

# NORTH CENTRAL DISTRICT ZONE TRACK & FIELD CHAMPIONSHIPS

Wednesday, May 18 & Thursday, May 19, 2022

**MASICH STADIUM, PRINCE GEORGE, BC**

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**SANCTIONED BY:** British Columbia Athletics

**FACILITY:**

- 400 Metre Polyurethane curbed and guttered 8 lane track
- Dual run-ups for long and triple jump and pole vault.
- Synthetic infield turf with a built-in shock pad and markings for FIFA and Canadian Football League (CFL) regulation-sized fields.
- Adjacent sports fields that include two natural grass, full-sized fields, and one practise-sized field.
- Consolidated areas for high jump, triple jump, and pole vaulting.
- Permanent, all-weather surfaced throwing areas with cages for shot put, hammer, discus, and javelin.
- A restored and repainted grandstand that includes improved change facilities. Accessible seating and bucket seats with back support.

**ENTRIES AND INQUIRIES**

- **Becky Whitehouse** – Meet Director/Manager
  - 250-983-3300
  - beckywhitehouse@sd28.bc.ca

**TO ALL COACHES**

Coaches meeting @ 2:30 p.m. Tuesday; Meet start time @ 3:00 p.m.

1) **AGE CLASSES:**

BANTAM	Grade 8	Born 2008
JUNIOR	Grade 9/10	Born 2007, 2006
SENIOR	Grade 11/12	Born 2005, 2004, 2003

2) **BC SCHOOL SPORTS REGISTRATION:**

Any school not registered with North Central Athletic Association is not eligible for participation in our Zone meet. Any athlete not registered with BC School Sports is not eligible for participation in the Provincial meet.

3) **ENTRIES: Entries need to be done using Trackie.com \*\*Link added in soon\*\***

**Registration closes on MAY 13<sup>th</sup> 2022 at 11:59pm**

**Scratch Deadline May 16th 4:00pm**

4) **ENTRY FEES:**

\$25.00 per competitor.

No refunds for late scratches.

Please make cheques payable to **Correliou Secondary School.**

- 5) **AWARDS:**  
Medals for First, Second, and Third place, ribbons for Fourth to Eighth place. If the event has less than three competitors, just ribbons will be awarded.  
Ribbons only for relays.
- 6) **COACHES/SCHOOL RESPONSIBILITY:**  
Race packages will only be given to Coach, Teacher Sponsor or assigned delegate of the school. Athletes must have one of the above to compete in the meet. Those athletes who have a delegate or coach from a different school will be required to have a letter from their principal showing who the designated volunteer or coach is.
- 7) **OFFICIATING**  
Each school is **required** to assist with the officiating at field events. Those schools with small teams will be asked to cover one session or event. Those with larger teams will be asked to officiate for more than one session. Please see the attached volunteer sign up for the positions needed. We suggest that you advise your athletes that you may not be available to them at all times.
- 8) **SCHEDULE:**  
As always the schedule is not set in stone. Any changes will be made at the scratch meeting. As in the Provincial Meet, track events may go as much as 30 minutes ahead of schedule – be prepared. Field events may be combined with two or more age groups participating simultaneously if event registrations are low. Every effort will be made to keep the meet running smoothly and on time.

Athletes will be required to be in Marshalling Zone no later than 10 minutes prior to start of event. Those athletes not in marshalling Zone at final call will be scratched.

- 9) **PROVINCIAL CHAMPIONSHIPS:**  
Team selection will be made immediately following the Zone meet. The top 2 results in events specific to the Provincial Meet will qualify. In the event that one or both of the top 2 in an event will not be attending, 3<sup>rd</sup> and 4<sup>th</sup> places will be considered but may be required to meet alternate standards as set out in alternate standards list. Athletes may compete in no more than 3 events.

Any athlete not registered with BC School Sports is not eligible for participation in the Provincial meet.

To qualify for Provincial championships for throwing events athletes must use the appropriate age class (Junior Division or Senior Division) weights (javelin, shot, hammer, discus). See the attached Technical Specifications sheet.

For the Provincial Championship, June 9-11 in Langley. Ms.Whitehouse and Mrs. Barker, our zone reps, have organized a charter bus to take all students who have qualified. Students will be leaving on June 8<sup>th</sup> and coming back June 11<sup>th</sup>. The cost includes: 3 nights hotel with breakfast, and transportation. The cost per person is approximately \$350.00, depending on the number of students travelling with us. See attached letter/permission form. This form needs to be filled out and given to us by the time we get on the bus.

- 10) **GRADE 8 INVITATIONAL MEET AT PROVINCIALS**  
Provincial Championships are considered an invitational for Grade 8. Coaches need to register individual athletes into events using Trackie. Use the best time/distance of the season from any meet. Top 24 across the province qualify to go.

11) **SPECIAL OLYMPIC ATHLETES**

Special Olympic Athletes will compete with the generic athletes in their appropriate age category.

12) **BC SUMMER GAMES**

This meet is the Zone 8 qualifying meet for BC Summer Games, which will be held in Prince George from July 21-24..

Those athletes born in either 2007 or 2008 are eligible for the Summer Games. Please see the attached form.

11) **QUESTIONS/CONCERNS**

Becky Whitehouse – Zone Rep – 250-983-3300 (cell); 250-992-7007 (school)

Janet Barker- Assistant Zone Rep – 250-255-9838 (cell); 250-992-7007 (school)

## FIELD EVENTS SCHEDULE – NORTH CENTRAL ZONE CHAMPIONSHIP

*Times are approximate* – please listen for marshalling.

**Wednesday:**

Time	Long Jump	Triple Jump	Shot Put	Javelin	Discus
3:00 pm	Junior Males	Bantam Females	Senior Males	Bantam Males	Senior Females
4:00 pm	Senior Males	Junior Females	Junior Males	Bantam Females	
5:00 pm	Bantam Males	Senior Females	Bantam Males	Senior Males	Junior and Bantam Females
6:00 pm	<b>**** HAMMER THROW – ALL MALE AGE GROUPS ****</b>				

**Thursday:**

Time	Long Jump	Triple Jump	High Jump	Shot Put	Javelin	Discus
9:00 am	<b>**** HAMMER THROW – ALL FEMALE AGE GROUPS ****</b>					
9:00 am	Bantam Females	Bantam Males			Junior Males	
10:00 am	Junior Females	Junior Males	Bantam Females	Bantam Females		Senior Males
11:00 am	Senior Females	Senior Males	Junior Males		Junior Females	Bantam Males
12:00 pm			Bantam Males	Junior Females	Senior Females	Junior Males
1:00 pm			Junior and Senior Females	Senior Females		
2:00 pm			Senior Males			

### Field Events

- Where flights are necessary, each athlete will have 3 attempts. Final places will be determined by combining the flights.
- Where there are low numbers, age groups will be combined, eg. All girls throw hammer at the same time
- Special Olympic Athletes will compete in their age category

## TRACK SCHEDULE - NORTH CENTRAL ZONE HIGH SCHOOL CHAMPIONSHIP

ALL TIMES ARE APPROXIMATE. LISTEN FOR THE ANNOUNCEMENTS.

**\*\* All Track events will run Bantam to Senior - Females to Males, unless noted otherwise.\*\***

### Wednesday, May 18<sup>th</sup>

Time	Event	Notes
3:00 pm	1500m Timed Finals	
3:45 pm	200, 300, 400m Hurdles Timed Finals	Females all at 30", Males at 30", 33" and 36"
4:30 pm	100m Heats	8 or fewer entries will be run as finals
5:30 pm	1500m Racewalk	1 Race, all competitors
5:45 pm	400m Timed Finals	
6:45 pm	100m Finals	
7:00 pm	3000m Timed Finals	Races will be combined as necessary
7:30 pm	4x100m Relays	

### Thursday, May 19<sup>th</sup>

Time	Event	Notes
9:00 am	200m Heats	
10:00 am	1500m Steeplechase Timed Finals	Bantam – Jr. Males Race #1 and all Females Race #2
10:20 am	2000m Steeplechase Timed Finals	Senior Males
10:40 am	80m Hurdle Timed Finals	Bantam and Junior Females at 30"
10:50 am	100m Hurdle Timed Finals	Senior Females at 33"
11:00 am	100m Hurdle Timed Finals	Bantam Males at 33"
11:10 am	100 m Hurdle Timed Finals	Junior Males at 36"
11:20 am	110m Hurdle Timed Finals	Senior Males at 36"
11:30 am	800m Timed Finals	
12:10 pm	200m Finals	
12:30 pm	4 x 400m Relay Finals	

### TRACK EVENTS

Heats:

- Where heats are necessary the top eight (8) times will go to the final.
- Where there are not enough athletes for heats the **FINAL will be run at the time of the heat.**
- Special Olympic Athletes will compete with their age category.

Distance Events:

- Where possible events will be combined, eg. Junior and Senior Boys 1500m