



2022

BC High School Track and
Field
Championships

Technical Package

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2022 BC School Sports Track and Field Provincial Championships

General Information

The BC High School Track and Field Championships is sanctioned by BC Athletics and is hosted by the BC Track and Field Executive and Host Organizing Committee, BC School Sports and the Track and Field Host Committee.

Date: Thursday, Friday & Saturday: June 9 -11, 2022

Location: Mcleod Athletic Park, Langley

Facility: 8 lane Mondo track
Change rooms, washrooms, concession available
Spike Length 7mm

Meet Director: Andrew Lenton alenton68@gmail.com

Entry Fees: \$27.50 per athlete - 3 individual events maximum
\$27.50 per relay team

Schools will be invoiced for entries by BC School Sports in the week following the championship event. Do not bring payment to the venue.

Entries: Zone Qualifiers will be forwarded automatically by Zone Reps OPEN ZONE & Gr. 8 **entries must be entered by 5:00pm PST May 28-2022.** OPEN ZONE & Gr. 8 entries through www.trackie.reg
Coaches should ensure they have an active school account and account access with Trackie.com well before the entry deadline!

Competition #'s: All athletes must have a competition number to compete in an individual event. School Coaches will be able to collect competition packages beginning noon Thursday May 30.
Competition packages must be picked up by an authorized school representative. In cases where the school coach is not able to attend, then a letter is required from the principal of the school which clearly indicates the person responsible for all athletes for duration of meet. See sample letter in appendix.
Competition numbers will not be distributed to individual athletes / parents.

Handwritten replacement numbers not accepted. Lost or misplaced numbers must be replaced by the competition secretary - \$5 replacement fee.

Qualifying Information

Senior Division (grade 11-12) (32 berths by zone)

- Vancouver Sea to Sky 5
- North West 1
- North Central 1
- Fraser North 4
- Vancouver Island 5
- Eastern Valley 3
- Okanagan 4
- Kootenays 1
- Fraser South 6
- Open Zone 2

Junior Division (grade 9-10) (32 berths by zone)

- Vancouver Sea to Sky 5
- North West 1
- North Central 1
- Fraser North 4
- Vancouver Island 5
- Eastern Valley 3
- Okanagan 4
- Kootenays 1
- Fraser South 6
- Open Zone 2

Grade 8 “Invitational” Division (24 berths by performance)

- Top 24 performances in BC – Individual events & relays
- Limited events
- Sprint performances – electronic timing required.
- Best performance from current year must be entered
- School Coach must submit entry using Trackie (www.trackie.reg)

A grade 8 athlete cannot compete in individual events at both the grade 8 level and the junior level. (Ex. Cannot compete in Gr. 8 shot put & Junior Discus) Must choose to compete in all individual events as either a Grade 8 or a Junior.

Entry Timeline- Deadlines

- May 01 – 15: Coach's check www.trackie.com account to ensure their school has an active account; update rosters. Ensure that school has a "school" account NOT a "club" account
- May 16: Grade 8 entry available on www.trackie.com
- May 16: Junior Open Zone entry available on www.trackie.com
Senior Open Zone entry available on www.trackie.com
- May 28: Zone berth (automatic qualifiers) due by 5:00pm PST
Grade 8 Entry deadline – 5:00pm PST
Junior Open Zone entry deadline – 5:00pm PST
Senior Open Zone entry deadline – 5:00pm PST
- May 29 Multi-Events Entry deadline – 5:00pm PST
- June 01 Grade 8 Performance List posted
- June 03 Junior & Senior performance lists posted – Draft 1
June 03 3:30pm (PST) **Final Scratch Deadline: Schools Billed for all entries after this date.**
- June 05 Junior Performance List posted (with Open Zone entries)
Senior Performance List posted (with Open Zone entries)
- June 06 Final Performance List for Grade 8, Junior, & Senior Posted
- June 09 Day 1 - BC High School Track & Field Championships
June 10 Day 2 - BC High School Track & Field Championships
June 11 Day 3 - BC High School Track & Field Championships

Live streaming

<http://www.athleticscanada.tv>

Zone Entries

Zone Berth Entries

Qualifiers are forwarded by Zone representative by Hytek ADVANCERS function.

Qualifiers from the North West, North Central, and Kootenay zones can submit on Excel or Word document.

Zones must submit a complete list of athletes and relay teams by the deadline May 28, 2022 (5:00pm PST) **Scratches and non-participating qualifiers should all be vetted prior to the deadline. The zone entries submitted by the deadline should be a complete and final list.** Scratches following the deadline should be minimal and only for unexpected situations.

Open Zone

Coaches must enter athletes through “Open Zone” process using (www.trackie.reg). **Automatic qualifiers can NOT be entered through the Open Zone.** Any performance from a sanctioned meet of the current BC Championship year may be used. **Only 2022 performances accepted. Sprint events must have an electronic time submitted.** Coaches may be requested to provide proof of performance. If zones do not use all of their allocated berths, they will be reassigned to the Open Zone.

Grade 8 Entries

Coaches must enter athletes through **www.trackie.reg** Coaches must enter an athlete’s best performance from the current year. Top 24 entries will qualify for the BC High School Gr. 8 Invitational section.

Awards

Individual

Medals - 1st - 3rd place

Ribbons - 4th - 8th place

Outstanding Senior Female Athlete of the Meet

Outstanding Senior Male Athlete of the Meet

Most Inspirational Athlete of the Meet

Team

Banners:

Overall Senior School Winner (Tiers 1 - 3)

Senior Boys Team Aggregate Winner (Tiers 1 - 3)

Senior Girls Team Aggregate Winner (Tiers 1 - 3)

Overall Junior School Winner

Junior Boys Team Aggregate Winner

Junior Girls Team Aggregate Winner

Event List

Grade 8 “Invitational”

Heats/Finals: 100m, 200m, 400m, 800m, 80mh (Girls)/100mh (Boys),
200mh
Timed Finals: 1500m, 3000m, 4x100m, 4x400m
Field Events: Long jump, triple jump, high jump, shot put, javelin

Junior (Grade 9-10)

Heats/Finals: 100m, 200m, 400m, 800m, 1500m, 80mh (Girls)
100mh (Boys), 300mh, 4x100m, 4x400m
Timed Finals: 1500m Steeplechase, 3000m, 1500m Racewalk
Field Events: Javelin, Hammer, Discus, Shot Put, High Jump, Triple
Jump, Long Jump

Senior (Grade 11-12)

Heats/Finals: 100m, 200m, 400m, 800m, 1500m, 100mh (Girls)
110mh (Boys), 400mh, 4x100m, 4x400m
Timed Finals: 1500m/2000m Steeplechase, 3000m, 1500m Racewalk
Field Events: Javelin, Hammer, Discus, Shot Put, High Jump, Triple
Jump, Long Jump

Rules & Regulations

Marshalling

Track athletes must marshal in the ACC (Athlete Control Centre) 30 minutes before their event.

No electronic devices of any sort allowed in the ACC or Competition areas

Field event athletes must marshal at their competition site

Competition Numbers

Competition numbers must be worn on the front for all track events, and front or back for field events. Athletes must have a competition bib number to compete. **A charge of \$5 will be issued for lost/reissue of athlete numbers. Athletes attempting to compete using handwritten competition numbers will NOT be allowed to compete.**

Implements

All implements will be supplied by the meet organizers. Athletes may use their own implements providing they meet IAAF standards. They must be weighed-in and measured at least 45 minutes prior to competition.

Spike Length

The maximum spike length allowed is 7mm for all events except high jump and javelin. Maximum spike length for high jump and javelin is 9mm.

Athletes with Conflicting Events

Track events take precedent over field events. Athletes must notify the officials at all field events that are in conflict. Athletes in the field events will forego their attempt in a round if the round has been completed before they return.

Qualifying for Finals

Field Events

Athletes finishing in the top 8 after 3 rounds will advance to finals and receive another 3 attempts

Track Events

Athletes and relays finishing in the top 8 will advance to finals

Advancement formulas (100m – 800m)

(Grade 8) 3 heats – Top 2 automatic + next 2 best times

(Junior/ Senior) 4 heats – Top 2 automatic

Advancement formula (1500m)

2 heats – Top 4 automatic + next 4 best times

Competitive Attire

All athletes must compete in their school uniform. Relay teams should be in identical uniforms. Athletes not in a school uniform will not be allowed to compete.

Medical

A qualified first aid attendant will be on site.

Protests

Protests must be made within the 30-minute timeline of the official posting of result.

A written protest accompanied with \$50 must be given to the Competition Secretary. The protest will be reviewed by the Jury of Appeal. If the protest is upheld then the protest fee will be returned.

The Jury of Appeal is comprised of three impartial experienced persons who will review evidence & make a decision. Their decision is final.

(See IAAF Rule #146)

Competition Category

Athletes may only compete in individual events at the same level.

For example:

- A gr. 8 cannot compete in the gr. 8 shot put and in the junior discus)
- A gr. 10 athlete cannot compete in the junior 100m and in the senior 400m
- Gr. 8 athletes are ineligible for Junior Racewalk, discus & hammer throw events; unless, they are competing in the junior category in all individual events.

Athletes, however, may compete in a different relay category from their individual events.

For example:

- A gr. 10 athlete may compete in the junior 100m AND in the senior 4x100m.
- A gr. 9 athlete may compete in the junior 400m AND in the senior 4x400m.
- A gr. 10 athlete may compete in the junior 4x400m AND in the senior 4x100m.

Technical Specifications

<u>Girls</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1kg	600 g
Junior	3 kg	3 kg	1 kg	500g
Grade 8	3 kg	3 kg	1 kg	500g
<u>Boys</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

	BOYS	GIRLS
Grade 8	100m - 33" (0.84m)	80m - 30" (0.762m)
Junior	100m - 36" (0.914m)	80m - 30" (0.762m)

Senior	110m - 36" (0.914m)	100m – 33" (0.84m)
Grade 8	200m - 30" (0.762m)	200m - 30" (0.762m)
Junior	300m - 33" (0.84m)	300m - 30" (0.762m)
Senior	400m - 36" (0.914m)	400m - 30" (0.762m)

Steeplechase Specifications

BOYS

Junior 1500m - 30" (0.762m) with water

Senior 2000m - 33" (0.84m) with water

GIRLS

Junior 1500m - 30" (0.762m) with water

Senior 1500m - 30" (0.762m) with water

Team Scoring

Points are scored for individual & relay events based on the following:

1 st	-	10 points
2 nd	-	8 points
3 rd	-	6 points
4 th	-	5 points
5 th	-	4 points
6 th	-	3 points
7 th	-	2 points
8 th	-	1 points

Points accumulate for team scoring in the Junior & Senior categories.

Designated School Representatives

Schools are required to have a school coach at the competition site, however, **in cases where the school coach is unable to attend the school must have a designated school representative on site with their student-athletes.** An [authorization letter](#) is required if a school coach is not on site. The designated school representative must present the letter at the competition site, authorizing them as the representative by the school principal. The letter should be on school letterhead & signed by the school principal.

Competition numbers will NOT be given out to athletes or parents; only school coaches & designated school representatives.

Championship Awards

The following awards are given out to athletes at the Championship event. Only senior athletes are eligible for these awards

- **Outstanding Female Performance**
- **Outstanding Male Performance**
- **Most Inspirational Performance**

Coaches may submit an [Awards Nomination Form](#) during the championship event to the competition secretary. A panel of three experienced school representatives will go through the nominations and determine the winners.

Failure to Participate

Based on the IAAF Competition Rules, **an athlete shall be excluded from participation in all further events** (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

- a final confirmation was given that the athlete would start in an event but then failed to participate;
 - **Final Confirmation of Participation for BC's – Friday, June 03, 2022 - midnight**
 - **Scratch deadline is Friday, June , 2022– midnight**
 - **A \$50 charge to schools for any scratches after this date (effective in 2020)**
- an athlete qualified in a Qualification Round of an event for further participation in that event but then failed to participate further;
- an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

A medical certificate provided by a medical doctor may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g. factors independent of the athlete own actions, such as problems with the official transport system) may, after confirmation, also be accepted by the Technical Delegate(s).

BC School Sports Track & Field Championships Schedule

THURSDAY, June 9th

TRACK EVENTS		
3:00	Welcome Address	- National Anthem -
3:05	Steeplechase	JG, JB Final
3:50	400m Heats	8G, 8B, JG, JB, SG, SB
5:30	1500m Heats	JG, JB, SG, SB 8G, 8B Timed Final
7:10	4x100m Finals	8G, 8B Timed Finals
7:35	4x100m Heats	JG, JB, SG, SB

3:05 FIELD EVENTS		5:15 FIELD EVENTS	
8G	-	8G	High Jump
8B	High Jump	8B	Triple Jump
JG	Triple Jump	JG	Shot Put
JB	Long Jump	JB	Discus
SG	Discus	SG	Long Jump
SB	Javelin	SB	
SO	Shot Put (Special Olympics)		

FRIDAY, June 10th

TRACK EVENTS		
8:35	Sprint Hurdles Heats	SB, JB, SG, 8B, JG, 8G
10:20	100m Heats	8G, 8B, JG, JB, SG, SB
11:30	Steeplechase	SG, SB Final
12:15	BREAK - BC T&F AGM -	
1:55	Opening Ceremony	<i>National Anthem</i>
2:05	Sprint Hurdles Finals	SB, JB, SG, 8B, JG, 8G
2:35	100m Para / SO Events	Wheelchair, Ambulatory, SO
2:55	100m Finals	8G, 8B, JG, JB, SG, SB
3:30	400m Finals	Para, 8G, 8B, JG, JB, SG, SB, SO
4:15	1500m Finals	JG, JB, SG, SB
4:55	4 X 100m Relay Finals	JG, JB, SG, SB
5:20	4 X 400m Relay Finals	8G, 8B Timed Finals
6:15	4 x 400m Relay Heats	JG, JB, SG, SB

8:30 FIELD EVENTS		11:00 FIELD EVENTS	
SB	Discus	SG	Hammer

FRIDAY, June 10th (cont'd)

9:00 FIELD EVENTS		2:00 FIELD EVENTS		4:30 FIELD EVENTS	
8G	Long Jump	8G	-	8G	Javelin
8B	Javelin	JB	Triple Jump	8B	Shot Put

Para	Shot Put (Female)	JG	Javelin	JG	Long Jump
JB	Pole Vault	JB	Shot Put	JB	-
SG	High Jump	SG	Pole Vault	JB	Hammer
SB	Triple Jump	SB	High Jump	SG	-
Para	Shot Put (Male) 10:15 start	SB	Hammer	SB	-

SATURDAY, June 11th

TRACK EVENTS		
8:30	800m Heats	8G, 8B, JG, JB, SG, SB
10:20	400/300 m Hurdles Heats	SB, SG, JB, JG
11:30	200m Hurdles Timed Finals	8B, 8G
11:55	1500 m Racewalk Timed Finals	JG, JB, SG, SB
12:35	200m Heats	8G, 8B, JG, JB, SG, SB
2:05	- Welcome Address -	- National Anthem -
2:10	400/300 Hurdle Finals	SB, SG, JB, JG
2:30	3000 m Finals	JG, JB, SG, SB
3:30	800 m Finals	8G, 8B, JG, JB, SG, SB
4:00	200 m Finals	8G, 8B, JG, JB, SG, SB
4:25	3000 m Finals	8G, 8B
4:55	4X400 m Relay Finals	JG, JB, SG, SB
5:25	Awards & Presentations	

12:30 FIELD EVENTS	
SB	Pole Vault

9:00 FIELD EVENTS		12:00 FIELD EVENTS		2:30 FIELD EVENTS	
8G	Shot Put	8G	-	8G	Triple Jump
8B	-	8B	-	8B	Long Jump
JG	Pole Vault	JG	Hammer	JG	High Jump
JG	Discus	JB	High Jump	JB	-
JB	Javelin	SG	Shot Put	SG	Javelin
SG	Triple Jump	SB	-	SB	Shot Put
SB	Long Jump				