

Barnburner 5000 Technical Package and Meet Schedule

Technical Package: Track Meet - 5000 Meter Races

Event Details:

- Track Meet Name: Barnburner 5000
- Date: August 12th, 2023
- Location: Royal Bay Track, Colwood, British Columbia, Canada

Event Overview:

The Barnburner 5000 is an open track meet where participants from the community can compete in 5000-meter races. This technical package provides essential information for participants, officials, and spectators, ensuring the smooth organization and execution of the event.

Event Schedule:

4:00 PM: Check-in open

5:00 PM: Races commence

7:00 PM: Estimated completion time

Registration:

- All participants must register online before the event. The registration deadline is August 10th, 2023 at 6pm.
- Participants should provide their full name, age, gender, contact information, and any relevant medical conditions or allergies.
- Registration fees will apply and must be paid during the online registration process.

Eligibility:

- The event is open to individuals of all ages and genders.
- Participants under 18 years of age must have parental consent to participate.
- Participants should be physically fit and capable of completing a 5000-meter race.
- Participants must hold a BCA membership - TBD

Race Categories:

- Heat 1: Race times ranging from 30 minutes to 25 minutes
- Heat 2: Race times ranging from 25 minutes to 20 minutes
- Heat 3: Race times 20 minutes or faster

Event Format:

- Races will be organized as per the number of registered participants in each category.
- Participants will run 12.5 laps on a standard 400-meter track.
- The number of participants per heat will be determined by registration numbers.
- Heats will be divided based on participant times to ensure fair competition.

Rules and Regulations:

- All participants must wear appropriate athletic attire, including running shoes
- Participants must follow the instructions of the race officials and adhere to the track meet's code of conduct.
- Any participant found in violation of the rules or engaging in unsportsmanlike conduct may be disqualified.

Facilities and Services:

- Restrooms may be available on-site
- Medical personnel will be present to provide basic first aid if required.

Awards and Recognition:

- Draw prizes will be awarded

Spectator Information:

- Spectators are welcome to attend the event free of charge.
- Spectators must respect the track boundaries and follow instructions from event staff.

Event Contact Information:

For any inquiries or additional information, please contact the event organizers at:

Name: Speedfarm

Email: chad@speedfarm.ca or jenn@speedfarm.ca

Phone: 778 967 3432 (Chad) or 778 967 4059 (Jenn)

Note: This technical package is intended as a general guideline. Any updates or modifications to the event details will be communicated to registered participants via email or the event website.

Meet Schedule

4:00 pm – Meet at track, set up event

4:30 pm - Heat 1 (5000m race) - Estimated Completion Time: 30 minutes

5:00 pm - 15-minute Break for Organization

5:15 pm - Heat 2 (5000m race) - Estimated Completion Time: 25 minutes

5:40 pm - 15-minute Break for Organization

5:55 pm - Heat 3 (5000m race) - Estimated Completion Time: 20 minutes

6:30 pm – Awards and Meet Clean Up

Please note that the schedule allows for 15 minutes of break time between each heat to ensure adequate time for organizing and preparing for the next race. The estimated completion times for each heat are provided as averages, and actual completion times may vary slightly.