

Coquitlam Cheetahs Track and Field Club

2024 Parent Information Manual

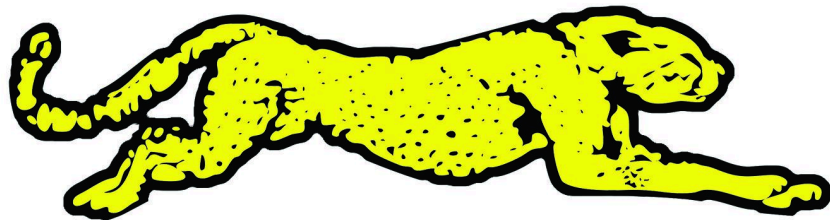


Table of Contents	2
President’s Welcome Message	3
Purpose	4
Important Contact Information	
2024 Board of Directors	4
Coordinators	4
Coquitlam Cheetahs Track and Field Club History	5
Programs	6
Junior Development Training (Ages 9-13)	
Junior Development Crests	
BC Summer Games	
U16 / U18 / U20 / Senior Training	
U16 – Ages 14-15	
U18 - Ages 16-17	
U20- Ages 18-19	
Seniors – Ages 20 +	
Coach’s Statement	7
Highlighted BCJD Track Meets	
2024 BCJD Meet Information	8
BC Athletics Track and Field Events by Age Class	10
Cheetah’s Responsibilities	14
Athlete’s Responsibilities	
Parent’s Responsibilities	
Administrative Details	15
Registration for the Club	
When and Where	
How Much	
What You Need to Register	
Uniform Deposit	17
Registration for Track Meets	17
Registering for a Meet -- It’s Your Responsibility	
Who Will be at the Meet and Events	
Fund Raising	18
Website	18
Frequently Asked Questions (FAQ)	19
Results	22
2024 Coquitlam Cheetahs Practice Schedule	23

President's Welcome Message

Welcome to all new and returning parents and athletes. Another exciting season of track and field begins for our athletes aged 9-13 on April 9, 2024. Most of our older athletes are training throughout the year and are looking forward to the Summer competitive season.

As a member of our club you will have the opportunity to train at one of the best track and field facilities in Canada: Percy Perry Stadium. In addition to a great training facility, we boast one of the most comprehensive Run, Jump, Throw programs in the province, which is sustained by the large number of experienced volunteer coaches who give their time and knowledge to all of our athletes. We also take pride in being able to provide updated uniforms for our athletes as well as keeping pace with new training and meet equipment.

This year we are excited to return to our home track and field facility at Percy Perry Stadium after relocating to Centennial High School for the second half of the 2023 season. Once again we will be able to provide a complete run, jump, throw program for our junior development athletes.

The main outdoor training sessions run from the beginning of April to the end of July. We encourage parents to stay, watch, learn and help, but if you must leave, make sure you are back before practice ends to pick up your child. Sometimes practices end early due to inclement weather – please talk to the coaches on bad weather days to get an accurate ending time.

It is very important that you convey to your young children not to leave the track complex by themselves. They must wait for you. If they have any concerns, have them approach any one of our coaches for help. It would be a good idea for your children to carry contact phone numbers in their training bag.

Track and field meets can be overwhelming to new members. Don't worry, we will help you. Ask questions; talk to parents that have been through it already. We are a friendly group that is always willing to help. Check the bulletin board for updates every time you are down at the track, check the website often (www.coquitlamcheetahs.org), and talk to coaches or executive members.

The following are important dates for the upcoming season:

- **June 1-2, 2024 Jesse Bent Invitational Track and Field Meet (home meet)**
- **July 12-14, 2024: BC Athletics Track & Field Championships Jamboree (Ages 14+), Nanaimo**
- **June 16, 2024: Junior Development Pentathlon Championship, Coquitlam**
- **July 26-28, 2024: Junior Development Track & Field Championship, Surrey**

We look forward to meeting you and hope you all enjoy the season!

Paul Self
President

Purpose

The philosophy of the Coquitlam Cheetahs Track and Field Club is to provide the youth of the community with the opportunity to:

- Participate in a program of training
- Compete locally, provincially, nationally and internationally
- Work in conjunction with local government to develop first class track and field facilities
- Foster an atmosphere in which athletes can achieve their full potential

Important Contact Information

2024 Board of Directors

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>Email</i>
President	Nick Ayin	778-235-5547	nicholasayin@hotmail.com
Vice President	Benjamin Ayesu-Attah	604-771-1862	ben.ayesu.attah@gmail.com
Registrar	Shania Payne	604-460-1507	cheetahs.reg@gmail.com
Treasurer	Michael Aono	778-875-0977	aonomichael@gmail.com
Secretary	Jackie Hamnett	604-468-1785	coquitlamcheetahs@gmail.com

Coordinators

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>Email</i>
Uniform Coordinator	Deni McLaughlin	604-942-0095	denivernon@gmail.com
Volunteer Coordinator	Jackie Hamnett	604-468-1785	jacksham_99@yahoo.com
Equipment Coordinator	Juliet Mohlmann	604-461-4946	mohlmann@telus.net
Risk Manager	TBA	TBA	TBA
Webmaster	Benjamin Ayesu-Attah	604-771-1862	coquitlamcheetahs@gmail.com

Coaches

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>Email</i>
Head coach	Tara Self	604-464-0753	tself@hotmail.com

Coquitlam Cheetahs Track and Field Club History

The Coquitlam Cheetahs Track and Field Club was founded in 1962. All monies received are spent solely on supporting the member athletes in track and field related activities, and purchasing the latest equipment to enhance their skills.

The Coquitlam Cheetahs Track and Field Club is a member organization of Athletics Canada and BC Athletics.

The club is located in Coquitlam, British Columbia, 30 kilometres east of Vancouver. Our first class training facility is located at Percy Perry Stadium at Town Centre (1290 Pipeline Road). It includes a Mondo track surface with areas for long jump, triple jump, high jump and pole vault suitable for all levels of track competition. The facility also includes separate areas for discus, hammer, shot put and a polyflex synthetic rubberized track surface for javelin.

The Coquitlam Cheetahs Track and Field Club has its origins dating back to the 1960s. In the early 1970s, Doreen and Barry Petrie officially formalised the club, to allow its athletes to compete in the Junior Development (age 9-15 at the time), Juvenile (age 16-17) and Junior (age 18-19) Divisions. The age categories have now been redefined as Junior Development (age 9-13), U16 (age 14-15), U18 (age 16-17), U20 (age 18-19) and Senior (age 20+). There were approximately 40 athletes competing for the club at that time and by the end of the decade this number had doubled to 80 athletes.

Participation ebbed and flowed during the 1980s. In 1989, Percy Perry became Head Coach of the club, at which time the club also moved to its new location at The Coquitlam Town Centre Track. It was during this time that club membership began to thrive again, allowing the club to provide its athletes with the latest in training equipment including its own indoor weight training facility and year round training schedules for its older athletes in the Juvenile, Junior and Senior Divisions. Tara Self, daughter of Percy Perry and two-time Olympian, assumed head coaching duties for the club in 2005. During the past nineteen years the club has experienced significant success in attracting new athletes. Membership has fluctuated, In addition to track and field training and development, the club is involved in and continues to support Cross Country Running.

Throughout the club's history, it has always maintained and will continue to provide youth a positive atmosphere in which athletes can achieve their full potential.

Programs

The Coquitlam Cheetahs Track Club provides programs for both track and field events.

Our coaches volunteer a great deal of their time during the week to prepare your child for the meets on the weekend and may not necessarily be at all of the competitions to oversee your child. There will be a designated contact person at each meet as well as seasoned parents that can assist new members. Look for the familiar Cheetah singlet and banners (where possible).

All programs are categorized according to the age division in which the athlete will compete. The programs provided by the club are as follows.

Junior Development Training (Ages 9 - 13)

The Junior Development Program is commonly referred to as JD's. These athletes compete against other athletes born in the same birth year. Outdoor training for the JD's usually begins in April and continues to the end of July. During this period, practices are held Monday to Thursday. Track competition meets are usually held on Saturday and Sunday. In some cases, particularly the larger track meets, these can be 3 day meets starting on Friday evening. Athletes are encouraged to participate in as many meets as they wish, and need not participate in events on all days of a meet – tailor your child's schedule as you wish.

Junior Development Crests

JD Crests are awarded to all athletes who meet the published BC Athletics standards for their age categories in three events. All Performances must be attained at track and field meets recognized by the BCJD Committee. Parents are encouraged to review the standards, and keep track of their child's results to see if they qualify for crests. Results are calculated automatically by BC Athletics to determine crest winners.

An athlete must meet the standard for the award applied for in at least three events. For example, if an athlete achieves a gold standard in two events and a bronze standard in the third event, then the crest will be bronze.

BC Summer Games

Every two years, 14 and 15-year-old track and field athletes are eligible for BC Summer Games based on qualifying standards at designated track meets.

The competition is for 14/15 year old athletes competing in one age class (U16). Athletes are selected for 8 Provincial Zone teams. The Games were held annually until 1998 and thereafter every 2 years (2018, 2020, 2022, etc.). Refer to the BC Summer Games Handbook for the details on the Games and the Track & Field competition.

This year the games will be held in Maple Ridge. Information about the summer games can be found [here](#).

U16 / U18 / U20 / Senior Training

U16 – Ages 14-15

This age group (14 and 15 year olds) competes together. The provincial championship meet that they attend is the BC Athletics Track and Field Championships Jamboree. However, only the 15 year old age group is eligible to be selected for the BC Legion Provincial Team.

U18 - Ages 16-17

Athletes in these categories attend all major meets in BC. Also, for those who qualify, athletes may attend meets in the U.S. and other Canadian Provinces.

U18 athletes compete in the BC Athletics Track and Field Championships Jamboree to qualify for the BC team to compete in the National Legion Camp.

U20 - Ages 18-19

U20 athletes compete in the BC Athletics Track and Field Championships Jamboree to qualify for the Canadian Championship. Athletes achieving the established standard are selected to compete in international meets.

Seniors – Ages 20 +

Senior Athletes follow a similar program to U20. In their case the goal is to make the team competing in the Commonwealth Games, the Pan Am Games and the Olympic Games to name a few.

Cross Country

The Cross-Country season begins in September and continues through the fall. Athletes competing in cross-country can be named to the BC teams.

Coach's Statement

The coaching of the Coquitlam Cheetahs Track and Field Club is a mostly voluntary service. Obtaining the required number of trained coaches is one of the most onerous tasks experienced

by the club and to alleviate this problem, the club sponsors training clinics for interested volunteer persons that will provide them the necessary skills to assist in practices.

Highlighted BCJD Track Meets

There are many events on the BC Athletics Track & Field Calendar. The Cheetahs typically attend the following events that make up the BCJD Program (for athletes age 9 – 13). With a few exceptions, there are meets virtually every weekend from May through July. Take part in as many or as few as you wish. Some meets are one day (the Pentathlon requires athletes to compete in all five events), and those that are three days long start with a few events on Friday afternoon and evening.

2024 BCJD Meet Information

<i>Dates</i>	<i>Meet</i>	<i>Location</i>	<i>Host Club</i>
May 3-4	Jennifer Swan Rogers Memorial Track and Field Meet	Abbotsford	Valley Royals Track and Field Club
May 11	Golden Ears Invitational Meet	Maple Ridge	Golden Ears Track and Field Club
May 18-19	Universal Open Track and Field Meet	Delta	Universal Track and Field Club
May 24-26	BC Elementary Track and Field Championships	Richmond	Kajaks Track and Field Club
June 1-2	Jesse Bent Invitational Track and Field Meet	Coquitlam	Coquitlam Cheetahs Track and Field Club
June 22	BC Pentathlon Championships	TBA	BC Athletics
June 23-24	Langley Pacific Invitational	Langley	Langley Mustangs Track and Field Club

June 30-July 2	Jack Brow Memorial	Kelowna	Okanagan Track and Field Club
July 6-7	Trevor Craven Memorial Track and Field Meet	Burnaby	Norwesters Track and Field Club
July 26-28	BC Junior Development Track and Field Championships	TBA	

BC Athletics Track and Field Events by Age Class

The following are the Track & Field Events that are contested in each of the age groups. All age groups are calculated as of December 31st in the year of competition.

X = indicates that the event is held for that gender and age class

S/C = Steeplechase, RW = Race Walk, Medley Relay = 200m, 200m, 400m, 600m

Refer to the [JD Manual](#) for details on hurdles, throws, and pentathlon

Gender/Age	Female Tyke 9	Male Tyke 9	Female Pee Wee 10	Male Pee Wee 10	Female Pee Wee 11	Male Pee Wee 11	Female Bantam 12	Male Bantam 12	Female Bantam 13	Male Bantam 13
60m	X	X	X	X	X	X				
100m	X	X	X	X	X	X	X	X	X	X
200m					X	X	X	X	X	X
300m							X	X	X	X
600m	X	X	X	X	X	X				
800m							X	X	X	X
1000m	X	X	X	X	X	X				
1200m							X	X	X	X
2000M									X	X
60M H	X	X	X	X	X	X				
80m H							X	X	X	X
200m H							X	X	X	X
800m RW	X	X	X	X	X	X	X	X		
1500m RW									X	X
4x100m Relay	X	X	X	X	X	X	X	X	X	X
Medley Relay					X	X	X	X	X	X

X = indicates that the event is held for that gender and age class
 S/C = Steeplechase, RW = Race Walk, Medley Relay = 200m, 200m, 400m, 600m
 Refer to the [JD Manual](#) for details on hurdles, throws, and pentathlon

Gender/ Age	Female Tyke 9	Male Tyke 9	Female Pee Wee 10	Male Pee Wee 10	Female Pee Wee 11	Male Pee Wee 11	Female Bantam 12	Male Bantam 12	Female Bantam 13	Male Bantam 13
High Jump	X	X	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X
Triple Jump									X	X
Pole Vault									X	X
Shot Put	X-2kg	X-2kg	X-2kg	X-2kg	X-2kg	X-2kg	X-3kg	X-3kg	X-3kg	X-3kg
Discus			X-750g	X-750g	X-750g	X-750g	X-750g	X-1kg	X-750g	X-1kg
Javelin			X-400g	X-400g	X-400g	X-400g	X-400g	X-500g	X-400g	X-500g
Hammer							X-3kg	X-3kg	X-3kg	X-3kg
Pentathlon	X 60H HJ LJ SP 600m	X 60H HJ LJ SP 600m	X 60H HJ LJ SP 600m	X 60H HJ LJ SP 600m	X 60H HJ LJ SP 600m	X 60H HJ LJ SP 600m	X 80H HJ LJ SP 800m	X 80H HJ LJ SP 800m	X 80H HJ LJ SP 800m	X 80H HJ LJ SP 800m

X = indicates that the event is held for that gender and age class; S/C = Steeplechase
 Refer to the BC Athletics Events and Technical Specifications for Athletes Manual

Gender/ Age	Female U16 14/15	Male U16 14/15	Female U18 16/17	Male U18 16/17	Female U20 18/19	Male U20 18/19	Female Senior 20+	Male Senior 20+
100m	X	X	X	X	X	X	X	X
200m	X	X	X	X	X	X	X	X
300m	X	X						
400m			X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X
1200m	X	X						
1500m			X	X	X	X	X	X
2000m	X	X						

3000m			X	X	X			
5000m					X	X	X	X
10000m						X	X	X
80m H	X							
100m H		X	X		X		X	
110m H				X		X		X
300m H	X	X						
400m H			X	X	X	X	X	X
1500m S/C	X-No Water Jump							
2000m S/C			X	X				
3000m S/C					X	X	X	X
1500m RW	X	X						
3000m RW								
5K RW			X	X	X	X		
10K RW					X	X	X	X
20K RW							X	X
50K RW								X
4x100m Relay	X	X	X	X	X	X	X	X
4x400m Relay	X	X	X	X	X	X	X	X

X = indicates that the event is held for that gender and age class; S/C = Steeplechase
 Refer to the BC Athletics Events and Technical Specifications for Athletes Manual

Gender/ Age	Female U16 14/15	Male U16 14/15	Female U18 16/17	Male U18 16/17	Female U20 18/19	Male U20 18/19	Female Senior 20+	Male Senior 20+
High Jump	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X	X	X
Pole Vault	X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X
Javelin	X	X	X	X	X	X	X	X
Hammer	X	X	X	X	X	X	X	X
Pentathlon	X	X						
Heptathlon			X		X		X	
Octathlon								
Decathlon				X		X		X

Cheetah's Responsibilities

A club's success is based on the participation and engagement of its members.

Athlete's Responsibilities

The following are mandatory for those athletes participating in the program who hope to be successful:

- To attend training sessions regularly and punctually
- To enter as many track meets as possible
- To wear the Club's uniform at all times when competing
- To sign up, in the equipment shed, for the events they intend to compete in, well in advance of the intended meet
- To conduct themselves in such a manner as to be a credit to themselves and the club, and to adhere to the BC Athletics Code of Conduct for Athletes
- To assist at all track meets sponsored by the Coquitlam Cheetahs Track and Field Club to the fullest extent possible

Parent's Responsibilities

Parent's involvement is vital to the success of this program and participation is encouraged in the following areas:

- To give encouragement and support to all athletes
- To ensure that athletes are at training sessions on time
- To ensure that athletes attend all meets and be at the event location at least one hour before the start of their event
- To assist with coaching
- To assist in organizing and supporting club fund-raising activities
- To participate in the administrative aspects of the club
- To assist by officiating at Cheetahs sponsored meets and, when requested, at meets put on by other clubs
- To attend and participate in club organised training clinics
- To attend Annual General Meetings
- To regularly check the bulletin board at the track clubhouse and website for news, events and other important club activities
- To adhere to the BC Athletics Code of Conduct for Volunteers

Administrative Details

Registration for the Club

When and Where

New registration process for the 2024 season. **Fees are now paid in two parts for the 2024 season.** Registration is finished when both parts are completed. The collection of information about the athlete is now done online using the link below. This link registers the athlete with our governing body (BC Athletics/Athletics Canada). All athletes must register as competitive members, not training members.

Coquitlam Cheetah club registration fees for **athletes 14+** are due January 1, 2024. Coquitlam Cheetah club registration fees for **athletes age 9-13** are due at our AGM in February or at the Parent Meeting at the beginning of April. Registration fees for the Coquitlam Cheetahs have increased by \$85-\$130 in 2024 to help cover increasing track and field meet entry costs, uniform costs and inflation.

Registration Process

1. **Registration fee paid directly to our governing bodies (BC Athletics/Athletics Canada) at link below.** Please ensure you are choosing “**Competitive Membership**”. Fees range from \$85 to \$131.25 depending on the age of the athlete. Fees are listed in red below.
2. **Athletes 14 and older:** Payment of **\$450 paid to Coquitlam Cheetahs Track and Field Club due January 1, 2024.**
Athletes 9-13: Payment of **\$350 paid to Coquitlam Cheetahs Track and Field Club due at our AGM in February or at the Parent Meeting at the beginning of April.**

Link for Registration:

athleticsreg.ca

Prices (on-line registration portion)

(Jr. Development) (age 9-13) *\$85.00 as of 01-01-2024

U16 (age 14) *\$125.00 as of 01-01-2024

U16 (age 15) *\$131.25 as of 01-01-2024

U18 (age 16-17) *\$131.25 as of 01-01-2024

U20 (age 18-19) *\$131.25 as of 01-01-2024

Senior (age 20+) *\$131.25 as of 01-01-2024

Most other athletes (e.g. JD athletes) will register at the Parent Information Meeting near the start of JD training in April. Details about the AGM and Parent Information Meeting will be posted as bulletins on our home page a couple of weeks before. Parents of first time JD registrants are strongly encouraged to attend the Parent Information Meeting.

All 14 year old and older athletes that train all year round must be registered by January 1st of each calendar year.

How Much

The annual registration fees are:

- **Junior Development Program - \$350**
- **U16/U18/U20/Seniors Program - \$450**

For families registering more than one athlete, the fee is reduced by 20% for each additional child registered. For families seeking financial assistance for their athlete to participate, please see the KidSport, Jumpstart, and the Athletics for Kids websites.

The above fees cover the following items which promote the annual operation of the club:

- Registration for three (3) events for each JD athletes at selected track meets listed in the Highlighted BCJD Track Meets section of the Parent Information Manual plus the JD pentathlon to a maximum of 27 entries (or 24 entries plus the pentathlon). Also included is a relay event for each meet. The club covers all the events at the Jesse Bent meet.
- Staging of the Annual Jesse Bent Memorial Cheetah Invitational Track Meet.
- Equipment for training sessions and track meets.
- Equipment replacement.
- Annual Banquet.
- Trophies and awards.
- Daily operation expenses for printing, postage, telephone, photocopying etc.

Junior Development athletes wishing to withdraw must provide written notice of withdrawal (email is acceptable) to the club registrar within three weeks of the start of the program. The club will refund monies received less any expenses incurred (e.g. meet fees paid) by the club. On-line registration fees paid to our governing body are non-refundable. The Board of Directors will consider all other refund requests on a case-by-case basis.

What You Need to Register

To register you will need to:

- Register on-line with our governing body at link provided above
- Cheque or money (cash or e-transfer) for the registration fee (see above, no credit cards). Please make cheques payable to Coquitlam Cheetahs Track and Field Club.

Form below:

📄 [Coquitlam Cheetahs Registration Form.pdf](#)

Uniform Deposit

Athletes receive a club uniform and tracksuit. A \$100 **deposit** is required for all tracksuits and uniforms issued. This deposit will be returned when the tracksuit and uniform are returned.

Registration for Track Meets

In addition to this section, please read the Frequently Asked Questions (FAQ) section later in this document because it contains information that most athletes and parents will need to know about track and field meets and events.

The registrar will NOT register any athletes for track meets unless they are registered with the Cheetahs and BC Athletics. **There are NO exceptions.**

There are many track and field meets during the year. A complete list of track and field meets can be found at BC Athletics (look for the year of interest and there will be a Track and Field Calendar link for all events).

The Cheetahs typically attend the meets that make up the BCJD Program (for athletes age 9 – 13). With a few exceptions, there are meets virtually every weekend from May through July. We encourage athletes to take part in as many or as few as you wish (the Pentathlon requires athletes to compete in all five events). Some meets are one day long and those that are three days long start with a few events on Friday afternoon or evening.

Registering for a Meet -- It's Your Responsibility

It is the responsibility of the Cheetah athlete or their parents to ensure that they are registered for the track meets and events that are available.

Please ensure that you read all the information about the track meet before signing up and sign up by the cut-off date -- many meets do not accept late registrations. If late registrations are accepted, any late fees which apply will be the responsibility of the athlete/parent.

A sign-up sheet is placed on our bulletin board, inside the equipment shed at Percy Perry Stadium, approximately two weeks in advance of the meet's registration deadline date.

The sheet has the name of the meet, the location, and the deadline date. The sheet also has several columns in which the athlete can sign-up for the event(s) they wish to compete in. If an athlete changes their mind about attending a meet or entering certain events before the sign-up deadline, please ensure that these events are deleted from the sign-up sheet. Once an athlete is registered for events at a track meet, the Cheetahs are required to pay for these event regardless of whether an athlete turns up to compete or not.

It is the responsibility of the Cheetah athlete or his/her parents to make note of what events have been registered for, and the time(s) and location(s) of each event. **Note that meet schedules can change and events may start up to 30 minutes before officially scheduled time. Check for updated meet schedules and arrive early.**

Who Will be at the Meet and Events

Our coaches volunteer a great deal of their time during the week to prepare your child for the meets on the weekend and may not necessarily be at all of the competitions to oversee your child. There will be a designated contact person at each event as well as seasoned parents that can assist new members. Look for the familiar Cheetah singlet and banners (where possible).

Fund Raising

Fundraising will become a more integral part of the club's finances due to government cut backs in various forms of funding. We are open to suggestions from the membership as well as individuals that would be willing to spearhead a fundraising committee.

Website

The Coquitlam Cheetahs Track and Field Club is www.coquitlamcheetahs.org

Members of the executive update the website frequently during the track season. All members are encouraged to visit the website to familiarise them with the information. If any members

would like to contribute news, pictures or other information to the website, please contact our webmaster at coquitlamcheetahs@gmail.com

Check for Bulletins Regularly; Sign-up to Receive Email

Check the website regularly and before leaving for practices or club activities. Important messages such as track meet registration deadlines, cancelled practices due to inclement weather etc. are posted on the website. To receive these bulletins by email go to our website on the home page scroll to the bottom right of the home page. Fill the email box with your email, check the “sign me up” checkbox and click the submit button.

The website address for BC Athletics is www.bcathletics.org.

Frequently Asked Questions (FAQ)

1. What is a track meet?

A track meet is a one, two, or three-day event that takes place rain or shine at a stadium or outdoor track. Meets generally take place at the club or school that is hosting the meet. The club or school will send out details about the meet to other clubs in advance. The clubs will then send back information on the athletes that will be competing at the meet.

2. What is a track event?

Any event that takes place on the track surface is a track event. This includes sprints, hurdles, middle distance, distance, relays, race walks and steeplechase.

3. What is a field event?

A field event is any event that takes place off the track on areas surrounding the track, such as throws and jumps. Events such as javelin, discus, shot put, long jump, high jump, triple jump, or pole vault are considered field events.

4. Can my child compete in all events?

The events your child can compete in are determined by their age. Refer to the “BC Athletics Track & Field Events by Age Class” page included in this manual.

5. How do we register our child for a meet?

See the Registration for Track Meet section above.

6. What is a BC Athletics number?

Each registered athlete will receive a card from BC Athletics with a designated number. This number is used for identification and tracking of the athlete. The athlete carries the same number through their entire athletic career.

7. How many events does the club cover?

See the Registration for the Club section above.

8. What if my child wants to compete in more events?

Parents pay the additional cost.

9. How much does an extra event cost?

If you wish to enter in more events per season the cost is approximately \$8.00 to \$12.00 per event. At the end of the track season the registrar/treasurer will invoice parents for the extra event fees.

10. What happens if an athlete does not compete at a meet or misses events they have signed up for?

Because the Cheetahs pay for all events once an athlete is registered for a meet any event that an athlete misses will count towards the maximum events allowed for the season (see Q7).

11. When I get to a meet, what do I do?

Locate the person assigned by the club to pick up our meet package. Pick up your meet participant number and attach it to your Cheetah singlet. Check the area where the event information is to determine the event locations and starting times for each one. Find out where the events are being marshalled. Listen to the P.A. system, and when your age group is called make your way to the marshalling area. Events are allowed to run 30 minutes early, but many times run late. You will have to keep tabs on how events are being run throughout the day. Note that meet schedules can change and events may start up to 30 minutes before officially scheduled time. Check for updated meet schedules and arrive early.

12. What do you mean by 'being marshalled'?

This is where all the athletes that are competing in a specific event gather together before the event.

13. When should an athlete arrive at the track?

An athlete should arrive at least one hour before his/her event is scheduled to start.

14. What happens if I have a conflicting track event and field event?

This scenario happens often, and sometimes you need to make a choice on what event you would prefer to compete in and scratch the other one. Officials will not generally hold up a field event for a track event unless they are ahead of schedule. This is a track and field reality and you will just have to accept that things are not always going to run on schedule and you may not be able to compete in all the events you wanted to. In many situations, you may be able to register and get one attempt in at the field event, then run your track event and return to the field event. At this point, you may have missed a round, but may be able to get back in at the round they are currently running. It is a long season and you will have plenty of time to participate in events.

15. How many attempts does the athlete get in field events?

JD athletes ages 9-13 are allowed three attempts. For older athletes the top eight competitors after the three initial attempts get three more.

16. What is an official?

Those dedicated souls that volunteer their time and effort, and try to make sure that events are run on time and are judged fairly.

17. Do events run on time?

Usually, but the number of athletes competing is the major reason that events run behind the scheduled time. It is not unusual to have 30 or more athletes waiting to compete in the long jump. When you consider that each athlete gets three jumps, each jump needs to be measured, and the pit raked each time, you realize how time consuming this can be. In some instances, events can be run up to 30 minutes ahead of time – listen carefully for announcements at the meet.

There is no reason to be rude or abusive to any official. Remember they are giving up their weekends so that your children can enjoy the track and field experience.

18. What should I take to a Meet?

Your Cheetah uniform, spikes, running shoes, blankets, chairs, tarps, pop up canopies, umbrellas, a change of clothing, a healthy picnic lunch and snacks, water, sun screen, hat and a positive attitude!

19. Do I have to attend all meets?

No. Choose the ones you want to go to, but be advised that Junior Development athletes need to compete in a championship meet (the JD Championships or JD Pentathlon Championships) and two other approved meets in order to be considered for a BC Athletics Award.

20. What is a BC Athletics Award?

At the end of the year, BC Athletics hosts a banquet to recognize those athletes that have had outstanding performances during the season.

BC Athletics keeps track of all time top ten performances in the Junior Development age group, which go back many years. If an athlete achieves a top ten performance they will be considered for an award. The top ten lists can be accessed on the BC Athletics Web Page.

21. What about the Cheetah Club? Is there recognition for outstanding performances?

Yes. The Club encourages athletes to always strive for their personal best. At the end of the season, usually in November, we host a banquet and recognize many of our athletes for their outstanding results, effort and attitude.

22. How can I learn more about track and field?

BC Athletics offers workshops. The Club will pay the fees for members that want to learn how to coach and officiate.

23. What is the best advice that I can give my child who is just starting?

Emphasize development, not winning or losing. The top runners in the world are in their late twenties and early thirties - think of all the years you have to develop. Think of the positive aspects of running; being outdoors, having a healthy heart and lungs, and running can be a lifelong skill. Enjoy and have fun!

Results

You can obtain your results by checking the posted results that are made available at most meets, or you can access the BC Athletics web page at www.bcathletics.org where there will be a link to Event Results.

Most clubs submit the results of their meets to BC Athletics. You may have to wait a few weeks, as some clubs are slow to submit.

Record Tracking for Awards

Please keep a record of your own results at the track and field meets that you attend. BC Athletics compiles the BCJD crest list now and posts it on their site so you do not need to submit this information for the BCJD crests. However, for those athletes that have met the requirements for a BCJD Award, athletes or parents will need to submit the BC Athletics online form by the end of August.

You can obtain your results by checking the posted results that are made available at most meets, or via the hosting club's website. Most clubs submit the results of their meets to BC Athletics. You may have to wait a few weeks, as some clubs are slow to submit.

(2024 Tentative Schedule)

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Sprints</u>	<u>6:15pm-7:00pm</u>	<u>Nick, Nathan, Michael, Serena, Suemy</u>	<u>Ava, Delaney, Serena, Donovan</u>	<u>Carly, Makenna, Delaney</u>	
<u>Hurdles</u>	<u>6:15pm-7:00pm</u>				<u>Carly, Delaney, Makenna, Serena, Jaedyn</u>
<u>Distance</u>	<u>6:15pm-7:00pm</u>	<u>Steven</u>	<u>Xavier</u>	<u>Steven</u>	
<u>Long Jump</u>	<u>7:00pm-8:00pm</u>	<u>Lex, Martin</u>	<u>Ava, Donovan</u>	<u>Lex, Martin</u>	<u>Makenna, Jaedyn</u>

<u>High Jump</u>	<u>7:00pm-8:00pm</u>		<u>Delaney</u>	<u>Carly, Delaney</u>	<u>Carly, Delaney</u>
<u>Javelin</u>	<u>7:00pm-8:00pm</u>	<u>Nick, Michael</u>	<u>Matt*</u>		<u>Matt*</u>
<u>Shot Put</u>	<u>7:00pm-8:00pm</u>	<u>Payton</u>			
<u>Discus</u>	<u>7:00pm-8:00pm</u>				