

Meet Schedule

North Island Secondary Schools 2023 Track and Field Championships Wednesday / Thursday May 3rd & 4th Bob Dailey Stadium, Port Alberni

Meet Manager / Director: Anna Jack – ajack@sd70.bc.ca /
Darren Willis – darren1willis@gmail.com

Facilities: Rubberized 8 lane track - maximum 6mm spike except Javelin 9mm. There is covered stands with washroom facilities in Glenwood Centre and the Multiplex. The grass areas around the track are open for team tents to be set up. The infield is closed except for athletes in throwing events. Concession on site. The site and is a no smoking facility and no dogs are permitted. Enforced by the City of Port Alberni.

Registration: *This is not a sticker meet *****

Registration is through Trackie.com
[North Islands Online Registration | TrackieReg](#)

- Teams must register through Trackie.com except for relays (Register at the meet for relays)
- Maximum of 3 events per athlete plus relays

Meet Fees:

- a. \$25 per athlete to max of \$600
- c. Extra \$500 if NOT running an event and/or providing volunteers (these cannot be temporary but must commit to the entire event where they are assigned.) If you are a small team we will combine you with another small team to run an event.

Team cheques are payable to: ADSS Track & Field

This is not a sticker meet!! Athletes will compete wearing assigned numbers. Numbers must be worn on the front except for throwing events athletes can choose to wear their number on the front or back.

*****Number packages will be available at undercover area of Glenwood and will be released after 10am with receipt of payment.

HURDLE CHARTS FOR NORTH ISLANDS

AGE/GENDER	SPRINT HURDLES	COLOUR	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	110 metres	blue	10	39"	13.72 m	9.14 m	14.02 m
Junior Boys	100 metres	yellow	10	36"	13 m	8.5 m	10.5 m
Grade 8 Boys							
Senior Girls	100 metres	yellow	10	33"	13 m	8.5 m	10.5 m
Junior Girls	80 metres	white	8	30"	12 m	8.0 m	12.0 m
Grade 8 Girls	80 metres	white	8	30"	12 m	8.0 m	12.0 m

AGE/GENDER	DISTANCE HURDLES	COLOUR	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	400 metres	green	10	36"	45 m	35 m	40 m
Senior Girls	400 metres	green	10	30"	45 m	35 m	40 m
Junior Boys	200 metres	green	7	33"	50 m	35 m	40 m
Grade 8 Boys	300 metres						
Junior Girls	300 metres	green	7	30"	50 m	35 m	40 m
Grade 8 Girls	200 metres						

PROCEDURE FOR RUNNING EVENTS

EVENTS WILL BE CALLED 15 MINUTES BEFORE THEY ARE SCHEDULED TO BEGIN.
TRACK COMPETITION MUST THEN:

- a) Report to the Marshall in the Marshalling area
 - b) Report to the Starter
 - c) Run Race
 - d) All runners will stay in their lanes until they have been told their place of finish.
- The IAAF RULES governing Track & Field events will apply unless otherwise stated. The Area III Constitution for Track & Field meets shall be followed.
 - Change rooms and washrooms will be available. It is advised that competitors change before they come to the meet.
 - In the event of a small group of competitors in the distance runs, groups may be combined.
 - Ribbons will be supplied to the 1st through 5th place finishers.

PROCEDURE FOR FIELD EVENTS

COMPETITORS MUST REPORT TO THE AREA WHERE THE FIELD EVENT IS TO TAKE PLACE WHEN AN EVENT IS CALLED. COMPETITORS MAY BE EXCUSED FROM A FIELD EVENT FOR A TRACK EVENT. You must let someone go. If you miss your turn when you are gone, you do not make it up so get in as many as possible before leaving. Officials will not wait for you.

NOTE: If a field competitor returns after a track event:

1. To the High Jump - the bar will remain at the existing height it is currently at.
2. To a jumping or throwing event - if the round of the jump or throw is finished, that jump or throw is **forfeited!**

IN THE FOLLOWING EVENTS: **SHOT PUT, DISCUS, HAMMER, JAVELIN, LONG JUMP & TRIPLE JUMP:**

1. The competitors in the top eight (8) after the first three attempts will receive an additional three (3) throws or jumps (if time permits).
2. All six attempts will be considered in determining the final standings (and for hammer, if time permits).

QUESTIONS AND INFORMATION

Anna Jack – ajack@sd70.bc.ca

Wednesday May 3rd, 2023		Track Events Events on Wednesday, could move up to 45 minutes ahead of schedule so please have your athletes at the meet early.						
Time	Event	Division		Time	Event	Division		
11:00	Coaches Meeting			3:50	100m	8G	Final	
11:15	Race walk	All Girls	Timed Finals	10 min Intervals	100m	8B	Final	
	Race walk	All Boys	Timed Finals		100m	JG	Final	
11:45	110m 36" Hurdles	SB	Timed Finals		100m	JB	Final	
10 min intervals	100m 36" Hurdles	JB	Timed Finals		100m	SG	Final	
	100m 33" Hurdles	SG	Timed Finals	10 min set up	100m	SB	Final	
	100m 33" Hurdles	8B	Timed Finals		4:50	800m	8G	Final
	80 m 30" Hurdles	JG	Timed Finals			800m	8B	Final
5 min set up	80m 30" Hurdles	8G	Timed Finals			800m	JG	Final
12:45	3000m	8G/8B	Final		800m	JB	Final	
15 min intervals	3000m	JG	Final		800m	SG	Final	
	3000m	JB	Final		800m	SB	Final	
	3000m	SG	Final	5:50	END DAY #1			
7 min set up	3000m	SB	Final					
1:52	4 x 100m	8G	Final					
	4 X100m	8B	Final					
10 min intervals	4 x 100m	JG	Final					
	4 x 100m	JB	Final					
	4 x 100m	SG	Final					
	4 x 100m	SB	Final					
2:50	400 m	8G	Final					
	400 m	8B	Final					
10 min intervals	400 m	JG	Final					
	400 m	JB	Final					
	400 m	SG	Final					
	400 m	SB	Final					

Thursday May 4th, 2023		Track Events The Thursday schedule will only move ahead of time by up to 15mins	
Time	Event	Division	
10:00	Coaches Meeting		
10:10	400m 36" Hurdles	SB	Final
	300m 33" Hurdles	JB	Final
	400m 30" Hurdles	SG	Final
	300m 30" Hurdles	JG	Final
	200m 30" Hurdles	8B	Final
	200m 30" Hurdles	8G	Final
11:00	1500m	8G	Timed Final
10 min intervals	1500m	8B	Timed Final
	1500m	JG	Timed Final
	1500m	JB	Timed Final
	1500m	SG	Timed Final
5 min set up	1500m	SB	Timed Final
12:00	200m	8G	Final
5 min intervals	200m	8B	Final
	200m	JG	Final
	200m	JB	Final
	200m	SG	Final
	200m	SB	Final
5 min set up			
12:45	2000m Steeple	SB	Final
	1500m Steeple	SG	Final
	1500m Steeple	JB	Final
	1500m Steeple	JG	Final
5 min set up			
1:30	4x400m	8G	Final
	4x400m	8B	Final
10 min intervals	4x400m	JG	Final
	4x400m	JB	Final
	4x400m	SG	Final
	4x400m	SB	Final
2:30	Day #2 Done		

Field Events: Wednesday May 3rd, 2023			
	11:30am	1:00	2:30pm
	Hammer Jr. Girls	Hammer Sr. Girls	
	Triple Jump Sr Girls	Triple Jump Sr Boys	Triple Jump Jr 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 Jr Boys
	Discus Jr Boys	Discus Sr Boys	Discus Sr Girls
	Javelin Sr Boys	Javelin Jr Girls	Javelin Gr 8 Boys

Field Events: Thursday May 4th, 2023			
	10:00am	11:30am	1:00pm
	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 Sr Boys
	Discus Jr Girls		
	Javelin Gr 8 Girls	Javelin Sr Girls	Javelin Jr Boys
	Hammer Sr Boys	Hammer Jr Boys	

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SCHOOL DUTIES AND RESPONSIBILITIES

Your school is responsible to have enough workers to run your event properly.

***It is extremely important that the adult(s) running the event is familiar with the event. ADSS will supply stop watches, rakes, shovels, and tape measures. You can bring extra if you wish. The remaining equipment will be provided for throws, hurdles, and high jump.

FINISH LINE	ADSS / Officials
PLACE JUDGES & BACK UP TIMERS	
RESULTS & COMPUTERS	ADSS / Michelle Butt / Anna
ANNOUNCER	ADSS / Marnie Wynans
P.A. SYSTEM	ADSS
Electronic Timing	Rod Mudie / Vince Sequeira
MARSHALL	Laura / Jim ??
STARTER	Todd B
RELAY OFFICIALS	
HURDLES	ADSS
LONG JUMP	
TRIPLE JUMP	
HIGH JUMP	
JAVELIN	
SHOT PUT	GRSS - Connie Ka-Hey Chan
DISCUS	
HAMMER	
RACE WALK	
REGISTRATION/RIBBONS	ADSS /

Coaches Meeting:

There will be a coach's meeting immediately before the start of the meet. Please make sure that each school has a representative there. Approx 10:30am