

HARRY JEROME



INDOOR GAMES

presented by



Saturday, February 3, 2018

Meet Information Bulletin

Last reviewed (DRAFT) ~ DECEMBER 10, 2017

***JD (BORN 2009-2008-2007-2006-2005), Midget (born 2004 or 2003),
Youth (born 2002 or 2001), Masters & Open Divisions ~ Men & Women***

This is the eighth year that this event offers the opportunity to compete on the indoor track and field complex at the Richmond Olympic Oval. The facility accommodates a level, 5-lane, 200 metre oval running track plus room for shot put and high jump. In addition, a separate 100m straightaway offers a safe, 5-lane environment for up to 60m sprints and 60m hurdles events.

Co-sponsors: The Richmond Kajaks Track & Field Club and
The Achilles International Track & Field Society



Location: Richmond Olympic Oval ~ 6111 River Road, Richmond, BC – www.richmondoval.com

Events: JD (born 2009-2005): 60m - 600m - 4X200m Mixed Relay (2G/2B)
 JD (born 2006-2005): **Shot Put (Boys/Girls) – WAS A NEW EVENT LAST YEAR!**
Midget, Youth, Masters, Open:
 60m – 60mH – 300m – 600m – 1000m – **1200m*/1500m** - 4x200m Relay - HJ – SP
 * 1200m is the official distance event for Midget W/M
CO-ED RACE-WALK EVENTS AGAIN! 1500m Midget-Youth-Open; 800m JD (born 2006-2005)

Awards: **Medals** to top 3 finishers in **ALL DIVISIONS!**
The Pacific World Cup for the University team aggregate point winner. Scoring: 6-4-3-2-1
The Eaton Cup for the Club team (Midget-Youth-Open) aggregate winner. Scoring: 6-4-3-2-1
Awards for best individual performance in Midget W/M; Youth W/M, Masters W/M, Open W/M

Entry Fees: **\$17.50** per person per event; **\$35.00** per relay team
Large Team Entry Fee Ceiling: \$400 per gender team.
Entries open Dec 15, 2017 and close midnight, Friday, Jan 26, 2018.
Go to: www.TrackieReg.com/2018JeromeIndoor

BC Athletics Membership Requirements:
 All participants in the meet must hold a 2018 BC Athletics or equivalent membership in order to take part in the meet. More BC Athletics information at: <http://www.bcathletics.org/main/index.htm>

Eligible memberships are:

- 2018 Competitive BC Athletics membership
 - 2018 Competitive membership with another province or IAAF Federation
 - 2018 Team Roster membership with a 2018 BC Athletics affiliated Post Secondary Club
 - 2017/2018 BC Athletics School Club (Elementary through High School) membership
- Elementary through High School aged athletes who are not with a 2017/2018 BC Athletics School Club are permitted to take out a \$3.00 **Day of Event** membership in order to participate in the meet.

Note: Day of Event memberships are not permitted for any other age group.

For the latest meet and entry information check: www.harryjerome.com/events/2018-jerome-indoor-games



Oval Track Schedule - Sectioned Timed Finals

Last reviewed (DRAFT) Dec 10, 2017

10:00	JD 12-13-Midget-Youth-Open	M	Shot Put
10:00	Midget 14-15	W	600m
10:05	Midget 14-15	M	600m
10:15	Youth 16-17	W	600m
10:20	Youth 16-17	M	600m
10:35	Open	W	600m
10:45	Open	M	600m
10:55	JD 9-13	W	600m
11:10	JD 9-13	M	600m
11:25	JD 12-13-Midget-Youth-Open	W	Shot Put
11:25	Midget, Youth, Open 14 and up	W	1000m
11:35	Midget, Youth 14-18	M	1000m
11:45	Open	M	1000m
12:00	Track Oval Closed for 60m OM		
12:20	Midget 14-15	W	300m
12:40	Midget 14-15	M	300m
12:50	Opening Ceremonies		
1:00	Midget-Youth-Open	W	High Jump
1:00	JD 9-13	G/B	4x200MixedRelay
1:15	JD 12-13/Midget-Youth-Open	M/W	Race Walk 800m/1500m
1:30	Youth 16-17	W	300m
1:45	Youth 16-17	M	300m
2:10	Open	W	300m
2:15	Open	M	300m
2:40	Midget 14-15	W	1200m
2:50	Midget 14-15	M	1200m
3:00	Track Oval Closed for 60m OM		
3:05	Midget-Youth-Open	M	High Jump
3:25	Youth 16-17	W	1500m
3:35	Youth 16-17	M	1500m
3:45	Open	W	1500m
3:55	Open	M	1500m
4:05	Midget 14-15	M	4x200Relay
4:15	Youth 16-17	W	4x200Relay
4:25	Youth 16-17	M	4x200Relay
4:35	Open	W	4x200Relay
5:15	Awards: Pacific World Cup – Eaton Cup – Outstanding Individual Performances		



Straightaway Schedule

Last reviewed (DRAFT) Dec 10, 2017

9:45	Midget 14-15	W	60mH-Prelim
9:50	Midget 14-15	M	60mH-Prelim
9:55	Youth 16-17	W	60mH-Prelim
10:00	Youth 16-17	M	60mH-Prelim
10:05	Open	W	60mH-Prelim
10:10	Open	M	60mH-Prelim
10:25	Midget 14-15	W	60mH Final
10:30	Midget 14-15	M	60mH Final
10:35	Youth 16-17	W	60mH Final
10:40	Youth 16-17	M	60mH Final
10:45	Open	W	60mH Final
10:50	Open	M	60mH Final
11:00	Midget 14-15	W	60m-Prelim
11:20	Midget 14-15	M	60m-Prelim
11:40	Youth 16-17	W	60m-Prelim
12:00	Open	M	60m-Prelim
12:25	Youth 16-17	M	60m-Prelim
12:50	Opening Ceremonies		
1:00	Open	W	60m-Prelim
1:15	JD 12-13	G	60m-Prelim
1:30	JD 12-13	B	60m- Prelim
1:45	JD 9-11	G	60m-Section Final
2:20	JD 9-11	B	60m Section Final
2:30	JD 12-13	G	60m- Final
2:35	JD 12-13	B	60m- Final
2:40	Youth 16-17	W	60m Final
2:45	Youth 16-17	M	60m Final-
2:50	Open	W	60m Final-A+B
3:00	Open	M	60m Final-A+B
3:10	Midget 14-15	W	60m Final
3:15	Midget 14-15	M	60m Final
3:20	Masters	W	60m-Final
3:30	Masters	M	60m-Final
5:15	Awards: Pacific World Cup – Eaton Cup – Outstanding Individual Performances		

Important Changes & Reminders:

- Over 300 applications for entry were received last year!
- Details regarding the online entry process on **Trackie** are included later in this bulletin.
- Parking will be at a premium. Further information will be posted on our website closer to the date of meet.
- The meet will continue to incorporate the straightaway adjacent to the oval for all 60m and 60mHurdle events. Events will run simultaneously on both the oval and the straightaway.
- Avoid time conflicts with events by reviewing this bulletin before completing entry applications.
- The ordering of pin spikes is integrated into the online event registration process at trackie.com!
- The Pacific World Cup (University) and Eaton Cup (Club) aggregate team winners as well as awards for the outstanding individual performance in each division (Midget; Juvenile; Open; Masters) will be presented at the conclusion of the meet.

Technical Notes:

- Events for Midget – Youth – Open – Master (born 2003 and older): 60m+, 60m Hurdles*, 300m 600m, 1000m, **1200m****, 1500m, 4X200mR, High Jump, Shot Put*, + = Masters sections; * = age adjusted; ** = the 1200m is the official distance event for Midget W /M).
- Events for JD (born 2009-2005) Girls and Boys: 60m-600m-4x200m **Mixed (2G/2B)** Relay.
- **Continued Events in 2018 for JD (born 2006-2005) Girls/Boys: Shot Put (3 kg); 800m co-ed Race Walk.**
- **Continued Events in 2018 for Midget – Youth – Open: 1500m co-ed Race Walk.**
- Separate 'Masters-only' sections of the 60m are available if numbers permit.
- Junior-aged and Masters-aged athletes may apply to compete in the Open division.
- Open Women and Open Men 60m B-finals will only be run if size of field warrants.
- **All athletes, especially relay team members, are encouraged to wear club jerseys during their competition.**
- If spikes are worn, only the following pin spike will be allowed for use on the Pulastic flooring. Omni-Lite 5mm Ceramic Indoor Pyramid spike and Omni-Lite 7mm Ceramic Indoor Pyramid spike The use of any other type or longer length of spike is prohibited and will be strictly enforced. **Spikes may be purchased online for \$7.00 per set at time of registration or onsite day of meet**
- The Track Zone starting blocks will be the only ones utilized.
- **We endeavor to ensure that the appropriate shot weights and sizes and hurdle heights and spacing are available during the competition.**
- **Specs for 60m Hurdles:**
 - Age Classes: Midget Women/Men; Youth Women/Men; Junior Women/Men; Senior (Open) Women/Men; Masters Women/Men

	Men				Women			
	Height	To 1 st H	Spacing	To Finish	Height	To 1 st H	Spacing	To Finish
Midget	.840m/33"	13m	8.5m	13m	.762m/30"	12m	8m	16m
Youth	.914m/36"	13.72m	9.14m	9.72m	.762m/30"	13m	8.5m	13m
Junior	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
Senior	1.067m/42"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 35-39	.991m/39"	13.72m	9.14m	9.72m	.840m/33"	13m	8.5m	13m
M: 40-49	.991m/39"	13.72m	9.14m	9.72m	.762m/30"	12m	8m	16m
M: 50-59	.914m/36"	13m	8.5m	13m	.762m/30"	12m	7m	20m
M: 60-69	.840m/33"	12m	8m	16m	.686m/27"	12m	7m	20m
M: 70-79	.762m/30"	12m	7m	20m	.686m/27"	12m	7m	20m
M: 80+	.686m/27"	12m	7m	20m	.686m/27"	12m	7m	20m

- **Specs for Shot Put:**

- Age Classes: **JD B/G (born 2006-2005)**; Midget W/M (14/15); Youth W/M (16/17); Junior W/M (18/19); Senior (Open) W/M; Masters W/M. Throwing Implements are provided. **JD weight is 3 kg.**

MEN	14/15	16/17	18/19	Open	M 35-49	M 50-59	M 60-69	M 70-79	M 80+
				(16#)	(16#)				
	4 kg	5 kg	6 kg	7.26 kg	7.26 kg	6 kg	5 kg	4 kg	3 kg

WOMEN	14/15	16/17	18/19	Open	W 35-49	W 50-59	W 60-69	W 70-74	W 75+
	3 kg	3 kg	4 kg	4 kg	4 kg	3 kg	3 kg	3 kg	2 kg

- **Start Lines & Stagers: (* = run on straightaway)**

- 60m*, 60mH*, 300m – run in lanes all the way (300 has 3-curve staggered start)
- 600m – 2-curve staggered start; break in after second curve
- 1000m – start on single or double curved line; break in when clear; 8 runners max
- 1200m and 1500m - start on single or double curved line; break in when clear; 9 runners max
- 4 x 200m Relay – 3-curve staggered start: break in after third curve; 20m exchange zone
- 1500m Race Walk – start on single or double curved line; break in when clear; **24 runners max**
- 800m Race Walk – start on single or double curved line; break in when clear;





Entry Deadline: Midnight, Friday, January 26, 2018

Entry Process:

- All entries are entered online at <http://www.trackiereg.com/2018JeromeIndoor>
- Please review carefully BC Athletics membership requirements.
- Relay Teams: When entering relay teams, all members must be identified by first selecting number of relay teams and then entering the names of members (section 2 of 3).
- Entry Fees CAP: Teams meeting the required \$400.00 entry fee total per gender per team (not including spike fees or day of meet BC Athletics Fee – if not a BCA member) will be calculated at time of online registration.
- There are no refunds for scratches that occur after the entry deadline. Groups claiming the \$400 cap must adjust their entry online to account for scratches up to Entry Deadline and will be charged for scratches received after the deadline to time of on-site payment of fees owing.
- Technical meeting at 8:45 am on meet day is last opportunity to scratch from events.

Inquiries re Entries: Direct your questions to: dclement007@gmail.com

Start List and Final Schedule:

First Start List 2:00 pm, Monday, Jan 29.

Final Start List and Schedule of Events 2:00 pm, Wednesday, Jan 31.

Posted on www.harryjerome.com/events/2018-jerome-indoor-games

Seeding and Finals:

- Athletes will be placed into sections or heats based on submitted **best 2017 OUTDOOR performances**.
- All track events with the exception of the 60m, and 60m Hurdles are **sectioned timed finals**.

Athlete Accreditation (Bibs) & Spectators:

- Athlete and spectator access to the Track Zone is available after **8:30 am**.
- Registered athletes may pick up their numbers at the **Athlete Check-in** table at the second level entrance to the Oval from **8:30 am**.
- General Admission tickets: \$5.00. Children under 13 accompanied by an adult are free.

Meet Program: after 2:00 pm on Monday, January 29

- Our PAPERLESS PROGRAM will be available at www.harryjerome.com/events

Check-in Times & Locations:

- Check-in for all **Oval track and field events** including **all 60m or 60m hurdle events** will be located at the northwest corner of the Track Zone (left end of the window wall). Check-in must occur **no later than 15 minutes before the posted start times**. The athlete control clerks will escort competitors to the start of their event when it is time.

Parking:

- Covered pay parking (\$1.00 per hour) is available at the Oval. West Park is a multi-level parking lot with access off River Road just east of the Lobby entrance to the Oval and with 40 parking stalls available also at \$1.00 per hour. With large groups at special events (like ours) parking becomes quite limited. We suggest you plan ahead with car-pooling or drop off plans.
- Check this link for up-to-date overflow pay-parking options on February 3.

http://richmondoval.ca/wp-content/uploads/2016/10/2016_7_OverflowParkingMap-1.pdf

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