

BC Athletics Officials' Newsletter

March 19, 2018

Hello Officials,

Thought that I should send out another Newsletter quickly while the weather outside my newly cleaned windows is looking so grand. Just the sort of day for an early Spring Track and Field Meet. Hope that you are getting in the mood.

IAAF Rule Books (2018-19)

I will be bringing copies of the Rule Books designated for Lower Mainland Officials, with me to the Meets that I am attending. Don't forget to ask me for yours. This past weekend (our Officials' Committee Meeting was on Saturday) Wayne and Cheryl Elke took away those books labelled for the 'registered and paid-up, Interior Officials. I still have a few books that need to be mailed out to those Officials living in the further reaches of the Province. Remember, to receive your book you must be an Official at Level 2 or above and have registered with BC Athletics as an Official. The electronic copy of the rulebook is still available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations#rules>.

From Gerry Swan on the passing of Roger Bannister

BANNISTER'S APPROACH TO RUNNING GAVE MEANING TO THE PURITY IN ACHIEVEMENT
Gerry Swan (March 4, 2018)

It was with both sadness and nostalgia that I read the message and viewed the video footage that was sent to me this morning informing us that Roger Bannister, the first runner to break the four-minute barrier for the mile run, had passed away.

It was a sunny afternoon in early May of 1954 and I was resting on my bed at Western Washington College of Education in an attempt to sup up enough energy to go forth for yet another running workout, that I learned the first sub four-minute mile had been achieved. A voice from the sidewalk below my dorm room bellowed out, "Swanny, an Englishman has just broken four-minutes for the mile: you need to train harder."

That happening did not come as a total surprise to myself. A year prior my English composition instructor had asked what topic had I chosen for a required term paper and after several silly suggestions on my part, the good doctor suggested that I stick to a subject I had some knowledge of. "Why not research the quest to break the four minute mile barrier," Dr. Ceedstrom queried. As a topic that was in vogue at that time I jumped at the opportunity and in what was probably one of the best decisions of my undergraduate years.

Breaking the four-minute mile barrier in that era was a feat more difficult to achieve than one might imagine at present, nearly 64 years after the fact. To do something that had been attempted so often without success was in itself a major obstacle. The surfaces on which runners competed left much to be desired for those seeking fast times as they were composed of a variety of energy consuming substances such as cinder, clay that with rain became mush and then caked onto a runner's shoes, grass or just plain dirt. For the most part track shoes were weighed down by steel plates (inserted into the sole so that spikes could be attached to the shoe) or were so flimsy that the spikes protruded through the soles and bloodied a runner's feet. The training methods of the time left much to be desired and there was a common belief that heavy volume or intensity during training would bring an early demise to individuals foolish enough to take on such a demanding and exhausting routine.

A savior of and advancement in the progress of running times during that era was in great part accomplished because of what took place in Australia, England and various countries of Europe. For myself, being able to read about the feats of Bannister, the Australian John Landy or the boisterous enunciations of American Wes Santee, had a profound affect and altered my perception on what was possible running wise. To be able to learn about the record breaking accomplishments of both Bannister and Landy as they took turns breaking each other's world mile record, revealed to myself a whole new approach as to what was possible.

In 1954 the British Empire Games, as they were named at the time without a lot of thought towards political correctness, had been awarded to Vancouver. Those Games featured an initial meeting in a historic mile run competition between Roger Bannister and John Landy, the only two individuals that up to then to have broken the four-minute barrier. What better atmosphere for this historic meeting between the two greatest milers in the world than Empire Stadium, a facility completed just in time for the Games (built also to enable a professional football team, BC Lions, to be admitted to the Canadian professional football league) with its breath-taking view of the North Shore Mountains. In addition, the track surface was composed of hard packed clay rather than cinder: a much superior surface for accomplishing excellent times as long as dry conditions prevailed.

A stadium that been sold out many weeks before this historic event, worldwide attention and excellent climatic conditions prevailed on August 7, 1954, the day on which the Miracle Mile took place. Mind you, the climatic conditions were not perfect for every event as the powers that be for those Games had made the decision to hold the marathon event to finish just before the Miracle Mile during the mid-afternoon hours of one of the hottest days of that 1954 summer. Jim Peters of England led the marathon field into Empire Stadium but suffering from heat exhaustion, Peters collapsed several times during his last encirclement of the track and then falling to the track for a final time, he was unable to finish and had to be carried off.

The mile run of the 54th Games was a historic event and will be remembered always for those of us fortunate enough to have witnessed it. A wrong way over the shoulder look by Landy as Bannister went by him on the last turn was captured in a famous photo taken by Charlie Warner a copy of which adorns my living room wall. Both Bannister (3:58.8) and Landy (3:59.6) once again ran under four minutes for the mile distance. To add a touch of Canadian pride to the event, Rich Ferguson from Ontario and a graduate of Michigan State University won the bronze medal and established a Canadian Native Record (4:04.6).

The idealism of Roger Bannister, his accomplishments, approach to overcoming obstacles and the ability he possessed in being able to intellectually express himself, were factors that influenced my approach to sport and life in general. If there is purity in doing something simply because it is worthwhile doing, without thought to financial remuneration, then those factors are the definition of what Roger Bannister stood for in his sporting career and no doubt in the many other aspects of his well lived life. With the passing of Sir Roger, we have lost one of the greatest sportsmen of my time.

Protests and Appeals

A reminder to all Referees and Jury Members – If you have ruled on a Protest or an Appeal, please inform the Event team involved (could be a Field Event team of Officials and Volunteers or the Start team or Umpires) of the decision made. This then becomes a learning process for all involved and also satisfies the curiosity of interested participants.

Safety Information

Your Officials' Committee is recommending that Meet Organizers complete a Safety Information Card and attach this to each Event clipboard. This Card will include such items as The Name of the Meet, The Primary Emergency Contact at the Meet, The Provider of First Aid or Medical Support at the Meet and the location of this support. We are also suggesting that the location of available ice be included on this card. The Meet Organizers will also be required to have Incident Report Forms readily available.

Upcoming Workshops

Athletics Officials Workshop: Level 1

Date: Saturday, March 24, 2018

Time: 9:30 - 11:00

Location: McLeod Park, Langley

This Workshop will be held in conjunction with the UltraThrow Meet and a Langley Mustang's athlete Practice.

Athletics Officials Workshop: Level 1

Date: Saturday, April 7, 2018

Time: 9:30 - 11:00

Location: SFU Track and Field Facility

This Workshop will be held in conjunction with the Emilie Mondor Invitational Meet

Athletics Officials Workshop: Level 1

Date: Monday, April 9, 2018

Time: 11:00 - 12:30

Location: South Surrey Track and Field Facility

This Workshop is being held for the student members of a leadership class at Semiahmoo Secondary School but is open to others.

Athletics Officials Workshop: Level 1

Date: Wednesday, April 18, 2018

Time: 11:00am Start (tentative)

Location: Bear Creek Park, Surrey – Track and Field Facility

This Workshop is being held for the student members of a leadership class at Queen Elizabeth Secondary School but is open to others.

Athletics Officials Workshop: Level 1

Date: Saturday, May 26, 2018

Time: 9:00 -10:30

Location: South Surrey Track and Field Facility

This Workshop is being held in conjunction with the BC High School Multi Events Championship and the Zone 3/4 Summer Games Trials.

There is no cost for the Workshops listed above, however, registration is required. Please go to: <https://www.cognitofrms.com/BCAthletics1/OfficialsLevel1RichmondFeb32018>

The Level 1 Workshop is required for advancement to Level 1 in the National Officials Certification program. Instructors will present organizational information, which prepares novice officials for successful participation and future upgrading. Basic rules and best practices for individual track and field events are presented on site. Handouts will be provided, but participants should come prepared to take notes. Dress for comfort and light activity.

If you are interested in taking a Workshop but do not see one available in your area, please contact your Provincial Regional Development Coordinator.

Provincial Regional Development Coordinators

	Region	Email	Phone
John & Carol Cull	Lower Mainland (Zones 3,4,5)	johncull@telus.net	(604) 599-6638
Vince Sequeira	Vancouver Island (Zone 6)	vince.sequeira@shaw.ca	(250) 923-2458
Alwilda van Ryswyk	Okanagan/Kootenays (Zones 1,2)	alvan50@shaw.ca	(250) 372-9640
Greg Nicol	Okanagan/Kootenays (Zones 1,2)	greg-nicol@shaw.ca	(250) 372-7888
Cindy King	Northern BC (Zones 7,8)	cking@pgonline.com	(250) 613-7672

AND NOW.....

Upcoming Officiating Opportunities

Please send me a note if you are able to help.

Event: Ultra Throws Festival #1

Sponsored by: Ultra Throw Club

Date: Saturday, March 24, 2018

Location: McLeod Park, Langley

Times: (registration may be limited so that only one flight of each event is held)

Weigh-in: 11:00

Hammer: 12:15, 1:00

Shot Put: 1:00, 1:45

Discus: 1:45, 3:00

Javelin: 3:00, 3:45

Weight Throw: 3:45, 4:30

Pizza, Snacks and Water will be available for all Participants, Officials and Volunteers

Officials who have committed to attend:

Peter Fejfar, Dave Short, Celina Wong (from 1:00), Maureen de St. Croix (from 12:30) Carol Cull, John Cull

Event: UBC Open

Sponsored by: UBC

Date: Friday, March 30 and Saturday, March 31

Location: UBC

Times:

Friday, March 30

Track

First Event: 11:00

Last Event: 5:45

Please note that there are Race Walk Events at 11:00 (3km) and 11:20 (5km)

Field

Hammer: 10:30

Discus: 11:30, 12:45

Shot Put: 2:00, 3:00

Javelin: 3:00, 4:00

Long Jump: 11:30, 12:45

Triple Jump: 3:00, 4:00

High Jump: 11:30, 12:45, 2:00, 3:00
Pole Vault: 2:00, 4:00

Saturday, March 31 (2nd day of events for Decathlon and Heptathlon, only)

Track

First Event: 10:00
Last Event: 1:45

Field

Discus: 10:30
Javelin: 12:00, 12:30
Long Jump: 11:00
Pole Vault: 11:30

We are very much in need of a Starter for at least the Friday portion of this Meet!

Officials who have committed to attend:

Jason Swan, Dawn Driver, Nicci Beninger, Chris Eliopoulos, Louise Meville (Friday), Kathy Terlicher (Friday), Nima Parsakish (Friday – Walks), Carol Parsakish (Friday), Betsy Rollins, Jim Rollins (Saturday), John Cull, Carol Cull

Event: **Emilie Mondor**
Sponsored by: SFU
Date: Saturday, April 7
Location: SFU and Percy Perry Stadium, Coquitlam

Times: (tentative schedule)

Track (SFU)

First Event: 10:30
Last Event: 4:05

Field

* Discus: 8:30 (M & W)
* Hammer: 10:00 (M & W)
* These Events are being held at Percy Perry Stadium in Coquitlam
Javelin: 12:00, 1:00
Shot Put: 2:00, 3:00
Long Jump: 12:00, 3:30
Triple Jump: 1:30, 2:30
High Jump: 1:00, 2:00

Officials who have committed to attend:

Howard Brandt, Jason Swan, Dawn Driver, Peter Fejfar, Emily Kydd, Reg Harris, Nancy Champagne (until 3:00), Steve Martin, Celina Wong, Dave Short, Chris Eliopoulos, Zach Durand, John Cull, Carol Cull

Event: **Valley Royals Vaisakhi Festival Track and Field Meet**
Sponsored by: Valley Royals Track and Field Club
Date: Sunday, April 15
Location: Gerry and Jane Swan Track at Rotary Stadium,
32470 Haida Drive, Abbotsford

Times: (tentative schedule)

Track

First Event – 9:30am

Last Event – 2:30pm

Field

Shot Put – 11:00, 12:00, 1:00, 2:00

Long Jump – 11:00, 12:00, 1:00, 2:00

High Jump – 11:00, 12:00, 1:00, 2:00

Participants and Volunteers will be eligible for Door Prize draws.

Officials who have committed to attend:

Dawn Driver, Debbie Foote, Abresia Foote, John Cull, Carol Cull

Event: 2018 Vancouver Olympic Club Elementary Track and Field Meet

Sponsored by: Vancouver Olympic Club

Date: Friday, April 20 and Saturday, April 21

Location: Swangard Stadium, Burnaby

Times:

Track

Friday

First Event – 4:00pm

Last Event – 7:50pm

Saturday

First Event – 10:00am

Last Event – 3:50pm

Field

Friday

Long Jump – 3:00pm, 4:00pm, 5:00pm, 6:00pm, 7:00pm (two pits)

Triple Jump – 8:00pm (two pits)

High Jump – 3:00pm, 4:00pm, 5:00pm, 6:00pm, 7:00pm

Shot Put – 3:00pm, 4:00pm, 5:00pm, 6:00pm, 7:00pm

Saturday

Long Jump – 10:00am, 11:00am, 12:00pm, 1:00pm, 2:00pm (two pits)

High Jump – 10:00am, 11:00am, 12:00pm, 1:00pm, 2:00pm

Shot Put – 10:00am, 11:00am, 12:00pm, 1:00pm, 2:00pm

Officials who have committed to attend:

Jason Swan, Emily Kydd, Bill Koch

Event: Fraser Valley High School Invitational Track Meet

Sponsored by: South Fraser Track and Field Club

Date: Saturday, April 21

Location: Bear Creek Park, Surrey

Times:

Track

First Event – 9:00

Last Event – 4:30

Field

High Jump – First Event – 10:30, Last Event – 3:30

Long Jump – First Event – 10:30, Last Event – 3:45

Triple Jump – 10:30, 1:30

Weight Throw – 8:30

Shot Put – First Event – 10:30, Last Event – 2:45
Discus – First Event – 10:30, Last Event – 3:45
Hammer – 1:30, 2:45

Officials who have committed to attend:

Event: **The Vancouver Sun Run**
Sponsored by: The Vancouver Sun
Date: Sunday, April 22
Location: Meet at the Finish Line (approx. 7:45am)
Behind BC Place Stadium, Pacific Boulevard

Times:

8:00 – Start of the Mini Sun Run
8:40 – Start of the competitive Wheelchair Race
9:00 – Start for all other Competitors

Officials who have committed to attend:
John Cull, Carol Cull, Bill Koch

Event: **The BMO Marathon**
Sponsored by: The Vancouver Sun
Date: Sunday, May 6, 2018

Timers and Referees are requested for this Event. If you are able to Volunteer your name will be sent to Maurice Wilson and he will fill you in on the details of Where? And When?

Don't forget, if you would like to see the full list of Meets for this competition year please visit the Officials' portion of the BCA website at:
<http://www.bcathletics.org/admin/js/elfinder/files/Officials/Meet%20Shedules%2015/MSched2-5-18.pdf>.

I did not just read that there is the possibility of snow on Friday (sigh....),
Carol