



2024 BC Summer Games

# ATHLETICS TECHNICAL PACKAGE

---

## OVERVIEW

This document provides important details of the Athletics portion of the 2024 BC Summer Games including eligibility requirements, athlete selection criteria and process and competition information. To fully understand the rules and requirements of participation at the BC Summer Games, it is expected by all participants that the [BC Games General Rules](#) are to be read and understood in addition to this document.

## COMPETITION INFORMATION

Event	2024 BC Summer Games
Dates:	July 18-21,2024
Host City:	Maple Ridge
Athletics Venue:	Maple Ridge Secondary / Merkley Park
Rules:	<a href="#">BC Games General Rules</a>
Ages:	14-15 years of age (born 2009/2010 as of December 31, 2024)
Zone Teams:	24 competitors per zone (12 male and 12 female)
Wildcard:	96 Wildcard spaces (48 male and 48 female) *
Maximum Athletes:	288 athletes

\* Wildcard spots are determined and allocated by the Provincial Advisor.



## IMPORTANT DATES

Date	Item	Note
March 01, 2024	Performance Window Open	<a href="#">BCA Sanctioned Events</a>
June 03, 2024	Athlete Declarations Due to Zone Reps	<a href="#">Form Link</a>
June 10, 2024	Zone Reps submit athletes to Provincial Advisor	Zone Reps
June 17, 2024	BC Summer Games Society Registration Deadline	Provincial Advisor
July 18-21, 2024	2024 BC Summer Games	Maple Ridge, BC

## ROLES

### Provincial Advisor

Debbie Foote  
[debbieandabresia@hotmail.com](mailto:debbieandabresia@hotmail.com)

### Assistant Provincial Advisor

Dawn Driver  
[dawn\\_driver@hotmail.com](mailto:dawn_driver@hotmail.com)

### BC Athletics

Garrett Collier  
[garrett.collier@bcathletics.org](mailto:garrett.collier@bcathletics.org)

## ATHLETES

Please see below for information pertaining to Athlete participation including eligibility, zone team selection, BC Games Rules, and event participation rules.

### ATHLETE ELIGIBILITY

To be eligible to compete in the BC Summer Games, athletes must:

- Complete the [2024 BC Summer Games Athlete Declaration](#) by June 3, 2024.
- Compete follow all steps as set out by the Athlete Selection Criteria (see below).
- Only be attending the 2024 BC Summer Games in the sport of Athletics.
- Register as either a BC Athletics Competitive Athlete Member or BC Athletics BC Summer Games membership upon confirmation of a selection to a Zone Team.

### ATHLETE SELECTION CRITERIA

**New in 2024** - Athletes wishing to be selected to a BC Summer Games Zone Team can do so based on one of two selection criteria options to be decided on by their BC Games Zone Rep in consultation with BC Athletics and the Provincial Advisor. One of the following criteria can be used:

#### 1. TRIALS BASED SELECTION

Athletes must compete at a Zone Trials event to be eligible for team selection. A Trials event (track & field meet) will be decided upon by the Zone Rep in consultation with the Provincial Advisor and BC Athletics. Zones using this selection method will select their teams based on performances at the Zone Trials.



### 2. PERFORMANCE-BASED SELECTION

Athletes must register a performance at a BC Athletics Sanctioned event or a BC School Sports Zone Championship meet. If the BC School Sports Zone Championships is not sanctioned by BC Athletics, athletes will be asked to submit proof of those results on the BC Summer Games Athlete Declaration. A performance-based selection is provided in cases where a trials meet cannot be held. A list of events can be found on the [BC Athletics Calendar of Events](#).

### ATHLETE RULES

Athletes, coaches, and parents are asked to please familiarize themselves with the following rules around participation in the Games and in each event.

- a. Athlete selected to a BC Games Zone Athletics Team can compete in the sport of Athletics only.
- b. Athletes must compete for the BC Games Zone they reside in.
- c. Athletes must adhere to and conduct themselves according to the [BC Games Code of Conduct](#).
- d. Athletes selected to a BC Games Zone Athletics Team must be a BC Athletics Competitive Athlete member or a BC Summer Games member ([click here](#)).
- e. Athletes selected to a BC Games Zone Athletics Team must stay in the Games accommodations or the duration of the Games.

### EVENT ENTRY RULES

Please see Appendix A for a list of events to be contested and events capacity limits at the 2024 BC Summer Games. Please contact the Provincial Advisor with any questions. Athletes, coaches, and parents are asked to please familiarize themselves with the following Event Entry Rules.

- a. Each zone is permitted the following: three (3) athletes for the 100m and 200m events, two (2) athletes for all other events, and one (1) relay team per zone per relay (4 x 100m and 4 x 400m). After the zone teams have been selected, vacant positions in each event will be filled by Wildcards based on performance.
- b. Each athlete may be selected to compete in up to three (3) events plus a relay as determined by the Zone Rep. Athletes are not guaranteed three (3) events or a relay competition. Final event selection is determined through the zone selection process, zone selection committee and/or team staff in each zone.
- c. Athletes competing in the pentathlon may compete in that event only, plus one relay.
- d. Athletes may only attend one BC Summer Games to compete in Athletics.

### ZONE REPS

#### ROLE OF ZONE REPS

Zone Reps are selected by the Provincial Advisor in consultation with the Program Manager for Track & Field at BC Athletics. Zone Reps must submit an [online application](#) to be considered.



The role of BC Summer Games Zone Reps is to ensure that all eligible athletes in the zone they are representing have the opportunity to qualify for the 2024 BC Summer Games. This includes athletes that may not yet be a BC Athletics Competitive athlete member. They do so by planning and promoting the qualification events for the zone including the chosen selection criteria. Each PSO (BC Athletics) manages zone qualification events differently, so Zone Reps will need to work with the Provincial Advisor and/or PSO to determine process, eligibility, timing fees, etc.

Zone Reps should review this technical package for Athletics to ensure they are familiar with eligibility requirements. They should also review the BC Games General Rules. These are located on the [BC Summer Games website](#).

**ZONE REPS DO NOT SUBMIT THEIR EXCEL SPREADSHEETS TO BC SUMMER GAMES DIRECTLY. THEY MUST GO THROUGH THE PROVINCIAL ADVISOR.**

Zone representatives must submit their proposed team and wildcard lists to the Provincial Advisor prior to June 10, 2024, in order that zone teams can be finalized, and wildcard spots allocated by the Provincial Advisor prior to the BC Games Society registration deadline of June 17, 2024. Zone Reps are encouraged to submit their lists to the BC Games Provincial Advisor as soon as possible.

## COACHES

Each zone is required to have one (1) head coach and one (1) assistant coach and may have up to two (2) additional adults who will be registered as assistant coaches or adult supervisors. There must be at least one adult of each gender. The minimum age for adults attending the Games is 19 years of age. Each zone is required to bring a head coach; if there are additional members of the zone coaching staff, at least one must be registered as an assistant coach.

**IMPORTANT:** **New in 2024** - All coaches wishing to be considered for a BC Games Zone Team must complete the [BC Summer Games Coach Application form](#).

Every zone must name a head coach and at least one assistant coach (exception: sports for athletes with a disability, which must have one head coach and at least one assistant coach for the sport). If additional adults are named for the zone (or sport) and they meet the certification requirements of assistant coaches, they should be registered with the role “assistant coach”, otherwise they are registered with the role “adult supervisor”.

## COACH ELIGIBILITY

The role of Head Coach and Assistant Coach at the BC Summer Games includes traveling to and from the Games with the team/zone, residing with the team/zone in BC Summer Games accommodations, and acting in a supervisory capacity throughout the Games.

BC Games General Rules dictate the level of coach certification required for Head Coaches and Assistant Coaches unless otherwise stated in this Technical Package. A minimum of Safe Sport Training is required for all adult supervisors.

All coaches wishing to be considered for a BC Summer Games Zone Team as a Head Coach or an Assistant coach must:

- a. Have an [NCCP number](#) (it takes 2 minutes).
- b. Be a BC Athletics Coach Member ([click here](#)).



- c. Be NCCP Certified Club Coach (or equivalent) for all **Head Coaches**.
- d. Be NCCP Trained Athletics Sport Coach for all **Assistant Coaches**.
- e. Be at minimum a BC Athletics Associate Member for all **Adult Supervisors**.
- f. Have completed the [CAC Make Ethical Decisions Module](#).
- g. Have completed the [CAC Safe Sport Training Module](#).

Those wishing to be considered for Team Coaches (Head and/or Assistant) must have or register for an NCCP Number before registering as a BC Athletics Coach Member.

For more information see: [BC Games General Rules](#)

## OFFICIALS

The 2024 BC Summer Games is permitted to register 41 officials as participants for the games. To be eligible as an official for the BC Summer Games, officials must:

- a. Be members of BC Athletics and registered as a BC Athletics official ([click here](#))
- b. Be certified at a minimum Level 2 or 3 prior to the games ([click here for more information](#))

Transportation, accommodation, and meals to be arranged by the Host Society, will be provided for officials. Officials who are planning to use the BC Summer Games transportation and or accommodation must notify the Provincial Advisor no later than June 17, 2024.

For more information see: [BC Games General Rules](#)

## EQUIPMENT

Throwing Events: Personal throwing implements must be approved by the BC Athletics Technical Official (weigh-in official) at least one hour before the start time of the event and will become part of the pool of implements that all athletes can use. All other throwing implements will be supplied.

Pole Vault: Athletes competing in the pole vault must bring poles to compete and must make arrangements for their transportation to and from the BC Summer Games through the Provincial Advisor.

## AWARDS

Placing Medals will be awarded within the parameters of the [BC Games Society Medals Rule](#).

## FEES

BC Summer Games Fees are assessed for athletes only (coaches, adult supervisors and officials do not pay this fee). Athletes or their clubs will be invoiced for fees based on the information provided by the BC Summer Games Athlete Declaration Form under "Fees." Fees for the 2024 BC Summer Games are as follows:



## 2024 ATHLETICS TECHNICAL PACKAGE

BC Summer Games General Fees	\$175.00
BC Athletics Supplemental Fee* (+GST)	\$65.00
Admin Fee (+GST)	\$6.43
<hr/>	
<b>TOTAL</b>	<b>\$250.00</b>

\*Singlet + Opening Ceremony Attire

Please note that there are additional fees to register with BC Athletics ([click here](#)) and compete at BC Athletics Sanctioned Events (vary based on event host).

### ACCOMODATIONS & TRANSPORTATION

It is the BC Games Society policy that all participants under 19 are required to stay in Games accommodation, regardless of where they reside, and that at least one adult of each gender must stay in Games accommodation in a supervisory capacity.

BC Athletes requires all athletes to be part of their BC Summer Games zone team from their arrival on Wednesday until the end of the Games on Sunday.

All adults attending the Games are expected to reside in BC Games accommodation with the athletes from their zone team.

Officials who are planning to use the BC Summer Games transportation and or accommodation must notify the Provincial Advisor no later than June 17, 2024.



## APPENDIX A

All Events and Events Specifications are based on the [BC Athletics U16 age category specifications](#).

Female/Girls		Event	Male/Boys	
Quota	Specification		Specification	Quota
3		100m		3
3		200m		3
2		300m		2
2		800m		2
2		1200m		2
2		2000m		2
2		1500m RW		2
2	30" / 0.762m	1500m SC	30" / 0.762m	2
2	30" / 0.762m	80mH		2
2		100mH	33" / 0.840m	2
2	30" / 0.762m	300mH	30" 0.762m	2
1		4 x 100m		1
1		4 x 400m		1
1		4 x 400m Mixed		1
2		High Jump		2
2		Pole Vault		2
2		Long Jump		2
2		Triple Jump		2
2	3.00 KG	Shot Put	4.00 KG	2
2	1.00 KG	Discus Throw	1.00 KG	2
2	3.00 KG	Hammer Throw	4.00 KG	2
2	500G	Javelin Throw	600G	2
2	See above	Pentathlon	See above	2

Technical Notes:



## 2024 ATHLETICS TECHNICAL PACKAGE

- 80 m hurdles: 8 hurdles at .762 m (30"), distance to first hurdle is 12 m, distance between hurdles is 8m, distance to finish is 12 m.
- 100 m hurdles: 10 hurdles at .840 m (33"), distance to first hurdle is 13 m, distance between hurdles is 8.5 m, distance to finish is 10.5 m.
- 300 m hurdles: 7 hurdles at .762 m (30"), distance to first hurdle is 50 m, distance between hurdles is 35 m, distance to finish is 40 m.
- 1500m Steeplechase: 12 hurdles at .762 m (30"), 0 water jumps.
- Pentathlon will take place over one day in this order: Girls: 80m Hurdles, High Jump, Shot Put, Long Jump, 800m; Boys: 100m Hurdles, Long Jump, Shot Put, High Jump, 1000m.

