



ATHLETICS

Maple Ridge Secondary & Merkley Park

21911 122 Ave, Maple Ridge



We respectfully acknowledge that we are on the traditional territory of the Katzie First Nation and Kwantlen First Nation.

Updated July 5, 2024

THURSDAY, JULY 18

Start	End	Event
8:30 AM	12:30 PM	Open Practice at Sport Venue
1:00 PM	2:00 PM	All Zone Meeting (at Accommodation Site)
2:00 PM	3:00 PM	Coaches and Officials Meeting (at Accommodation Site)

FRIDAY, JULY 19

Start	End	Sport	Event	Group	Flight
8:45 AM	9:30 AM	Warm-up			
9:00 AM		Field	Javelin	Girls	Final
9:45 AM		Track	100m Hurdles	Boys Pentathlon-E1	Timed Final
10:00 AM		Track	100m Hurdles	Boys	Semi Final
10:00 AM		Field	High Jump	Boys	Final
10:00 AM		Field	Pole Vault	Girls	Final
10:15 AM		Track	80m Hurdles	Girls	Semi Final
10:30 AM		Track	1200m	Girls	Timed Final
10:45 AM		Track	1200m	Boys	Timed Final
11:00 AM		Field	Discus	Girls	Final
11:00 AM		Field	Long Jump	Boys Pentathlon-E2	Final
11:00 AM		Track	300m	Girls	Semi Final
11:15 AM		Track	300m	Boys	Semi Final
11:30 AM		Track	100m	Girls	Semi Final
12:00 PM		Track	100m	Boys	Semi Final
12:00 PM		Field	Long Jump	Special Olympics	Final
12:30 PM	1:00 PM	Medal Presentations			
1:00 PM		Field	Shot Put	Boys Pentathlon-E3	Final
1:00 PM		Track	100m Hurdles	Boys	Final
1:00 PM		Field	Discus	Boys	Final
1:15 PM		Track	80m Hurdles	Girls	Final
1:20 PM		Track	1500m Race Walk	Boys	Timed Final
1:30 PM		Field	Shot Put	Girls	Final



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FRIDAY, JULY 19

Start	End	Sport	Event	Group	Flight
1:40 PM		Track	1500m Race Walk	Girls	Timed Final
2:00 PM		Track	400m	Special Olympics	Timed Final
2:00 PM		Field	Triple Jump	Boys	Final
2:15 PM		Field	High Jump	Boys Pentathlon-E4	Final
2:15 PM		Track	300m	Girls	Final
2:30 PM		Track	300m	Boys	Final
3:00 PM		Field	Triple Jump	Girls	Final
3:00 PM		Field	Shot put	Boys	Final
3:00 PM		Track	100m	Special Olympics	Final
3:15 PM		Track	100m	Girls	Final
3:30 PM		Track	100m	Boys	Final
3:45 PM		Track	1000m	Boys Pentathlon-E5	Timed Final
4:00 PM		Track	4 x 400m Relay	Girls	Timed Final
4:15 PM	4:30 PM	Track	4 x 400m Relay	Boys	Timed Final
4:30 PM	5:00 PM	Medal Presentations			

SATURDAY, JULY 20

Start	End	Sport	Event	Group	Flight
8:45 AM	9:30 AM	Warm-up			
9:00 AM		Field	Javelin	Boys	Final
9:30 AM		Field	High Jump	Girls	Final
9:45 AM		Track	80m Hurdles	Girls Pentathlon-E1	Final
10:00 AM		Field	Pole Vault	Boys	Final
10:00 AM		Track	200m	Girls	Semi Final
10:20 AM		Track	200m	Boys	Semi Final
10:20 AM		Field	Shot Put	Special Olympics	Final
10:40 AM		Track	2000m	Girls	Timed Final
10:55 AM		Track	2000m	Boys	Timed Final
10:55 AM		Field	High Jump	Girls Pentathlon-E2	Final



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SATURDAY, JULY 20

Start	End	Sport	Event	Group	Flight
11:00 AM		Field	Hammer	Boys	Final
11:10 AM		Track	300m Hurdles	Girls	Semi Final
11:20 AM		Track	300m Hurdles	Boys	Semi Final
11:30 AM		Track	800m	Girls	Semi Final
11:40 AM		Track	800m	Boys	Semi Final
11:50 AM		Track	800m	Special Olympics	Final
12:00 PM		Track	Coaches Relay Race		
12:10 PM	1:00 PM	Medal Presentations			
1:00 PM		Field	Long Jump	Girls Pentathlon-E3	Final
1:00 PM		Field	Hammer	Girls	Final
1:00 PM		Track	200m	Special Olympics	Final
1:10 PM		Track	200m	Girls	Final
1:20 PM		Track	200m	Boys	Final
1:30 PM		Field	Long Jump	Boys	Final
1:30 PM		Track	1500m Steeplechase	Girls	Timed Final
1:45 PM		Track	1500m Steeplechase	Boys	Timed Final
2:00 PM		Track	300m Hurdles	Girls	Final
2:15 PM		Track	300m Hurdles	Boys	Final
2:15 PM		Field	Shot Put	Girls Pentathlon-E4	Final
2:30 PM		Field	Long Jump	Girls	Final
2:45 PM		Track	800m	Girls	Final
3:00 PM		Track	800m	Boys	Final
3:15 PM		Track	800m	Girls Pentathlon-E5	Timed Final
3:30 PM		Track	4 x 100m Relay	Special Olympics	Timed Final
3:40 PM		Track	4 x 100m Relay	Girls	Timed Final
3:50 PM	4:00 PM	Track	4 x 100m Relay	Boys	Timed Final
4:00 PM	5:00 PM	Medal Presentations			



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SUNDAY, JULY 21

Start	End	Event
9:30 AM	11:00 AM	Compulsory All Zone Activity - Participants see Bus & Meal Schedule

Qualification in Track Events

- 3 Heats – The first 2 places from each heat and the next 2 fastest remaining times will proceed to the Final.
- 2 Heats – The first 3 places from each heat and the next 2 fastest remaining times will proceed to the Final.

Qualification in Field Events (not including High Jump or Pole Vault)

Each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials. In the case of the last qualifying place, if two or more athletes have the same best performances, IAAF Rule 180.22 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed three additional trials.

Failure to Participate

An athlete shall be excluded from participation in all further events (including other events in which he/she is simultaneously participating) in the competition, including relays, in cases where:

- (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
- (b) an athlete qualified in a preliminary round of an event for the Final in that event but then failed to participate in the Final;
- (c) an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

A medical certificate, provided by and based on an examination of the athlete by a Doctor may be accepted as sufficient reason to accept that the athlete became unable to compete but will be able to compete in further events on a subsequent day of the competition. Other justifiable reasons independent of the athlete's own actions may also be accepted by the Provincial Advisor.

BC ATHLETICS - SPECTATOR CODE OF CONDUCT

Do:

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

Do Not:

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.



Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators