

2022 Island Track & Field Championship Information

May 18 / May 19

Rotary Bowl, Nanaimo, BC

2022 Island Track & Field Meet Director

Wanda Urbanowicz + Tyler Heisterman – Nanaimo Track + Field Club – wanda.ntfc@gmail.com

Entry Chair

Keith Butler - lvissaa_treasurer@sd61.bc.ca

Track & Field Island Zone Rep

Sue DeSchiffart – Nanaimo Christian School

sue.deschiffart@ncsnanaimo.com

Thank you for taking the time to read this information in full.

[SCHEDULE \(google doc\)](#) (full schedule included below)

1. MEET TIMES AND LOCATION

DATES / TIMES: Wednesday, May 18, 2022 from 9:00 am to 5:30 pm for eliminations and finals.

Thursday, May 19, 2022 from 9:00 am to 4:30 pm for finals.

LOCATION: Rotary Bowl, Nanaimo

2. ATHLETE ELIGIBILITY

Age Categories

Senior: Born 2004 or later (18 years & under as of December 31, 2019) and in Year 1,2,3,4 or 5 of eligibility (Grade 11 & 12).

Junior: Born 2006 or later (16 years & under as of December 31, 2019) and in Year 1,2 or 3 of eligibility (Grade 9 & 10).

Grade 8: Born 2008 (14 years & under as of December 31, 2019) and in Year 1 or 2 of eligibility.

This meet is open to Vancouver Island Secondary Schools registered for Track and Field with BCSS. This means that students must be eligible as per current BCSS regulations for Track and Field participation - this includes registration with BC School Sports (STARS). Do NOT enter this Meet unless your school has registered a Track & Field Team with BC School Sports. One athlete is a team. School authorization is part of the BCSS registration process.

All athletes must have competed at their respective Area Meet in at least one event. Athletes who do not compete in their Area Meet due to sickness or injury must have represented their school in at least one Track Meet prior to the Area Meet in the current year.

BCSS (STARS) Team Declaration: Wednesday, April 6, 2022

BCSS (STARS) Roster Deadline: Wednesday, April 27, 2022

Please note that Grade 7 athletes are NOT eligible for the Track & Field Island Championship as per BC School Sports Rules.

3. ISLAND TRACK & FIELD ENTRY PROCESS

The online entry process will be through TrackieReg.

a) **PLEASE** view this TrackieReg video before starting the entry process. This video has detailed instructions regarding the online entry process. Copy and paste in browser. <https://vimeo.com/163403902/67ff5422a7>

b) Please click on the following link to complete the online entry process through TrackieReg. Click on the “REGISTER FOR EVENT” button to complete the online entry process ([TRACKIE LINK](#))

The online entry process through TrackieReg will close at 6:00 PM on Thursday, May 14, 2022

Please plan ahead to meet the above deadline. Changes can be made on your registration right up until that deadline. We expect that this will allow you to make all needed changes and the team that arrives at the Island Championship will be the same as the one you have registered and the one for which your school will be billed.

c) MEET DAY - Coaches must report to the registration desk to PICK UP ENTRY PACKAGE and to PAY THEIR ENTRY FEES. **The registration desk will be open between 9:00am - 10:00 am on Wednesday, May 18.**

Scratch Meeting - To handle any changes to the online entries including entry errors and substitutions, all coaches need to attend the **COACHES SCRATCH MEETING at 9:30 AM on the first day of the Meet at the registration tent.** Coaches must get authorization from the Meet Director or designate for any additions and/or changes to athlete entries.

We are hoping to minimize scratches and changes once the final entries have been submitted. Please ensure that you have checked your entry list carefully. We will not be making additions to the entry list. Please tell your students that scratches must be an exception. This greatly impacts seeding, and negatively impacts other athletes from the opportunity to compete with adequate competition. It also greatly slows down the efficiency and timeliness of the meet.

Grade 8 events: substitutions shall be permitted in case of illness or injury, ONLY if the alternate has qualified at their Area Meet. The names of the alternate **must appear on results previously forwarded to the Island Meet Director.** If you know one of your Grade 8 athletes will not compete, please give ample notice to the school of the athlete who would be the next highest qualifier (or on the alternate list).

4. MORE ENTRY INFORMATION

Athletes from all age groups must be entered into their events through TrackieReg.

a) **Entry Rules for Grade 8 Events**

Grade 8's can **only** qualify for the Island Championship through their Area Meets. Once athletes have qualified for Islands, each school must then enter them online via TrackieReg in order to participate in the Island Championship.

****VERY IMPORTANT NOTE for registering athletes to the Grade 8 category for the Island Championship.**

If a qualified athlete from a Grade 8 event is not able to participate at the Island Championship OR is moving up to a higher age group for the Island Championship, schools have the responsibility of communicating with the coach of the next qualifier from their Area Meet, to inform them of the opportunity to participate at the Island Championship.

North Area Contact: Anna Jack (Port Alberni) ajack@sd70.bc.ca

The 2022 North Island T+F Meet is being hosted by Alberni District Secondary at Bob Dailey Stadium on May 4/5, 2022.

Top **5 finishers** from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship. Refer to this website <https://annjack.wixsite.com/northislands-track/islands> for more information on the North Island Track Meet.

Mid Area Contact: Marlene Donaldson mdonaldson@qms.bc.ca

The 2022 CVIAA Meet is being hosted by Queen Margaret's at the Cowichan Sportsplex on Tuesday/Wednesday, April 30/May 1. Top **4 finishers** from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship.

South Area Contacts: Angela McLeish - angelamcleish@gmail.com, John Stewart - johnstewart@pacificchristian.ca

The 2022 LVISSAA Meet is being hosted by Royal Bay at UVIC on Wednesday, May 8. The Entry Chair is Keith Butler kbutler@sd61.bc.ca. Top 7 finishers from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship.

b) Entry Rules for Junior & Senior Events

Reminder - All athletes must have competed at their respective Area Meet in at least one event. Island results in Junior and Senior events determine qualification to the BC High School T & F Championship. The first 5 finishers in each event at the Island T & F Championship qualify for the BC High School T & F Championship.

EACH SCHOOL MAY ENTER:

- 3 athletes in any one field event
- 3 athletes in any one track event.
- 2 relay teams in each age category. Relay teams may have a substitute but this athlete must also participate in one other event during the meet.

Entries must be signed by an authorized Track & Field Coach.

INDIVIDUAL EVENTS

Athletes may enter a total of 3 individual events (track or field or a combination). Athletes must compete in the same age category for all individual events. For example, if a Junior athlete chooses to compete as a Senior athlete in one individual event, then the athlete must compete as a Senior in all other individual events entered.

Athletes must stay within their age category for **all individual events from the point of the Island Zone Meet and forward**. That is, if a Junior athlete competes in the Senior 200m then the athlete must compete as a Senior in all other individual events entered. Similarly, a Grade 8 athlete that enters a Junior event must compete as a Junior in all other individual events entered. To be clear, an athlete may not compete as a Junior at the Island Zone Meet and then enter the BC High School T & F Championship in the Invitational Grade 8 Category. This conforms with general BCSS Rules and BCHSTFA Rules. BCSS Rule 32.4.0 - Once the player has participated in playoffs, the player must stay up with the more senior team and a Moving Player to a Higher Age-Group Team form must be completed. Once approved, the student will be registered with the more senior team for the remainder of that season.

BCHSTFA - A Grade 8 athlete cannot compete in individual events at both the Grade 8 level and the Junior level (that is, an athlete cannot do Grade 8 Shot Put and Junior Discus).

RELAY EVENTS

Athletes may enter a total of 2 relay events (4×100, 4×400) but have the option to compete in either their age category or a higher age category for EACH of the 4×100 and 4×400 relays. For example, if a Junior athlete chooses to compete for a 4×100 Senior relay team, then the athlete is ineligible to compete for a 4×100 Junior relay team but could compete in the 4×400 Junior relay team. Specific Example - Susie Q. can enter JG Long Jump, JG 100m, JG Hammer, JG 4×400 and SG 4×100.

INTEGRITY

Coaches are asked to be as realistic as possible and only enter athletes who are committed to participating. In past years, in events that are not full (ie. race walk, steeplechase and Junior 400m), coaches have been permitted to run additional athletes. These athletes did not receive points. Because of changes at the BCHS Championship, this will no longer be allowed.

5. ENTRY FEES

The entry fee is \$20 per athlete to a maximum of \$600 per school.

A fee of \$10.00/athlete must be paid at the Scratch Meeting for any addition and/or changes.

Cheques are to be made payable to Nanaimo Christian School. Please arrange to pay at registration desk BEFORE the Meet begins.

Reminder: Fees are payable for everyone registered, if any registered athlete does not “show”, schools are still responsible to pay for that person.

6. SUPERVISION:

The school approved coach and/or teacher sponsor must be in attendance at the track at all times a member of his/her school team is participating. The school approved coach and/or teacher sponsor is responsible for track procedure, scratches, protests, etc. and are not to delegate this responsibility to students. Only this person may communicate with Meet officials. Other supporters or coaches are expected to stay in the stands.

Teacher sponsors are to check that competitors are wearing team (school) tops. Jeans and cutoffs are not permitted.

7. SCHOOL OFFICIATING RESPONSIBILITIES

Track and Field is volunteer-intensive! All Meet officials are volunteers. For this reason, **EACH SCHOOL must provide at least one volunteer to help at an event area.** There will be no opting out option with surcharge.

Designated officials must report to the registration desk for their assignment (may request an event when the name is submitted and this will be accommodated as best we can). **We need the volunteer help more than the \$\$\$.**

8. SCHEDULE OF EVENTS:

Events will proceed as stated on the schedule unless the number of entries causes cancellation of a heat. This will be finalized at the Coaches Meeting at 9:30am on Day 1 and at 9:15am on Day 2 at the registration tent. **Plan to attend this meeting each morning.**

9. TRACK ELIMINATIONS (Heats)

Eliminations (heats) for track events will take place where required.

Heats will be held for the following track events: 100m, 200m, 400m, 4 x 100m, and 4 x 400m relays. Eight (8) qualifiers will advance to the finals. For the sprint events (100m and 200m), the heat winners plus the next fastest times will qualify for the finals unless there are more than 4 heats in a particular event. Coaches must submit seed times for heats to be seeded accurately. All races over 800m in length do not require eliminations unless the registration makes them necessary.

10. REPORTING FOR EVENTS

Events will be announced 10 minutes before their scheduled start time. All track competitors must report to the marshalling area at first call and they must be checked in within 5 minutes of the scheduled event time. Athletes reporting late will be disqualified as track events must run on time and will not be held for late arrivals.

Athletes must check in for field events at the event site and may be excused for a track event after the check in has been completed. Any athlete excused from a field event must return immediately to that field event when the track event is completed. Upon returning and checking in with the Official they will join in at that point in the competition.

If the field event has been completed, then the returning athlete will not be allowed to complete his or her jumps or throws. **It is suggested that athletes leaving field events for the track try and complete one jump or throw before they leave to ensure that they have some record of participation in the field event.**

Conflicting Event Times:

A. If a competitor is competing in a field event and a track event is scheduled at the same time, the competitor must report to the field event judge first, explain that he is in a track event, try to fit in at least one attempt, and then report to the track event immediately. Upon completion of the track event, the competitor must return to the field event without delay and must immediately inform the person in charge of the event that he has returned. **Failure to report to one of the judges may result in disqualification.** Officials can place an athlete anywhere in a round to try and accommodate their conflicting schedules. Don't be afraid to ask for this concession.

B. Competitors arriving late for a track event (after the race has been run) are out of that competition.

C. Competitors arriving late for a field event (after the event has started) may join the competition and receive attempts for each round not yet completed (provided the third round is not completed and the top eight finalists selected). A round is considered to have begun when the first person in the round is called to make his attempt. In a final the competitor who returns, without delay, from a track event or another field event to a field event, may take their turn, but only if: the 3rd round has not ended to qualify; or 6th round ended if already qualified for the final. A round is considered to have begun when the first person in the round is called to make his attempt. These attempts must be taken alternately so that no competitor has two consecutive attempts. If the last round has begun, then the competitor may have his last attempt, but only if the last listed competitor has not completed his last attempt.

In the vertical jumps, pole vault and high jump, the bar may not be lowered at any time for any competitor who has been away at another event, and the event must progress at a reasonably normal pace. When a competitor returns, he may have attempts at the height not yet completed. These attempts must be taken alternately so that no competitor has consecutive jumps unless all other competitors clear the height and thus force the remaining competitor to take consecutive jumps.

11. RESTRICTED AREAS

No one is allowed on the track or the infield unless they are competing in an event. Competitors will report directly from the marshalling area to their event and then return to the stands when the event is completed. Please stay clear of the finish line area.

12. MEET RECORDS

Click for PDF 

[Click for Google Doc](#)

13. RESULTS

Copy and paste link in browser.

Results will be available on the Island Website:

Copy and paste.

<https://vancouverislandschoolsports.ca/spring/track-and-field/results/>

LVISSAA Website:

Copy and paste.

<https://lowerislandschoolsports.ca/high-school/lvissaa-spring-sports/lvissaa-track/lower-island-championships-2/>

North Island Athletics Website:

<https://annjack.wixsite.com/northislands-track/islands>

These will hopefully be available a few days after the Meet.

Island Track & Field	
Point Scoring System for individual and relay events.	
1st	10 points
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

14. EVENT SPECIFICATIONS

EVENT SPECIFICATIONS - Implement Chart				
AGE CATEGORY	SHOT PUT	HAMMER	DISCUS	JAVELIN
Senior Boys	6kg	6kg	1.75 kg	800 gram
Junior Boys	5kg	5kg	1.5 kg	700 gram
Grade 8 Boys	4kg		1 kg	600 gram
Senior Girls	4kg	4kg	1 kg	600 gram
Junior Girls	3kg	3kg	1 kg	500 gram
Grade 8 Girls	3kg		1 kg	500 gram

EVENT SPECIFICATIONS - Hurdles Chart						
AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	110m	10	36" (0.914m)	13.72m	9.14m	14.02m
Junior Boys	100m	10	36" (0.914m)	13m	8.5m	10.5m
Grade 8 Boys	100m	10	33" (0.84m)	13m	8.5m	10.5m
Senior Girls	100m	10	33" (0.84m)	13m	8.5m	10.5m
Junior Girls	80m	8	30" (0.762m)	12m	8m	12m
Grade 8 Girls	80m	8	30" (0.762m)	12m	8m	12m
Senior Boys	400m	10	36" (0.914m)	45m	35m	40m
Junior Boys	300m	7	33" (0.84m)	50m	35m	40m
Grade 8 Boys	200m	5	30" (0.762m)	20m	35m	40m
Senior Girls	400m	10	30" (0.762m)	45m	35m	40m
Junior Girls	300m	7	30" (0.762m)	50m	35m	40m
Grade 8 Girls	200m	5	30" (0.762m)	20m	35m	40m

EVENT SPECIFICATIONS - Steeplechase Chart					
AGE CATEGORY	DISTANCE RUN	HURDLE HEIGHT	BARRIERS	WATER JUMPS	TOTAL
Senior Boys	2000m with water	33" (0.84m)	18	5	23
Junior Boys	1500m with water	30" (0.762m)	13	3	16
Senior Girls	1500m with water	30" (0.762m)	13	3	16
Junior Girls	1500m with water	30" (0.762m)	13	3	16

2022 Vancouver Island Championship Schedule

WEDNESDAY, MAY 18, 2022

Wednesday May 20, 2020		Track Events						
		Events on Wednesday, could move up to 45 minutes ahead of schedule so please have your athletes at the meet early. Events that have been crossed out have moved straight to Finals on Thursday. In past years, heats in some races have not been required on the first day. The schedule on Thursday will not move ahead of time.						
Time	Event	Division		Time	Event	Division		
9:30	Coaches Meeting			1:35	100m	8G	Heats	
9:45	110m 36"H	SB	Timed Finals	10 min Intervals	100m	8B	Heats	
	100m 36"H	JB	Timed Finals		100m	JG	Heats	
10 min Intervals	100m 33"H	SG	Timed Finals	10 min set up	100m	JB	Heats	
	100m 33"H	8B	Timed Finals		100m	SG	Heats	
	80 m 30"H	JG	Timed Finals		100m	SB	Heats	
	80m 30"H	8G	Timed Finals		2:35	400m 36"H	SB	Timed Finals
5 min set up	80m 30"H	8G	Timed Finals		300m 33"H	JB	Timed Finals	
	10:45	3000m	SG		Final	3:05	400m 30"H	SG
15 min intervals	3000m	SB	Final		300m 30"H	JG	Timed Finals	
	3000m	8G + 8B	Final		3:15	200m 30"H	8B	Timed Finals
	3000m	JG	Final		200m 30"H	8G	Timed Finals	
10 min set up	3000m	JB	Final	5 min set up				
	11:55	4 x 100m	8G		Heats	3:30	800m	8G
10 min Intervals	4 X100m	8B	Heats	10 min intervals	800m	8B	Timed Finals	
	4 x 100m	JG	Heats		800m	JG	Timed Finals	
	4 x 100m	JB	Heats		800m	JB	Timed Finals	
	4 x 100m	SG	Heats		800m	SG	Timed Finals	
	4 x 100m	SB	Heats		800m	SB	Timed Finals	
5 min set up	4 x 100m	SB	Heats	5 min set up	800m	SB	Timed Finals	
12:45	400 m	8G	Heats	10 min intervals	4:30	200m	8G	Heats
	400 m	8B	Heats		200m	8B	Heats	
	400 m	JG	Heats		200m	JG	Heats	
	400 m	JB	Heats		200m	JB	Heats	
	400 m	SG	Heats		200m	SG	Heats	
	400 m	SB	Heats		200m	SB	Heats	
						200m	SB	Heats

THURSDAY, MAY 19, 2022

Thursday May 21, 2020		Track Events The Thursday schedule will NOT move ahead of time.					
Time	Event	Division		Time	Event	Division	
9:15	Coaches Meeting			12:20 10 min intervals 5 min set up	1500m RW	All boys	final
					1500m RW	All girls	final
9:30 5 min intervals 5min set up	4x100m	SB	Final	12:45 ” 5 min intervals	200m	SB	Final
	4x100m	SG	Final		200m	SG	Final
	4x100m	JB	Final		200m	SB	Final
	4x100m	JG	Final		200m	SG	Final
	4x100m	8B	Final		200m	JB	Final
	4x100m	8G	Final		200m	JG	Final
10:00 5 min intervals 5 min set up	400m	SB	Final	1:35 10 min intervals	200m Steeple	SB 30”	Timed Final
	400m	SG	Final		1500m Steeple	SG 30”	Timed Final
	400m	JB	Final		1500m Steeple	JB 30”	Timed Final
	400m	JG	Final		1500m Steeple	JG 30”	Timed Final
	400m	8B	Final		4 x 400m	8G	Timed Final
	400m	SO	Final B/G		4 x 400m	8B	Timed Final
10:40 10 min intervals 5 min set up	1500m	SB	Final	2:10 10 min intervals 5 min set up	4 x 400m	JG	Timed Final
	1500m	SG	Final		4 x 400m	JB	Timed Final
	1500m	JB	Final		4 x 400m	SG	Final
	1500m	JG	Final		4 x 400m	SB	Final
	1500m	8B	Final				
	1500m	8G	Final				
11:35 5 min intervals 5 min set up	100m	SB	Final	3:00	AWARDS		
	100m	SG	Final				
	100m	JB	Final				
	100m	JG	Final				
	100m	8B	Final				
	100m	8G	Final				
	100m	Para A	Final B/G				
	100m	Para W	Final B/G				
100m	SO	Final B/G					

FIELD EVENTS - DAY 1 Wednesday May 18, 2022				
9:30am	11:00am	1:00pm	1:45 pm	2:45pm
Hammer Sr Girls	Pole vault - all girls	Hammer Jr Girls		Pole Vault - all boys
	Triple Jump Sr Girls	Triple Jump Sr Boys		Triple Jump Jr Girls
Shot Put SO Boys/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 Para A B/G	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 - DAY 2 Thursday, May 19, 2022				
	9:45am	11:30am	12:45 pm	1:15pm
	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 Para W B/G	1:30 Shot Put Sr Boys
	Discus Jr Girls	Discus Gr 8 Girls		Discus Gr 8 Boys
	Javelin Gr 8 Girls	Javelin Sr Girls		Javelin Jr Boys
	Hammer Sr Boys	Hammer Jr Boys		