

THURSDAY, JULY 23

Start	End	Event
8:30 AM	12:30 PM	Open Practice (at Sport Venue)
12:30 PM	1:00 PM	All Zone Meeting (at Sport Venue)
1:00 PM	1:30 PM	Coaches Meeting (at Sport Venue)

FRIDAY, JULY 24

Start	End	Sport	Event	Group	Flight
8:45 AM	9:30 AM	Warm-up			
9:30 AM		Field	Javelin	Male	Final
9:30 AM		Field	Pole Vault	Female	Final
9:45 AM		Track	100m Hurdles	Male Pentathlon-E1	Timed Final
10:00 AM		Track	100m Hurdles	Male	Semi Final
10:15 AM		Track	80m Hurdles	Female	Semi Final
10:30 AM		Track	1200m	Female	Timed Final
10:45 AM		Track	1200m	Male	Timed Final
11:00 AM		Field	Discus	Female	Final
11:00 AM		Field	Long Jump	Male Pentathlon-E2	Final
11:00 AM		Track	300m	Female	Semi Final
11:15 AM		Track	300m	Male	Semi Final
11:30 AM		Track	100m	Female	Semi Final
12:00 PM		Track	100m	Male	Semi Final
12:00 PM		Field	Long Jump	Special Olympics	Final
12:00 PM		Field	High Jump	Male	Final
12:30 PM	1:00 PM	Medal Presentations			
1:00 PM		Field	Shot Put	Male Pentathlon-E3	Final
1:00 PM		Track	100m Hurdles	Male	Final
1:00 PM		Field	Discus	Male	Final
1:15 PM		Track	80m Hurdles	Female	Final
1:20 PM		Track	1500m Race Walk	Male	Timed Final
1:40 PM		Track	1500m Race Walk	Female	Timed Final

FRIDAY, JULY 24

Start	End	Sport	Event	Group	Flight
1:45 PM		Field	Shot Put	Female	Final
2:00 PM		Track	400m	Special Olympics	Timed Final
2:00 PM		Field	Triple Jump	Male	Final
2:15 PM		Field	High Jump	Male Pentathlon-E4	Final
2:15 PM		Track	300m	Female	Final
2:30 PM		Track	300m	Male	Final
3:00 PM		Field	Triple Jump	Female	Final
3:00 PM		Field	Shot Put	Male	Final
3:00 PM		Track	100m	Special Olympics	Final
3:15 PM		Track	100m	Female	Final
3:30 PM		Track	100m	Male	Final
3:45 PM		Track	1000m	Male Pentathlon-E5	Timed Final
4:00 PM		Track	4 x 400m Relay	Female	Timed Final
4:15 PM		Track	4 x 400m Relay	Male	Timed Final
4:30 PM	4:45 PM	Track	4 x 400m Mixed Relay	Female/Male/Special Olympics	Timed Final
4:45 PM	5:15 PM	Medal Presentations			

SATURDAY, JULY 25

Start	End	Sport	Event	Group	Flight
8:45 AM	9:00 AM	Warm-up			
9:00 AM		Track	2000m	Female	Timed Final
9:15 AM		Track	2000m	Male	Timed Final
9:30 AM		Field	Pole Vault	Male	Final
9:45 AM		Track	80m Hurdles	Female Pentathlon-E1	Final
9:45 AM		Field	Javelin	Female	Final
10:00 AM		Track	200m	Female	Semi Final
10:20 AM		Track	200m	Male	Semi Final
10:20 AM		Field	Shot Put	Special Olympics	Final
10:30 AM		Field	High Jump	Female Pentathlon-E2	Final

SATURDAY, JULY 25

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

SUNDAY, JULY 26

Start	End	Event
10:00 AM	11:30 AM	Compulsory All Zone Activity (at Accommodation Site)

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, the World Athletics Rules will be followed. 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