

North Island Secondary Schools 2024 Track and Field Championships

Wednesday May 8, Thursday May 9

Rotary Bowl Stadium, Nanaimo BC

Meet Manager / Director:

Keith Jones (NDSS)

Sue DeSchiffart (NCS)

Facilities:

Class 2 WA certified 8 lane track and 8 lane 100m straight. Covered grandstands with washroom under North Grandstand. Additional washrooms at north end Serauxman Stadium and at NTFC Clubhouse. The grass areas around the track are open for team tents to be set up. The infield is closed except for athletes in throwing events. Concession on site. There is a non-smoking facility and **no dogs** are permitted (enforced by the City of Nanaimo.) Warm up area at NDSS turf may be available (NO spikes allowed on turf).

Registration:

Registration is through [Milesplit.com](#) (except for relays)

[\(ADD LINK HERE\)](#)

Register at the meet for relays

Maximum of 3 events per athlete, plus relays

Meet Fees:

\$25.00 per athlete to max of \$600

Extra \$500 if school is NOT committed to running an event and/or providing volunteers. This commitment is for the duration of the entire event. Small teams will be combined with other small teams to run an event.

Team cheques are payable to: NDSS Track & Field

Athlete Numbers

Athletes will compete wearing assigned numbers.

Track / Jump Athletes: numbers on FRONT

Throw Athletes: numbers on FRONT or BACK

Package Pick Up

Number packages will be available at the Registration Table in front of the Concession after 10:00am with receipt of payment.

Coaches Meeting:

There will be a coach's meeting at 10:30am by the finish line tent. Please make sure that each school has a representative present for the meeting.

TRACK EVENTS

ATHLETES MUST REPORT TO MARSHALL AT EVENT START AREA 15 MINUTES BEFORE EVENT BEGINS

TRACK COMPETITORS MUST:

1. Report to the Marshall (in reflective vest) at the event start area.
2. Run Race
3. STAY in lanes until instructed to leave the track by track official.

The IAAF RULES governing Track & Field events will apply unless otherwise stated. The Area III Constitution for Track & Field meets shall be followed.

In the event of a small group of competitors in the distance runs, groups may be combined.

Ribbons will be awarded to the 1st through 5th place finishers.

FIELD EVENTS

ATHLETES MUST REPORT TO MARSHALL AT THE FIELD EVENT AREA WHEN THE EVENT IS CALLED.

COMPETITORS MAY BE EXCUSED FROM A FIELD EVENT FOR A TRACK EVENT. If you miss your turn when you are gone, you do not make it up so get in as many as possible before leaving. Officials will not wait for you.

NOTE: If a field competitor returns after a track event:

1. To High Jump - the bar will remain at the existing height it is currently at
2. To a jumping or throwing event - if the round of the jump or throw is finished, that jump or throw is **forfeited!**

IN THE FOLLOWING EVENTS: **SHOT PUT, DISCUS, HAMMER, JAVELIN, LONG JUMP & TRIPLE JUMP:**

1. The competitors in the top eight (8) after the first three attempts will receive an additional three (3) throws or jumps (if time permits).
2. All six attempts will be considered in determining the final standings (and for hammer, if time permits).

QUESTIONS AND INFORMATION

Keith Jones: Keith.Jones@sd68.bc.ca

SCHOOL DUTIES AND RESPONSIBILITIES

Your school is responsible to have enough volunteers to run the event.

*****It is extremely important that the adult(s) running the event is familiar with the event. NTFC will supply stop watches, rakes, shovels, and tape measures. You can bring extra if you wish. The remaining equipment will be provided for throws, hurdles, and high jump.**

FINISH LINE	NCS
PLACE JUDGES	NCS
RESULTS & COMPUTERS	Win
ANNOUNCER	
Electronic Timing	BCA - Rod Mudie?
MARSHALL	NTFC Masters?
STARTER	Denise / Annika?
RELAY OFFICIALS	Wellington / Aspengrove
HURDLES / SC (NDSS)	Ladysmith / Cedar
LONG JUMP	Vanier / Powell River
TRIPLE JUMP	Highlands
HIGH JUMP	Isfeld / Uke
JAVELIN	Ballenas / KSS
SHOT PUT	GRSS / Wellington
DISCUS	Dover Bay / Port Hardy
HAMMER	ADSS / Barsby
RACE WALK	Dover?
REGISTRATION/RIBBONS	NDSS

HURDLE CHARTS FOR NORTH ISLANDS

AGE/GENDER	SPRINT HURDLES	COLOUR	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	110 metres	blue	10	39"	13.72 m	9.14 m	14.02 m
Junior Boys	100 metres	yellow	10	36"	13 m	8.5 m	10.5 m
Grade 8 Boys							
Senior Girls	100 metres	yellow	10	33"	13 m	8.5 m	10.5 m
Junior Girls	80 metres	white	8	30"	12 m	8.0 m	12.0 m
Grade 8 Girls	80 metres	white	8	30"	12 m	8.0 m	12.0 m

AGE/GENDER	DISTANCE HURDLES	COLOUR	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	400 metres	green	10	36"	45 m	35 m	40 m
Senior Girls	400 metres	green	10	30"	45 m	35 m	40 m
Junior Boys	200 metres	green	7	33"	50 m	35 m	40 m
Grade 8 Boys	300 metres						
Junior Girls	300 metres	green	7	30"	50 m	35 m	40 m
Grade 8 Girls	200 metres						

Thursday May 9, 2024	TRACK EVNTS(DRAFT) <u>The Thursday schedule will only move ahead of time by up to 15mins</u>		
Time	Event	Division	
10:00	Coaches Meeting		
10:10	400m 36" Hurdles	SB	Final
	300m 33" Hurdles	JB	Final
	400m 30" Hurdles	SG	Final
	300m 30" Hurdles	JG	Final
	200m 30" Hurdles	8B	Final
	200m 30" Hurdles	8G	Final
11:00	1500m	8G	Timed Final
10 min intervals	1500m	8B	Timed Final
	1500m	JG	Timed Final
	1500m	JB	Timed Final
	1500m	SG	Timed Final
5 min set up	1500m	SB	Timed Final
12:00	200m	8G	Final
5 min intervals	200m	8B	Final
	200m	JG	Final
	200m	JB	Final
	200m	SG	Final
	200m	SB	Final
5 min set up			
12:45	2000m Steeple	SB	Final
	1500m Steeple	SG	Final
	1500m Steeple	JB	Final
	1500m Steeple	JG	Final
5 min set up			
1:30	4x400m	8G	Final
	4x400m	8B	Final
10 min intervals	4x400m	JG	Final
	4x400m	JB	Final
	4x400m	SG	Final
	4x400m	SB	Final
2:30	Day #2 Done		

FIELD EVENTS – WEDNESDAY, MAY 8, 2024 (DRAFT)			
	11:30am	1:00	2:30pm
	Hammer Jr. Girls	Hammer Sr. Girls	
	Triple Jump Sr Girls	Triple Jump Sr Boys	Triple Jump Jr Girls
	Long Jump Jr Girls	Long jump Gr 8 Girls	Long jump Gr 8 Boys
	High Jump Gr 8 Boys	High Jump Jr Boys	High Jump Gr 8 Girls
	Shot Put Gr 8 Girls	Shot Put Gr 8 Boys	Shot Put Jr Boys
	Discus Jr Boys	Discus Sr Boys	Discus Sr Girls
	Javelin Sr Boys	Javelin Jr Girls	Javelin Gr 8 Boys

FIELD EVENTS – THURSDAY, MAY 9, 2024 (DRAFT)			
	10:00am	11:30am	1:00pm
	Triple Jump Gr 8 Boys	Triple jump Gr 8 Girls	Triple jump Jr Boys
	Long jump Sr Boys	Long jump Jr Boys	Long Jump Sr Girls
	High Jump Sr Girls	High Jump Jr Girls	High Jump Sr Boys
	Shot Put Sr Girls	Shot Put Jr Girls	Shot Put Sr Boys
	Discus Jr Girls		
	Javelin Gr 8 Girls	Javelin Sr Girls	Javelin Jr Boys
	Hammer Sr Boys	Hammer Jr Boys	