

2023 Lower Mainland Track Meet

DATE: Sunday, June 11th, 2023

LOCATION: Simon Fraser University Stadium - Terry Fox Field
Transportation Centre, 8888 University Dr W, Burnaby, BC V5A 1S6

TIME: 8:00am to 4:00pm

Registration Begins – 8:00am
Coaches Meeting – 8:45am
Events Begin – 9:00am
Rolling Schedule with Lunch Break

SANCTIONING: The competition will be sanctioned by Special Olympics BC and follow Sport Specific Rules as posted on the SOBC web site.

****PARTICIPATION FOR ALL ATTENDING LOCALS IS CONTINGENT UPON YOUR LOCAL PROVIDING A MINIMUM OF 5 VOLUNTEERS TO SUPPORT THE EVENT****

VOLUNTEERS OPPORTUNITIES INCLUDE:

- Registration & Volunteer Services
- Track – Marshalls, Timers, Place Judges, Result Runner, Starter, Lap Judge
- Field – Marshal, Measurements, Maintenance, Judge/Official
- Set-up & Tear Down

TENTATIVE SCHEDULE:

Please note: Schedule subject to change depending on registration numbers. Lunch will be scheduled into the order of events once registration closes.

8:00am	Event Opens & Registration Begins	
8:45am	Coaches Meeting	
	Track Events	Field Events
9:00am	1500m	Women's Shot Put
	100m	Men's Shot Put
	Dev. 50m**	Women's Mini Javelin
	200m	Men's Mini Javelin
	3000m*	Women's Long Jump
	400m	Men's Long Jump
	100m Final	Women's Standing Long Jump
	800m	Men's Standing Long Jump
	4 x 100m Relays (if time allows)	

EVENTS: **Track events:** 50m**, 100m, 200m, 400m, 800m, 3000m*

Distance events: 1500m, 3000m*

Field events: Shot Put, Mini Javelin, Long Jump, Standing Long Jump

**please note that the 50m is a developmental event only and athletes capable of distances longer than 50m will not be permitted

*3000m if there is athlete registration

REGISTRATION: Registration Fees will be confirmed after the registration deadline.
Cheques are to be made out to Special Olympics Coquitlam
Fees need to be paid at day of competition

***Please note that fees are due and payable for all participants that register. If participants are unable to attend after registering fees are still due and payable.

TRANSPORTATION: Travel to and from the venue will be the responsibility of the attending local

PARKING: West Residence Outdoor Parkade (5-10 min walk to venue)

ACCOMODATION: If you require accommodations, you will be required to secure on your own. However, if you would like suggestions contact the Competition Coordinator.

MEALS: Lunch for the athletes is the responsibility of the Local, or the family of the athlete. Bagged Lunch Available for Volunteers who do NOT have Dietary Restrictions, ie: gluten, vegetarian, dairy, vegan.

WATER: All participants are asked to bring their own water bottles. Bottled water will not be provided but there will be areas to refill bottles.

MEDICAL: Teams must always have a complete set of medical forms with them and provide to medical staff as needed.

PLEASE NOTE: Please plan for the weather!

REGISTRATION DEADLINE: May 23, 2023

Please complete the registration form in full and submit by the deadline. Late registration will not be able to be accommodated.

Please direct registration and any questions to the Competition Coordinator:

Joanne Turnbull
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