

SOBC-Nanaimo Track Meet 2023



DATE: Sunday, June 18th, 2023

LOCATION: Nanaimo Rotary Bowl
355 Wakesiah
Nanaimo, BC

TIME: 9:45am coaches Meeting
10:00am 10,000/5,000m (to run concurrently)
10am field events open
Schedule timing to be determined but have typically been done around 3pm

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

EVENTS:

100m	Mini Javelin
200m	Running Long Jump
400m	Standing Long Jump
800m	Shot Put: Women 2.72 kg/6 lbs, Men (16 yrs. and over 4 kg/8.13 lbs) or (16 yrs. and under 2.72 kg/ 6lbs)
1500m	
3000m	
5000m	Pentathlon (Five events: 100 Metres, Long Jump, Shot Put, High Jump, 800 Metres)*
10000m (5000m/10,000m to be run concurrently with a time for each)	*Will more than likely be divided into typical events, then removed for points allotment
Hurdles: Women - 100 Metre, Men - 110 Metre	
High Jump	50-metre developmental – athletes entered in the 50m may not do any other running event

REGISTRATION: \$ 20 /athlete
cheques are to be made out to SOBC-Nanaimo_____.

****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

ACCOMODATION: If you require accommodations, you will be required to secure on your own. However, if you would like suggestions contact the Competition Coordinator. We are doing our best to create a schedule that will not require overnight accommodations if you are coming from the lower mainland.

MEALS: Meals will not be provided. We will however be supplying some healthy snacks. Please bring your own water bottles. There will be filling stations but no concession.

Water – all participants are asked to bring their own water bottles. Bottled Water will not be provided but will be areas to refill bottles

Dietary Restrictions - identify if able to (or not) accommodate dietary restrictions

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

COACH SIGN IN: One coach from each local will be required to sign in at the competition and to pick up the event package. We will email out heat sheets and provide each local with one printed heat sheet package. Please let us know if you require more than one set and we will try to accommodate (within reason).

REGISTRATION DEADLINE: June 4th.

Please complete the registration form in full and submit by the deadline.
Appreciation for even earlier registration!

All registrations and tournament entry fees must be received by the
deadline. Payment can be brought to the event.

Please direct registration and any questions to: Angela Behn
angelabehn@shaw.ca
778-674-5054