

The latest news, views, and announcements

INSIDE

In this Newsletter

Officials' Town Hall

Upcoming Competitions

The Outdoor Season is HERE!

Test Your Knowledge

Questions and Answers



The Gingerbread House had seen better days. The season was well past.

Onto Sun and Warmth



Please!!!

Officials' Town Hall

'Save the Date' Sunday, March 5, 2023 - 7:00pm to 8:00pm.

A video conference

Agenda includes the following:

- Activities planned for recruitment, development and retention of Officials in 2023
- Questions and Answers

To register for this event, please visit the BC Athletics website (bcathletics.org) and look on the Officials page - [LATEST NEWS](#)

In Focus

By Lanie Man

Getting to Know...

Lana Khrisanova



Lana Khrisanova is from the BCA Officials Class of 2022, one of the few U18 officials in the brood. She joined in August 2022 due to her mom's influence. Mom, Marina, is also an official and a master's athlete. Lana is currently working towards her level 2 certification.

"I haven't specialized in any events yet, but I'm thinking of becoming a starter because I think it would be cool. Or I might go into throws as there is a variety of events with it. My favorite event is probably high jump, because it's very cool to watch."

Q. What motivated you to continue Officiating?

Well, it has been less than a year, but I stayed because it's really fun and I enjoy doing it and meeting so many cool people.

Q. What is one of your most memorable experiences as an Official?

My most memorable experience as an Official was the first time I judged javelin in the field, I found it very fun.

Q. Why do you enjoy Volunteering? What do you enjoy the most about Officiating?

I enjoy seeing so many different people compete, the variety of ages and skill levels.

But Lana is not new to Track and Field. She started as an athlete at eight or nine years old. "I do high jump, long jump, hurdles, and javelin. I also do trampoline gymnastics competitively." "Athletics are a big part of my life; I enjoy participating as well as watching the sport very much."

"Memorable experiences I had as an athlete were the competitions. I always found them very fun, hanging out with my friends and trying my best in my events. And I'm very thankful to those who provided me with those experiences, specifically the officials."

Q. Did T&F help you gain skills/traits that you found useful in school/life?

I think some skills track and field taught me would be good sportsmanship, as sometimes people are just better than others and it's just something you've got to accept.

Q. What kept you interested in T&F up to the present?

What kept me interested was the friends I made, as well as the fun I have at training and competitions.

Q. Would you recommend officiating to high school athletes U16/U18?

I would definitely recommend it, I would love to see more people my age officiating, because it would be more fun that way. Since I'm usually just a little kid among adults at meets so far. (My advice) I would say to not be afraid to ask questions if you're unsure of something.

Q. What are your Hobbies?

One of my hobbies is drawing, and I would like to say that I'm not half bad. I mostly like to paint with acrylics.

10. What are your plans for the future?

I'm rather unsure about my future plans, I know that during my high school year I'd like to continue officiating and hopefully get to at least Level 3.

Q. Any other interesting facts/stories you would like to share?

I haven't quite officiated enough to have many stories to share, but I must say that the donuts at the Harry Jerome meet were very tasty.



Welcome

Kevin O'Connor



BC Athletics is pleased to announce the appointment of Kevin O'Connor to the position of BC Athletics Non-Stadia Program Manager. Kevin will have responsibility for the management and ongoing development of Road, Cross Country, Mountain, Trail, and Ultra Running in British Columbia.

Get Well

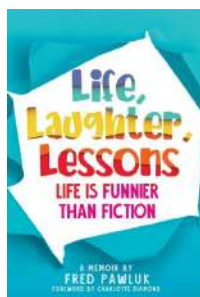
Our best wishes go out to Valerie Jerome who is recovering after surgery. That crutch is slowing her down a tad, but we know she will soon be out and about attending concerts, putting the final touches to the book she is writing and continuing her school speaking engagements.

Certification Maintenance Program

Be sure to join us for the Town Hall on March 5 from 7:00pm to 8:00pm to review our current understanding of this NOC initiative.

Congratulations

Our congratulations to Fred Pawluk on the publication of his book.



Way to go, Fred.

How they are placed on a result sheet

Event: High Jump Date: _____ Start Time: _____ Finish Time: _____

Athlete Name	1.40	1.45	1.50	1.55	1.60	1.65		Best	Place
A	XXX							NM	/
B	-	-	O	O	O	XXr		r 1.60	1
C	-	-	O	O	O	XXX		1.60	1
D	O	O	O	O	O	XXX		1.60	1
E	-	-	XXO	O	O	XXX		1.60	4

A puzzler to be sure. This score sheet for High Jump is from a recent competition. The puzzle was, how should it be scored? The event ended with a 3-way tie for first place.

If you have questions about the scoring, please let me know.

To score the event, the judge would add up the total number of failures for each Athlete, up to and including the height last cleared (1.60m). Athletes 'B', 'C' and 'D' had no failures and Athlete 'E' had 2 previous failures. Therefore, Athletes 'B', 'C' and 'D' are tied and Athlete 'E' places 4th.

Officials Who Cook



Thanks to Dale for this great pic.

Cheesy Garlic Pull-Apart Bread



I just tried this recipe and thought it was great! Makes enough to feed 12 as a Snack or Appetizer or Side Dish. Keeps for at least 24 hours and can be reheated in the oven. I have also tried freezing it but don't yet know how it will stand up. Assume I will thaw and then reheat in the oven. *Carol*

Ingredients

- 32 rolls biscuit dough (recipe follows)
- About 40 small slices (1"x1"x1/4") cheese (I used a combination of cheddar and mozzarella)
- ½ cup salted butter
- 1/3 cup Parmesan cheese
- 1 teaspoon Italian seasoning (I use a combination of dried basil, dried oregano and red pepper flakes)
- ¼ teaspoon garlic powder (I use squashed, garlic cloves roasted in olive oil)

Instructions

1. Preheat oven to 200 degrees. Start with 'The Best Yeast Rolls Recipe' (below), through first rise. Grease a large 14 to 15 inch, cast iron skillet.
2. Melt the butter. Using a knife or kitchen shears, cut the dough into 32 pieces. Dunk the dough pieces into the melted butter then place these in the skillet. Add squashed garlic to remaining melted butter.
3. Place the skillet in the oven to quick-rise for 15 minutes.
4. Remove skillet from the oven. Preheat the oven to 350 degrees.
5. insert the cheese squares between the rolls of dough in the skillet (a butter knife will help you to separate the rolls to make this easier).
6. Brush the butter/garlic mixture over the top of the rolls of dough. Sprinkle with Italian seasoning and then Parmesan Cheese.
7. Bake for 20 to 25 minutes, until golden. Serve as-is or with a side of marinara sauce for dipping.

The Best Yeast Rolls Recipe

I use a heavy-duty mixer to make the dough.

Ingredients

- 4 ¼ to 5 cups all-purpose flour
- 1 ½ cups whole milk
- ¼ cup unsalted butter
- 1/3 cup honey
- 1 packet dry active yeast
- 2 large eggs
- 1 ½ teaspoons salt

Instructions

1. Warm milk and butter in microwave until butter is melted. Stir in honey.
2. Allow mixture to cool to room temperature. Pour into mixer bowl. Add yeast.
3. When milk/butter/yeast mixture is foamy (proofed), add eggs and salt.
4. Using a dough hook attachment, add flour gradually until dough comes away from the sides of the bowl. Stop the mixer and remove the dough hook.
5. Cover the bowl with plastic wrap or a damp towel and allow to rise for 1 to 2 hours, until double in size.
6. Punch the dough down. Cut dough into 32 pieces (follow the above recipe if making the Cheesy Garlic Pull-Apart Bread). If you are wanting to make yeast rolls only, roll the pieces of dough into balls and place on a parchment paper lined baking sheet about 2 inches apart. Cover dough with a dampened tea towel and allow the rolls to rise a second time for 30 to 45 minutes.
 - a. To continue with Rolls Recipe – preheat oven to 375 degrees. Melt ½ butter and whisk with 1/3 cup honey. Once rolls have risen, remove towel and brush with butter/honey mixture. Bake for 10 to 15 minutes until golden brown.

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

Officiating Q & A

Questions

Q 1

All Athlete Competitors in a Field Event must be given a minimum of two practice trials.

T or F

Q 2

An Athlete in a Discus Event may tie a marker to the back of the cage.

T or F

Q 3

Only one Athlete may be charged with a False start in a race.

T or F

With Much Appreciation for Your Help

From Carl Savage and Fred Pawluk

Hi John, Sincere thanks to you and Carol for leading a great team of officials!
Please give Fred's and my thanks to all the team.

Many Thanks to Brian Thomson, Iain Fisher, Mary Hinze and Jim Hinze for their help with the 'First Half' half marathon race held on February 12th.

Event: Harry Jerome 2023 Indoor Games
Sponsored by: Co-Sponsors
Kajaks Track and Field Club
The Achilles International Track and Field Society
Date: Saturday, February 4, 2023
Location: Richmond Olympic Oval
6111 River Road
Richmond, BC

Many thanks to:

Deborah Carter, Nancy Champagne, Neil Chin Aleong (nice to have you back, Neil), Dawn Driver, Cathy Duley, Zach Durand, Chris Eliopoulos, Iain Fisher, Sharon Hann, Rose Hare, Tom Hastie, Bill Koch, Brian Thomson, Sherri Hall, Jason Lo, Marina Khrisanova, Lana Khrisanova, Dona Lawson, Jake Madderm, Lanie Man, Kanwal Neel, Carol Parsakish, Laurie Ritchie, Lia Schoenroth, Kevin Schoenroth, Gary Silvester, Jason Swan, Sanda Turner, Bin Xu. And to both Debbie Foote and Kathleen Henderson who were there in spirit but actually home and ailing.

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 Spring Breaker
Sponsored by: Ocean Athletics
Date: Saturday, March 18, 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: 11:00am

Last Event: 3:00pm

Field

Rolling Schedule - 11:00am Start

High Jump

Long Jump

Shot Put - Masters Athletes only (Women followed by Men)

Javelin

Officials who have committed to attend:

Ted de St. Croix, Maureen de St. Croix, Cathy Carr, Deborah Carter, Chris Eliopoulos, Sharon Hann, Tom Hastie, Anna Huang, Dave McDonald, Sue Kydd, Kevin Kydd, Dave Short, Harnek Toor

Event: **Simon Fraser University, High Performance Meet #1**

Sponsored by: SFU

Date: Saturday, March 18, 2023

Location: SFU and Coquitlam Town Centre (Hammer only)

Time:

Track

First Event: 1:00pm

Last Event: 4:40pm

Field

Hammer - Percy Perry Stadium, Coquitlam - 9:30am

Triple Jump - 1:00, 1:45

Shot Put - 1:30

High Jump - 2:30, 3:30

Long Jump - 2:30, 3:30

Officials who have committed to attend:

Jason Swan, Dawn Driver, Celina Wong, Debbie Foote, Sanda Turner, Jake Madderom, Kathleen Henderson

We are still in need of a Starter for this Event.

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/16th Avenue)

For more information check the website at <https://ubcmeetdirector>

[ixsite.com/website](https://ubcmeetdirector)

Note: Both Combined Events and Individual will be contested at this Meet.

Time:

Saturday

Track

First Event: 11:00am (Race Walk)

Last Event: 6:00pm

Sunday

First Event: 10:00am

Last Event: 1:45pm

Field

Saturday

Hammer: 10:10, 11:10

Pole Vault: 10:00, 1:00

High Jump: 11:15, 12:50, 1:30, 4:25

Long Jump: 11:15, 1:05, 1:55

Discus: 12:10

Javelin: 3:00, 4:30

Shot Put: 2:35, 3:35

Triple Jump: 4:10

Sunday

Discus: 10:30

Long Jump: 11:00

Pole Vault: 11:30

Javelin: 12:00, 12:30

Officials who have committed to attend:

Dawn Driver, Reg Harris (Sunday), John Cull (Saturday), Carol Cull (Saturday), Neil Chin Aleong, Miriam Dziadyk, Debbie Foote (Sunday), Anna Huang (Sunday), Jake Madderom, Carol Parsakish (Saturday), Celina Wong (Saturday)

Event: Ocean Athletics OUTATIME Time Trial

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: 10:00am

Last Event: 3:00pm

Field

Rolling Starts all Events, begin at 10:00am

High Jump

Long Jump

Shot Put

Javelin

Officials who have committed to attend:

Ted de St. Croix, Maureen de St. Croix

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

Sponsored by: SFU

Date: Saturday, April 8, 2023

Location: SFU and Coquitlam Town Centre (Hammer only)

Time:

The Schedule is not yet available for this Meet.

Officials who have committed to attend:

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

Sponsored by: Kajaks Track and Field Club

Date: Saturday, April 15, 2023

Location: Clement Track Minoru, Richmond

Time:

The Schedule is not yet available for this Meet.

Officials who have committed to attend:

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:

Event: **2023 Richmond Relays**

Sponsored by: Kajaks Track and Field Club

Date: Saturday, April 15, 2023

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

Time:

Track

First Event: 11:00am

Last Event: 3:30pm

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, Jacob Emerson

Event: **37th 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:

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 (poss.)

Officiating Opportunities to come in 2023

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

BC High School Multi-Events	June 2 & 3
BC High School Track and Field Meet	June 8 -10
Pacific Distance Carnival and Canadian 10,000	June 23
Harry Jerome	July 14 (tentative)
BC Jamboree	July 7 - 9
Bell Canadian Track and Field Championships	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

F

See Rules on Practice Trials at the Competition Area TR25.1

See the 'Green Note': Whilst in the past the Rules specified that there should be two practice trials for each athlete in throwing events, there is currently no such specification. Rule 15.1 of the Technical Rules should be interpreted as allowing whatever number of practice trials that may be included in the warm-up time available. Whilst for major events, two remains a standard practice, this is regarded as a minimum and should time be available and some or all of the athletes request additional practice trials, this can be permitted.

A 2

F

See Rules on Markers TR25.3.2

For throws made from a circle, an athlete may use one marker only. This marker may be placed on the ground in the area immediately behind or adjacent to the circle but not on any lines or in the landing sector....

A 3

F

See Rules on False Start TR16.8

Note: In practice when one or more athletes make a false start, others are inclined to follow and strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who in their opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified....