



May 12, 2023
BC Athletics Board of Directors – Virtual Vote
Minutes

Attending: Darren Willis, Chair, Marcus Wong, Vice Chair, Ota Hally, Rebecca Dutchak, Newton Hoang, Cristi Lundman, Jasmine Gill, Greg White, Garrett Collier, Jordan Myers

The BC Athletics Junior Development Committee has requested your consideration of the following **urgent rule changes** on:

1. The combining of Junior Development athletes of different ages for relay events **in only the 2023 BC Athletics Relay Championships**:
 - Athletes Aged 9, 10 and 11 years of age on one team in the U12 age group for relays in the “New” BC Athletics Relay Championships schedule for 2023 on August 5th.
 - Athletes Aged 12 & 13 years of age on one team in the U14 age group for relays in the “New” BC Athletics Relay Championships schedule for 2023 on August 5th.
 - **Notes:**
 - The combining of age groups would **ONLY be for the 2023 BC Athletics Relay Championships** and be reviewed following the 2023 Championships by the BC Athletics Junior Development Committee and a recommendation provide to the BC Athletics Board of Directors relative to ages for team composition.
 - The current Junior Development rule requires athletes on relay teams to be of the same age group. The age groups are 9, 10, 11, 12, 13.

Motion

Moved: Darren Willis

Second: Jordan Myers

That the rule amendment for only the 2023 BC Athletics Relay Championships on combining Junior Development age groups as presented be approved:

- i. 9, 10, 11 yrs on a relay team in the U12 age group relay event; and
- ii. 12 & 13 yrs on a relay team in the U14 age group relay event.

Passed

2. The participation of Junior Development Athletes aged 9 & 10 yrs the 1200m Medley Relay;
 - Junior Development – Relay Event Distances:
 - The current BC Athletics Rules for Junior Development Relays:
 - i. The 1200m Medley Relay consists of 200m, 200m, 200m, 600m.
 - ii. The 1200m Medley Relays are only for the age groups of 11, 12, 13.
 - iii. Athletes in the age groups of 9 and 10 do not compete in the 200m individual event and as a result do not train for the 200m individual event.

Rationale:

 1. The windows of trainability relative to the normal physiological development of young athletes should at age 9 and 10, focus on fun, multiple events and speed development over distances of 60, 80, 100 metres.
 2. Speed development in the early stages of development is a key contributor to further and effective speed development in athletes through the stages of athlete development.
 3. The Athletics Long Term Athlete Development model (LTAD) recommends that the 200m distance be included at age 11 in order to protect young athletes from overtraining and to align with the windows of trainability. It is not advisable for athletes ages 9 and 10 yrs of age to train for and compete in the individual 200m event.
- The LTAD model provides guidelines, which BC Athletics has adopted for all individual Junior Development Track & Field Events and Relays.
- In consulting with an LTAD Expert (Les Gramantik, Cdn Combined Events National Coach), he indicated that LTAD provided guidelines to protect young athletes from overtraining and to align with the windows of trainability. So while not advisable for athletes 9, and 10 years of age to train for and race in an individual 200m event due to the training required for it, that being able to participate in a 1200m Medley Relay of 200, 200, 200, 600m would be good for them and contribute to their socio-emotional development. **Note:** The 600m is an individual event for the age groups of 9, 10, in BC Athletics.
- Therefore the recommendation from the BC Athletics Junior Development Committee to the BC Athletics Board of Directors is:
 - That the 1200m Medley Relay (200, 200, 200, 600) be added as a Relay Event for the Junior Development Age Groups of 9 and 10 years of age.
 - Note: The 1200m Medley Relay is an event for the BC Athletics Junior Development age groups of 11, 12 and 13.

Motion

Moved: Darren Willis

Second: Rebecca Dutchak

That the Rule Change to add the 1200m Medley Relay (200m, 200m, 200m, 600m) as an event for the Junior Development age groups of 9 & 10 yrs be approved.

Notes:

- i. This rule change to be:
 1. ongoing and
 2. take affect upon approval and
 3. be an event in the 2023 BC Athletics Junior Development Track & Field Championships and Junior Development Club competitions sanctioned by BC Athletics.

Passed