

# Athletics Officials' News

March 30, 2023

The latest news, views, and announcements

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That Icy Weekend Was Only a Faint Memory

## Reminder

If you haven't already done so, please remember to **renew your BC Athletics membership**, now! Only those who are members may request reimbursement for travel costs.

## Get Well

We are thinking of our Officials on the Get-Well list: Jim Rollins, Deborah Carter, Keith Newell.

## A High Jump Story

*Thank you, Dale Loewen for this most interesting article.*

**Trivia Question:**

Carmon Ionesco holds the longest standing Canadian Athletics outdoor record for her Discus throw on August 23, 1979, of 62.23 meters.

***Who holds the longest standing Canadian indoor record and the second longest standing outdoor record including all events?***

**Trivia Answer:**

Including all event records, **Debbie Brill** holds the longest standing indoor record for her High Jump on January 23, 1982, of **1.99 meters**. She also holds the second longest standing outdoor record for her High Jump on September 2, 1984, of **1.98 meters**.

Debbie Brill, a B.C. lower mainland athlete from Maple Ridge, was among three innovators of the High Jump who acted independently and without knowledge of each other, took a radical approach in performing a jump. Perhaps this was necessary considering at this time, the high jump was made onto sand or saw dust without any foam or mats. This story has recently come to attention because of the passing of one of the three innovators, Dick Fosbury. This approach in jumping subsequently caused significant changes in the equipment used for the high jump and significant rule changes for the officials.



Writer **Dan Barnes** published the following article in the Vancouver Sun, March 23, 2023 which provides interesting details.

**THE STRANGE STORY OF THE FOSBURY FLOP**

***Three athletes in Western U.S. and Canada developed high jump move independently.***

**Vancouver Sun · 23 Mar 2023 · DAN BARNES**

In the 1960s, when high jumpers Debbie Brill, Bruce Quande and the late Dick Fosbury were raising the bar by turning their backs to it, they trained independently of one another and in relative anonymity, at least until the 1968 Olympics changed everything. That wouldn't have been quite so odd — without social media and smartphones there was no global obsession with sharing — but for their proximity. Brill grew up in Haney, B.C., Quande in Kalispell, Montana, and Fosbury in Medford, Oregon.

In the grand scheme of worldwide athletics, that's some seriously local knowledge, because there seems to be no proof anybody else was doing it their way. "That was the interesting part," said Quande, now 78 and living in Missoula, Mont. "The conclusion on that was a lack of good high jump coaching in the trees in the northwest."

At the time, most high jump pits were covered only in wood shavings or sand, not foam mats. The favoured techniques were the scissor kick, which allowed jumpers to land on their feet, or the Western Roll, in which jumpers landed facing the ground and could absorb the impact with their arms and torso.

Brill, Quande and Fosbury, however, took a curved path to the bar, turned their backs to it, cleared it head first and landed hard on the shoulders. Fosbury's high school was an early adopter of foam pits and Brill's father had built her one, making it safer and more comfortable to perfect their layback methods. Quande didn't have the luxury of any cushioning and that may have hastened his early exit from the event after high school.

Sixty years hence, their invention — be it the Fosbury Flop, Brill Bend or Quande Curl — is ubiquitous, which speaks to the trio's pioneering exploits. Such is the power of TV and the Olympics that lasting fame was reserved only for Fosbury, who died March 12 of cancer at age 76.

The Flop was a big hit at the 1968 Summer Games in Mexico City, where Fosbury cleared 2.24 metres to win the gold medal and influence generations of jumpers to come. Four years later at the Munich Olympics, 28 of the 40 male high jumpers were using the layback method.

"I thought that after I won the gold, one or two jumpers would start using it, but I never really contemplated that it would become the universal technique," Fosbury said in 2012.

"Yet, it only took a generation. The last straddle jumper at the Olympics was in Seoul (in 1988). It took a little time for European coaches to start teaching it ..."

It was also a surprise to Fosbury that Quande had been the first to do it. The Missoulian newspaper published a photo of Quande arcing backward over a high jump bar at the Montana state high school championships on May 24, 1963, the same year Fosbury said he began jumping that way. Quande said he had been working on his technique since 1961 at Flathead High in Kalispell, an assertion supported by former teammates and rivals. But Quande didn't win the state title in 1963, the photo didn't generate much buzz, and he wasn't immediately credited with a role in the high jump revolution. However, in 1998, Missoulian reporter Rial Cummings stumbled across that photo in the archives and turned it into a prize-winning story that gave Quande his overdue due. He interviewed several of Quande's contemporaries and they corroborated the timing. He also reached Fosbury. "I think it's real interesting," Fosbury told Cummings. "Our stories sound parallel. This will be a historical asterisk."

Quande's jumping career peaked in high school and ended a year later when he suffered a herniated disc. Too many years of landing in unforgiving pits may have caught up to Quande. "I didn't get the attention Dick Fosbury did, but the guys I went to school with all knew about it," said Quande.

Brill was only 15 in 1968 when Fosbury went viral, but she had been using the Bend for years. In 1969, she jumped 1.98m, a Canadian women's record that stands today. In 1970, she won Commonwealth Games gold by jumping 1.83m, a height that would have won gold at the 1968 Olympics. And in 1971, she cleared 1.85m to win Pan Am Games gold. In a 1982 interview with Track and Field News writer Garry Hill, Brill was asked if she wished the jumping style had her name on it rather than Fosbury's, because she had "independently invented the flop." At the time, Quande's high school exploits had gone largely unnoticed.

"No, I've never felt that way," Brill said. "I'm quite happy with the way it is. It doesn't matter that people don't know. I want to be great at what I do, but I don't care if I'm not really well known for it. I think maybe I'm happier for it. I don't like the way people look at famous people. I've never really had heroes, never looked up to somebody. Even if I couldn't be athletically famous, it wouldn't bother me. That's not what counts anyway. There's a lot more to us than that."

## Umpire Folder Update

### *From Vince Sequeira*

On Sunday March 12, Connie Halbert and Vince Sequeira presented a short online update webinar on the changes made to the Provincial Umpire Folders / Binders. We acknowledged and thanked David Weicker who was responsible for the original Folder design and concept, and also to Kathy Terlicher, Kanwal Neel, Ken Porter, Alice Kubek and Fiona Clarke.

In a nutshell, for 2023 (onwards) umpires will be displaying GREEN for the "all clear" or "good" signal, and YELLOW for the "infraction observed" or "uh-oh" signal. This is at the request from Athletics Canada and conforms with what the other provinces are doing, as well as in other parts of the world.

The contents of the existing folders have also been updated, and in particular a more effective way of distributing umpires on the track at major meets. the 3-section system will be effective whether or not there is a complete complement of umpires, or as few as 6 umpires at a meet. The contents are now available on the BC Athletics website for download. It is hoped that this will bring about some consistency throughout the province for all umpires. (*See Forms on the Officials' section of the BCA website.*)

# Rulings on Hurdles

*By John Cull*

Case study: **It happened at UBC aka The Good, The Bad and the Ugly**

It was a dark and stormy morning, the first event of Day 2 in the Decathlon. Day 1 had featured rain and cold and sleet, but this day looked promising. This was the first Decathlon of the season, for at least one of the U-18 men, likely his first one EVER, hopefully not his last.

Heat 2 for U-20 and U-18

The neatly written Umpire's Report showed that a U-18 athlete had a spectacularly scary ride. He rattled all the hurdles and hit the last three square on with the heel of his lead leg, landed on his feet after the last hurdle, and ran through the finish, leaving the hurdle lying on the track. The finish was the good part, the rest of it was the UGLY.

The Umpire thought disqualification, citing TR22.6 "...each athlete should go over each hurdle..."

'You call that going over?'

The Track Referee was not so sure and sat down with the Combined Events Referee for a pow wow.

They went line by line through the Rule.

TR22.6. Did the Athlete "go over" the hurdle?

Yes, his lead leg and his trail leg and all the other body parts went over the hurdles. He was rocking or falling, but he "was over it."

TR22.6.1 Was his foot or leg at the instant of clearance, beside the hurdle (or at the side) below the horizontal plane of the top?

Nope, he went over the hurdle.

TR22.6.2 And did he knock down or displace any hurdle by hand, body or the front side of the lower limb?

Nope, he knocked it down with his heel (the underside of the lower limb).

TR22.6.3 Did the hurdle he knocked down obstruct another athlete in the race?

Nope, it just lay there in his lane.

They also reviewed the green note, which said "knocked down", a hurdle does not in itself result in disqualification.

CONCLUSION      No disqualification

The athlete is one lucky cat and has 4 more lives to finish the Dec. It was bad, it was ugly...but it was good.



# Officials Who Cook

*From the Kitchen of Sue Kydd*

## **Parmesan Baked Fish**

2-4 pieces of white fish, thicker pieces are better than thin fillets. I've been using tilapia from Costco.

Put fish in a lightly greased baking dish, single layer.

### **Mix and spread over fish.**

1/4 C mayo (I use Helleman's)

1/4 C parmesan cheese, grated

2TBS chopped chives

### **Combine and sprinkle over top.**

1/2 C panko or dried breadcrumbs

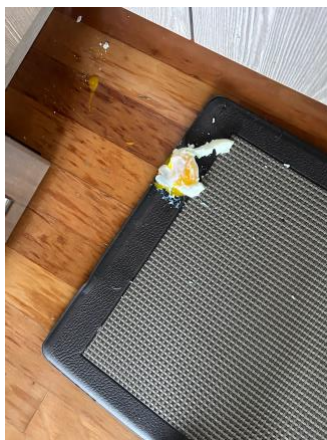
1/2 tsp fresh or dried basil

pepper

Bake at 400 till fish flakes and top is a bit crisp, about 15 minutes.

This is very tasty and very simple!

**And then there is Valerie's own unique presentation of a poached egg...**



**Don't forget to send us a favorite recipe to be included in our next Newsletter!**

**Officiating Q & A**  
Questions

### Q 1

A young Athlete in Long Jump goes off the takeoff board with both feet, lands on one foot in the sand and then proceeds to the end of the pit before exiting. Does anything they have done constitute a fault?

**Yes or No**

### Q 2

A Masters athlete lands on the mat legally during a Pole Vault competition then reaches through under the bar and prevents her pole from travelling through the bar. Is this a fault?

**Yes or No**

### Q 3

A Masters athlete performs a standing start in a 400m race with one foot on the pedal of a set of blocks. Is this legal?

**Yes or No**

## With Much Appreciation for Your Help

**Event:** Ocean Athletics Spring Breaker  
**Sponsored by:** Ocean Athletics  
**Date:** Saturday, March 18, 2023  
**Location:** South Surrey Athletic Park Track & Field Facility

Many thanks to:

Ted de St. Croix, Maureen de St. Croix, Cathy Carr, Deborah Carter, Sharon Hann, Tom Hastie, Anna Huang, Dave McDonald, Sue Kydd, Kevin Kydd, Dave Short, Harnek Toor, Lia Schoenroth, Kevin Schoenroth, Keith Hack, Neil Chin Aleong, Nancy Champagne, Susan Creighton, Betsy Rollins, John Cull, Carol Cull

**Event:** Simon Fraser University, High Performance Meet #1  
**Sponsored by:** SFU  
**Date:** Saturday, March 18, 2023  
**Location:** SFU and Coquitlam Town Centre (Hammer only)

Many thanks to:

Jason Swan, Dawn Driver, Celina Wong, Debbie Foote, Sanda Turner, Jake Madderom, Kathleen Henderson, Bill Koch, Iain Fisher, Zach Durand, Brian Cyr, Deborah Flood, Hardev Sandhu, Gary Silvester

**Event:** 2023 UBC Open Schedule  
**Sponsored by:** UBC  
**Date:** Saturday, March 25 and Sunday, March 26, 2023  
**Location:** Rashpal Dhillon Track and Field Oval  
UBC Campus (Corner of Wesbrook/16<sup>th</sup> Avenue)

Many thanks to:



Dawn Driver, John Cull, Carol Cull, Neil Chin Aleong, Miriam Dziadyk, Anna Huang, Jake Madderom, Celina Wong, Dona Lawson, Tomas Dziadyk, Larry Blaschuk, Scott Saunders, Nolan Yee, Lloyd Uliana, Susan Creighton, Iain Fisher, Kathleen Henderson, Jim Torrance, Betsy Rollins

## Officiating Opportunities

***Please come lend a hand. Send me a note to let me know if you are available in the Lower Mainland.***

***We need help for the Meets listed below!***

**\* It is Important that Officials coming to Meets check the Organizer's website the night before the Meet as Schedules can Change \***

Please note that we can only provide travel expense funds for Meets that have been sanctioned by BC Athletics. If you look at the list of coming Events on the BCA website, you can see which events have been sanctioned. They are color coded as such:



BCA Sanctioned event



Championship event



Courses & Pro-D

**Event:** **Ocean Athletics OUTATIME Time Trial** **\*Please note Schedule Change\***

**Sponsored by:** Ocean Athletics

**Date:** Saturday, April 8, 2023

**Location:** South Surrey Athletic Park Track & Field Facility

*For more information check the website at <https://www.oceanathletics.club/home-1>*

**Time:**

Track

First Event: 10:30am

Last Event: 1:55pm

**Officials who have committed to attend:**

Ted de St. Croix, Maureen de St. Croix, Sue Kydd, Kevin Kydd, Deborah Carter, Neil Chin Aleong

**Event:** **Simon Fraser University, Emilie Mondor Invitational**

**Sponsored by:** SFU

**Date:** Saturday, April 8, 2023

**Location:** SFU and Coquitlam Town Centre (Hammer and Discus only)

Mercer Stadium, New Westminster (Pole Vault only)

**Time:**

Track

First Event – 12:00noon

Last Event – 5:15pm

Field

Hammer – 8:30am (Women and Men)

Discus – 10:30am (Women and Men)

Shot Put – 2:00pm

Javelin – 3:00pm

Long Jump – 12:00, 4:00

Triple Jump – 1:30, 3:00

Officials who have committed to attend:

Iain Fisher, Deborah Flood, Reg Harris, Bill Koch, Hardev Sandhu, Lia Schoenroth, Celina Wong, Debbie Foote (Coquitlam Town Centre), Zach Durand, Jake Madderom, Brenda Chinn, Laura Worrall (Pole Vault), John Cull (Pole Vault), Carol Cull (Pole Vault)

**Event:** **JD – OPEN: Kajaks Richmond Relays**

**Sponsored by:** Kajaks Track and Field Club

**Date:** Saturday, April 15, 2023

**Location:** Clement Track Minoru, Richmond

**Time:**

Track

First Event – 11:00am

Last Event – 3:30pm

Field

Shot Put – 9:00am, 10:00

Hammer – 11:00am, 12:30pm

Javelin – 1:30

Discus – 2:30

Long Jump – 9:00am (two pits), 10:30

High Jump – 12:00pm, 2:30pm

Officials who have committed to attend:

Jason Swan, Dawn Driver, Rose Hare, Jacob Emerson, Michael Xiao, Robin Xiao, John Cull, Carol Cull

**Event:** **JD-U18: Ultra Throws Festival**

**Sponsored by:** Ultra Throws

**Date:** Saturday, April 15, and Sunday, April 16, 2023

**Location:** McLeod Athletic Park, Langley

**Time:**

Saturday

Discus – First event: 8:30am, Last event: 11:30am

Shot Put – First event: 10:00am, Last event: 2:30

Javelin – 10:00am, 2:30am

Hammer – 1:15pm, 3:30pm

Sunday

Hammer – 8:00am, 9:15am

Shot Put – 9:15am, 10:30am

Discus – 10:30am, 1:00pm

Javelin – 1:00pm, 1:30pm

Weight Throw – 1:30pm, 2:45pm

Super Weight – 4:00pm

Officials who have committed to attend:

Deborah Carter, Dawn Driver (16<sup>th</sup> only), Hardev Sandhu (16<sup>th</sup> only), Celina Wong

**Event:** **37<sup>th</sup> Annual Vancouver Olympic Club Elementary and**



## High School Track Meet

**Sponsored by:** Vancouver Olympic Club  
**Date:** Friday, April 21 and Saturday, April 22, 2023  
**Location:** Mercer Stadium, New Westminster

### Time:

#### Track

Friday

First Event: 3:00pm

Last Event: 6:50pm

Saturday

First Event: 9:30am

Last Event: 6:25pm

#### Field

Friday

Long Jump (2 pits) – First event: 3:00pm, Last event 7:00pm

High Jump - First event: 3:00pm, Last event 7:00pm

Shot Put - First event: 3:00pm, Last event 7:00pm

Saturday

Long Jump (2 pits) - First event: 10:00am, Last event 4:30pm

Triple Jump (2 pits) – 3:00pm

High Jump – First event: 10:00am, Last event 2:00pm

Shot Put - First event: 10:00am, Last event 2:00pm

### Officials who have committed to attend:

Deborah Carter, Dawn Driver, Iain Fisher, Deborah Flood (21<sup>st</sup>), Rose Hare, Michael Xiao (21<sup>st</sup>), Robin Xiao (21<sup>st</sup>), Jake Madderom, Bin Xu (21<sup>st</sup>), John Cull, Carol Cull

### Event: **Nick Wilkes Invitational**

**Sponsored by:** Maple Ridge Schools  
**Date:** Thursday, April 27  
**Location:** Maple Ridge Secondary  
21911 122<sup>nd</sup> Ave., Maple Ridge

### Time: Rolling Schedule

#### Track

First Event – 3:40pm

Last Event – 6:55pm

#### Field

Long Jump (two pits) – 3:30, 5:05

High Jump (two pits) – 3:30, 5:05

Hammer – 3:30, 4:30, 5:30, 6:30

Javelin - 3:30, 4:30, 5:30, 6:30

Shot Put - 3:30, 4:30, 5:30, 6:30

### Officials who have committed to attend:

John Cull, Carol Cull

**Event:** **Jean Jacques Schmidt Memorial Meet**

**Sponsored by:** Kajaks Track and Field Club

**Date:** Saturday, April 29, 2023

**Location:** Clement Track & Collier Throws Centre, Minoru Park, Richmond

**Time:**

Track

First Event: 10:00am

Last Event: 3:45pm

Field

Shot Put – 9:00am, 10:00am

Hammer – 11:00am, 12:30pm

Javelin – 1:30pm

Long Jump (two pits) – 9:00am, 10:30am

High Jump – 12:00, 2:30pm

**Officials who have committed to attend:**

Jason Swan, Sharon Hann, Neil Chin Aleong (possibly), Deborah Carter, Susan Creighton (possibly), Dawn Driver, Michael Xiao, Robin Xiao

**Event:** **Jennifer Rogers Swan Memorial Meet**

**Sponsored by:** Valley Royals Track and Field Club

**Date:** Friday, May 5 and Saturday, May 6, 2023

**Location:** Gerry and Jane Swan Track at Rotary Stadium

**Time:**

Track

Saturday

First Event – 9:00am

Last Event – 4:20pm

Field

Friday

Hammer – 4:00, 5:00

Discus – 6:00, 7:00

Long Jump – 4:00, 5:00, 6:00, 7:00

Saturday

Hammer – 9:00

Shot Put – 9:00, 9:30, 10:00, 11:00, 2:00, 3:00

Discus – 1:00, 2:00, 2:30, 3:00

Javelin – 10:00, 11:00

Long Jump – 9:00, 10:00, 11:00, 1:00, 3:00

High Jump – 9:30, 10:45, 11:45, 2:00

Pole Vault – 1:00

**Officials who have committed to attend:**

Sue Kydd, Dawn Driver, John Cull (6<sup>th</sup>), Carol Cull (6<sup>th</sup>)

**Event:** **Delta District Track and Field Championships**

**Sponsored by:** Delta Schools

**Date:** Tuesday, May 9<sup>th</sup> and Wednesday, May 10<sup>th</sup>

**Location:** North Delta Track

**Time:**

Track

Tuesday

First Event – 12:00

Last Event - 4:00

Wednesday

First Event – 3:45

Last Event – 6:30

Field

Tuesday

Shot Put – 12:00, 12:30, 1:00, 1:30, 2:45

Discus – 4:00, 4:30

Triple Jump – 12:00, 12:30, 1:30, 2:45

High Jump – 12:00, 12:30, 1:30, 2:45

Wednesday

Long Jump – 3:45, 4:15, 5:00, 5:45

Javelin – 3:45, 4:15, 5:00, 5:45

**Officials who have committed to attend:**

Ted de St. Croix, John Cull (10<sup>th</sup>), Carol Cull (10<sup>th</sup>)

**Event:** **ISEA Track and Field Championships**

**Sponsored by:** Elementary Independent Schools

**Date:** Monday, May 15<sup>th</sup>, 2023

**Location:** South Surrey Athletic Park

**Time:**

Track

First Event – 9:30

Last Event – 3:30

Field

Shot Put – 10:00, 11:30, 1:15, 2:30

Discus – 9:45, 10:45, 12:00, 1:00, 2:00, 3:00

Long Jump – 10:00, 11:30, 1:15, 2:30

High Jump – 10:00, 11:30, 1:15, 2:30

**Officials who have committed to attend:**

Ted de St. Croix, John Cull, Carol Cull

**There are many Meets coming in later May. We will be sending out another Newsletter soon.**

## Officiating Opportunities to come in 2023

Keep these in mind but don't tell us of your availability just yet.

<b>BC High School Multi-Events</b>	June 2 & 3
<b>BC High School Track and Field Meet</b>	June 8 -10
<b>Pacific Distance Carnival and Canadian 10,000</b>	June 23
<b>And Langley Pacific Invitational</b>	June 23 & 24
<b>Harry Jerome</b>	July 14 (tentative)
<b>BCJD Track and Field Championships</b>	July 15 & 16
<b>BC Jamboree</b>	July 7 - 9
<b>Bell Canadian Track and Field Championships</b>	July 27-30

To have a look at the full draft schedule of BC Events for 2023 please go to [2023 Schedule of Events](#)

### Officiating Q & A Answers

#### A 1

**No**

TR30 does not indicate that either the described take off or landing is a fault.

#### A 2

**Yes**

TR28.4 states "After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights."

#### A 3

**Yes**

WMA Rule 161 Starting Blocks Master competitors are not required to use starting blocks, or a crouch start or have both hands in contact with the track...