

SOBC-QUESNEL Track Meet



QUESNEL

Date: **SUNDAY, JUNE 4th, 2023** (Date changed from Saturday, June 3rd)

Location: Pat Marsh Track at Correlieu Secondary School
980 Anderson Drive, Quesnel

Time: 9am coaches'/volunteers' meeting
9:15am competition start >>>> approximately 4pm finish

Sanctioning: This competition will be sanctioned by Special Olympics BC and will follow (unless otherwise specified) 'sport specific rules' as posted on the SOBC website.

Events: **Track events:** 4x100m relay, 100m, 200m, 400m, 800m, 1500m, 3k
Wheelchair events: 50m, 100m (if requested)
Field events: Mini-javelin, shot put, standing long jump, running long jump
Athletes may enter either the SLJ or the RLJ, but not both...
Athletes may enter a maximum of five events, not including the relay

Non-standard events: Developmental running long jump (for those athletes wanting to compete in running long jump, but unable to jump a one-metre distance, or unable to consistently jump from a take-off line... Distance will be measured from take-off point...

- Frisbee/Disc toss... Measured by distance from target; each competitor will get two attempts
- Modified 'Hammer throw'... A tennis ball is placed inside a nylon stocking and thrown from inside the throwing cage and measured for distance... Instruction and practice will be provided; competitors then get two attempts
- Mixed distance relay... Four team members run 200m, 50m, 50m, 100m distances...
- **These three non-standard events will be offered as time allows**
Athletes may enter a maximum of two non-standard events...

Instruction and practice: Hurdles and high jump... Sign up if interested...

Registration: \$25/athlete

\$20/coach... If lunches are required; please specify on registration form...

Cheques are to be made out 'Special Olympics BC-Quesnel'

Fees must be paid in full on competition day

- Fees are due and payable for all participants that register to compete. If participants are unable to attend after registering, fees are still due and payable.

Transportation: Travel to and from the venue is the responsibility of the attending local.

Accommodation: Securing accommodation is the responsibility of the local.

Meals: Lunch, bottled water and snacks will be provided. We will try to accommodate gluten- or dairy-free or vegetarian requests. Please make us aware of any dietary allergies.

Medical: Teams must ensure that they have accurate and updated medical forms with them for use as needed by medical volunteers.

First aid provided by Debbie Fee, 250-991-1631

Please note that the competition venue has full sun exposure. Each team should bring a pop-up shelter if one is available.

Registration deadline: TUESDAY, May 23, 2023

Questions may be directed to Rick Prosk, program coordinator and track head coach,

rprosk@telus.net

250-992-2741 (landline)

540 Palmer Street, Quesnel, V2J 1N8