPLEMENT WEIGHTS

	SHOT PUT	DISCUS	JAVELIN	HAMMER
<b>MEN</b>				
Juvenile	5 kg	1.5 kg	700 g	5 kg
Junior	6 kg	1.75 kg	800 g	6 kg
Open	7.26 kg	2 kg	800 g	7.26 kg
<b>WOMEN</b>				
Juvenile	4 kg	1 kg	600 g	4 kg
Junior	4 kg	1 kg	600 g	4 kg
Open	4 kg	1 kg	600 g	4 kg

**Horizontal jumps:** Athletes born 1997-2001 will be allowed three attempts. Athletes born in 1996 and before will receive three attempts, with the top 8 receiving an additional three attempts.

**High Jump starting heights:**                      **FEMALE**                      **MALE**

2001	0.80m	0.90m
2000	0.85m	1.00m
1999	0.95m	1.10m
1998	1.00m	1.20m
1997	1.10m	1.30m
1996	1.20m	1.40m
1995	1.30m	1.45m
1993-1994	1.40m	1.50m
1992 and older	1.45m	1.55m

**Medals & ribbons:** The top three finishers in each event will receive a medal, with the exception of relay teams. Athletes finishing 4-8 in each event will receive a ribbon. Ribbons only will be awarded to relay teams.

**Medals and ribbons may be picked up at the awards table near the finish line one half hour after the event results are posted. No early pick-ups are allowed (strictly enforced).**

Please encourage athletes to pick-up medals and ribbons before they leave the meet. Unclaimed medals and ribbons will be available at the BC Junior Development Championships in July. Due to the high cost of mailing, we will no longer routinely mail medals and ribbons to clubs after the meet. We will only respond to requests for mail out of unclaimed medals and ribbons if the request is accompanied by a \$25.00 pre-payment. Please address all queries to The Jack Brow Committee, Medals & Ribbons, KT&FC, Suite 107, 101-1865 Dilworth Drive, Kelowna, BC V1Y 9T1.

**Event results:** Event results will be posted during the meet and on the Kelowna Track & Field Club website ([www.kelownatrackandfield.com](http://www.kelownatrackandfield.com)). Results will be linked to the BC Athletics website ([www.bcathletics.org](http://www.bcathletics.org)). The Jack Brow Committee will endeavor to publish meet results as soon as possible after the conclusion of the meet.

For further information, please check the Kelowna Track & Field website at [www.kelownatrackandfield.com](http://www.kelownatrackandfield.com), or contact the meet registrar at [kelownatrack@gmail.com](mailto:kelownatrack@gmail.com).

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## **JACK BROW MEMORIAL TRACK & FIELD MEET**

### **Saturday, July 3rd, 2010**

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Schedule subject to change. The final schedule will be posted at the track. All races are timed finals unless otherwise indicated.

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#### **TRACK**

8:00 a.m.	3000m (age 13)
8:20 a.m.	2000m (ages 14-15)
8:30 a.m.	3000m (ages 16 and up)
9:05 a.m.	sprint hurdles timed finals (ages 9 and up)
12:15 p.m.	60m Fun Run (For those born after 2001, no registration required)
12:35 p.m.	60m timed finals (ages 9-10)
1:15 p.m.	200m timed finals (ages 11 and up)
3:00 p.m.	800m (ages 9 and up)
4:30 p.m.	4x100m (As per groupings noted in the Technical Package)

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# **JACK BROW MEMORIAL TRACK & FIELD MEET**

## **Sunday, July 4th, 2010**

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Schedule subject to change. The final schedule will be posted at the track. All races are timed finals unless otherwise indicated.

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### **TRACK**

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| 8:00 a.m. | 1500m<br>(ages 9-13)                                   |
| 8:35 a.m. | 1200m<br>(ages 14-15)                                  |
| 8:55 a.m. | 1500m<br>(ages 16 and up)                              |
| 9:30 a.m. | 100m<br>(Timed finals ages 9-13; heats ages 14 and up) |
| 1:00 p.m. | 200m hurdles timed finals<br>(ages 12-15)              |
| 2:20 p.m. | 300m hurdles timed finals<br>(Juvenile)                |
| 2:40 p.m. | 400m hurdles timed finals<br>(Junior and up)           |
| 3:20 p.m. | 100m finals<br>(ages 14 and up)                        |
| 4:15 p.m. | 300m timed finals<br>(ages 14-15)                      |
| 4:25 p.m. | 400m timed finals<br>(Juvenile and up)                 |

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# JACK BROW MEMORIAL TRACK & FIELD MEET

## Saturday, July 3rd—Sunday, July 4th, 2010

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**FIELD SCHEDULE** (Schedule subject to change. Final schedule will be posted at the track.)

Age Category	High Jump	Long Jump	Shot Put	Triple Jump	Discus	Javelin	Hammer	Pole V
<b>2001 Girls</b>	Sat 3:30	Sun 8:30 A	Sat 8:15					
<b>2001 Boys</b>	Sat 4:30	Sun 9:30 A	Sat 9:00					
<b>2000 Girls</b>	Sat 2:30	Sun 10:30 A	Sat 9:45					
<b>2000 Boys</b>	Sun 1:30	Sun 11:30 A	Sat 10:30					
<b>1999 Girls</b>	Sun 8:00	Sat 8:00 B	Sun 12:30	Sun 11:00 D	Sat 12:30			
<b>1999 Boys</b>	Sun 9:00	Sat 9:00 B	Sun 1:30	Sun 11:00 C	Sat 1:30			
<b>1998 Girls</b>	Sat 1:30	Sun 1:30 A	Sun 2:30	Sat 9:00 C	Sun 12:30			
<b>1998 Boys</b>	Sun 10:00	Sun 2:30 A	Sat 4:30	Sat 10:00 C	Sun 1:30			
<b>1997 Girls</b>	Sun 12:30	Sat 12:30 A	Sun 11:00	Sun 8:00 D	Sat 8:30	Sun 2:00		Sat. 1:30
<b>1997 Boys</b>	Sun 11:00	Sat 1:30 A	Sun 10:15	Sun 9:00 C	Sat 9:30	Sun 1:00		Sat. 3:30
<b>1996 Girls</b>	Sun 2:30	Sat 8:00 A	Sat 11:15	Sun 9:00 D	Sat 2:30	Sat 9:00	Sun 2:30	Sat 1:30
<b>1996 Boys</b>	Sat 12:30	Sat 9:00 A	Sun 8:00	Sun 10:00 C	Sat 10:30	Sat 11:30	Sun 3:30	Sat 3:30
<b>1995 Girls</b>	Sat 8:30	Sat 2:30 A	Sun 8:45	Sun 10:00 D	Sat 11:30	Sat 12:30	Sun 2:30	Sat 1:30
<b>1995 Boys</b>	Sat 9:30	Sat 1:30 B	Sun 9:30	Sat 11:00 C	Sat 3:30	Sat 10:00	Sun 3:30	Sat 3:30
<b>Juvenile Women</b>	Sat 10:30	Sat 3:30 B	Sat 2:30	Sun 12:30 D	Sun 11:30	Sun 9:30	Sat 4:30	Sat 1:30
<b>Juvenile Men</b>	Sat 11:30	Sat 2:30 B	Sat 3:30	Sun 12:30 C	Sun 10:30	Sun 8:30	Sun. 4:30	Sat 3:30
<b>Junior Women</b>	Sun 3:30	Sat 10:00 B	Sat 12:30	Sun 1:30 D	Sun 8:30	Sun 10:30	Sat. 4:30	Sat 1:30
<b>Junior Men</b>	Sun 4:30	Sat 11:00 B	Sat 1:30	Sun 1:30 C	Sun 9:30	Sun 11:30	Sun. 4:30	Sat 3:30
<b>Open Women</b>	Sun 3:30	Sat 10:00 B	Sat 12:30	Sun 1:30 D	Sun 8:30	Sun 10:30	Sat. 4:30	Sat 1:30
<b>Open Men</b>	Sun 4:30	Sat 11:00 B	Sat 1:30	Sun 1:30 C	Sun 9:30	Sun 11:30	Sun. 4:30	Sat 3:30