

# The Province



# Gran Forza V̄

presented by



**Richmond Olympic Oval, Saturday, March 10, 2012**

**Invitational High School Indoor Track and Field  
Pentathlon Tournament**

**Five Athletes in Five Events**

**\$5000 in Bursaries  
Entry information**

**[www.harryjerome.com/newsand events/](http://www.harryjerome.com/newsand events/)**

## ***Technical Information for Coaches***

**This will be the second annual opportunity to participate at the now world famous Richmond Olympic Oval on the uniquely developed Track Zone's 200m oval running track.**

Co-sponsors: McNeil Secondary School, the Richmond Kajaks Track & Field Club, and The Achilles International Track & Field Society

Sanctioned by: BC School Sports & BC Athletics

**Location:** Richmond Olympic Oval ~ 6111 River Road, Richmond, BC  
[www.richmondoval.ca](http://www.richmondoval.ca)

### **What is the Gran Forza V ?**

- There are four divisions: Juvenile Girls, Juvenile Boys (grades 8 & 9)  
Senior Girls, Senior Boys (grades 10-12)
- In each division, school teams of 4 or 5 athletes will compete in multi-dimensional events that will test strength, speed and endurance and will score points based on international scoring tables.
- The individual events consist of the 50 metres, 800 metres, standing long jump and shot put.
- The group event is a 4 x 200 metre relay.
- Each team may enter only one athlete in each individual event
- Each team member can enter a maximum of one individual event plus the relay.
- The points after each individual competition will be determined and the running total for all teams will be calculated. This total after the first four events will determine the seeding for the final event, the 4 x 200 metre relay.
- The 800 metre events will be seeded sections related to best 2011 outdoor 800 metre performances.

### **Awards:**

- Medals to first, second and third place teams based on total aggregate points scored in the five events.
- Trophies to the first place team in each division.
- Harry Jerome Timex Watches to the outstanding performer in each division
- **TELUS® Track & Field Bursary in the amounts of \$1250, \$750, and \$500 respectively to the first three teams in each division**

### **Request for Team Entry to The Province Gran Forza V**

- Only 25 teams per division will be invited after application to the meet. Open to BC Secondary schools only.
- Each school may apply for up to 2 teams (A & B) per division. A request for a third team may also be made but will not be considered unless there are spaces available after the entry deadline date.
- **Deadline for entry requests is midnight Monday, February 20, 2012.**
- Entry fee will be \$50.00 per team once accepted for invitation.

**Start List and Final Schedule:** Posted on [www.harryjerome.com/athletes/](http://www.harryjerome.com/athletes/)

### **Entry Fees:**

- \$50.00 per relay team. Payment at time of pick up of competition bibs and **by cash or cheque only.** Sorry, no credit or debit cards. Please make cheques payable to **Achilles International Track & Field Society.**
- Direct your questions to: [dclement007@gmail.com](mailto:dclement007@gmail.com)

## Schedule of Events:

### 11:50 pm Opening Ceremony

TRACK			FIELD		
12:00 pm	800m	Juvenile Girls	12:00	SLJ / SP	Juvenile Girls
12:20	800m	Juvenile Boys			
12:40	800m	Senior Girls	12:40	SLJ / SP	Juvenile Boys
1:00	800m	Senior Boys			
1:25	50m	Juvenile Girls	1:20	SLJ / SP	Senior Girls
1:45	50m	Juvenile Boys			
2:05	50m	Senior Girls	2:00	SLJ / SP	Senior Boys
2:25	50m	Senior Boys			
3:00	4 x 200m	Juvenile Girls			
3:20	4 x 200m	Juvenile Boys			
3:40	4 x 200m	Senior Girls			
4:00	4 x 200m	Senior Boys			

### 4:20 Awards Ceremony

## Important Notes:

- All team members must wear their school colours during their competition.
- **If spikes are worn, only the following spike will be allowed for use on the new Pulastic flooring. Omni-Lite 5mm Ceramic Indoor Pyramid spike (colour: Olympic Green) and Omni-Lite 7mm Ceramic Indoor Pyramid spike (colour: Olympic Gold). The use of any other type or longer length of spike is prohibited and will be strictly enforced. The approved spikes have been ordered in quantity by the Oval and will be available for purchase at the entrance kiosk for \$6.00 for a bag of 14. Cash payment preferred. For any further information regarding spike regulations or availability before date of meet, you may contact Heidi Lyons at the Richmond Oval at [hlyons@richmondoval.ca](mailto:hlyons@richmondoval.ca) or phone (778) 296-1400.**
- The Track Zone starting blocks will be the only ones utilized.
- Throwing implements are provided. Personal implements will not be accepted.
- **Juvenile Boys will throw the 4kg (8lb 13oz) shot put and the Senior Boys will throw the 5.43kg (12lb) shot put. Both Juvenile and Senior Girls will throw the 4kg shot put.**
- The 4 x 200m relay requires four laps of the track. The event has a 2-curve staggered start with the break-in line coming immediately after the second curve. Baton exchanges are similar in manner to the 4 x 400m relay.
- The marshalling area is located on the long straightaway along the north-side window wall of the complex.

## Athlete Registration & Spectators:

- Coach, athlete, and spectator access to the Track Zone starts at 8:30 am.
- Coaches may pick up their teams competition bibs and pay entry fees at the **School Teams Check-in** table in the entrance lobby to the Oval. Coaches receive complimentary admission to the meet. Athletes must display their competition bib in order to gain free access to the track zone.
- We recommend that coaches arrange a specific time for their team members to meet them at the entrance to facilitate the distribution of bibs.

- **General Admission tickets: \$5.00. Children under 13 accompanied by an adult are free.**

### **Check-in Times:**

- Check-in for all events will be located outside the north east corner of the running track and must occur **no later than 20 minutes before the posted start times**. Athletes must report ready to run. The athlete control clerk will direct competitors to the start of their event when it is time.
- Athletes will be accepted in the marshalling area **no sooner than 30 minutes before the posted start time** for their event. Coaches are requested to ensure that all their athletes follow these time parameters.

### **Parking:**

- Covered pay parking (\$1.00 per hour) is available at the facility. With large groups at special events (like ours) parking becomes quite limited and meet organizers have arranged for overflow free parking at the WorkSafe BC (WCB) complex just one block south with **entrance on Elmbridge Way** just west of intersection with Hollybridge Way.

### **BC Athletics Membership Requirements:**

- All participants in all age groups in *The 2012 Vancouver Sun Harry Jerome Indoor Track Classic* must be 2012 Competitive Athlete Members of BC Athletics or another Provincial/Territorial or foreign Athletics Assoc; or
- Elementary through Secondary School athletes competing for their school and who are not BC Athletics Competitive Athlete members can take out a \$3.00 School Day of Event Membership per athlete which is in addition to the entry fee or:
- Elementary thru High Schools that have a **2011/2012 BC Athletics School Club or School District Club Membership** who are not required to pay the School Day of Event Membership.

### **Information on BC Athletics membership types can be found at:**

- Competitive Athlete Memberships - <http://www.bcathletics.org/main/membership.htm#athlete>
- School Membership Types (Elementary thru High School) - <http://www.bcathletics.org/main/schools.htm>
- Contact Sam Collier at BC Athletics – Email: [sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org) Ph: 604-333-3556

### **Check your Membership:** The following BC Athletics membership lists are updated each Friday:

- 2012 BC Athletics Competitive Athlete members: <http://www.bcathletics.org/memberlist.pdf>  
Individuals can also check their membership status at:
- [https://www.acdirect.ca/regsearch/get\\_registration\\_id.asp?unit=ATHBC&language=EN&season=2011](https://www.acdirect.ca/regsearch/get_registration_id.asp?unit=ATHBC&language=EN&season=2011)

### **2011/2012 BC Athletics School and School District Club members:**

- <http://www.bcathletics.org/schoolmembers.pdf>

APPLICATION FOR TEAM INVITATION TO

**The Province** Gran Forza V presented by 

SCHOOL NAME \_\_\_\_\_

ADDRESS OF SCHOOL \_\_\_\_\_

SCHOOL UNIFORM COLOURS (MANDATORY) \_\_\_\_\_

COACH NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

CELL PHONE \_\_\_\_\_

DIVISION SENIOR BOYS \_\_\_ SENIOR GIRLS \_\_\_ JUVENILE BOYS \_\_\_ JUVENILE GIRLS \_\_\_

NAME	GRADE	EVENT	BEST PERF	YEAR OF BIRTH
#1	_____	_____	_____	_____
#2	_____	_____	_____	_____
#3	_____	_____	_____	_____
#4	_____	_____	_____	_____
#5	_____	_____	_____	_____

APPLICATION FOR INVITATION REQUIRES NO ENTRY FEES. IF A TEAM IS INVITED, AN ENTRY FEE OF \$50 PER TEAM WILL BE REQUIRED. APPLICATION TO BE INVITED CLOSES AT MIDNIGHT, MONDAY, FEBRUARY 20, 2012. EARLY APPLICATION IS RECOMMENDED. INVITATIONS WILL BE ANNOUNCED BY FRIDAY, FEBRUARY 24, 2012. . SUBMIT APPLICATION FOR INVITATION – BY EMAIL TO [dclement007@mac.com](mailto:dclement007@mac.com) - BY FAX TO 604 264 0749.

**EARLY APPLICATION IS RECOMMENDED.**