

The latest news, views, and announcements

INSIDE

—

In this Newsletter

AC Rules

Upgrades for
2022

—

Upcoming Competitions

An Indoor
Meet

—

Test Your Knowledge

Questions
and Answers



IT'S COLD OUT THERE!

Annual Officials' Meeting

Many Thanks to all who attended this year's Annual Officials' Meeting (November 6, 2022) whether Virtually or In-Person.

Annual Officials' Awards

Thank you to all for sending in Nominations for the Annual Officials Awards

The Awards will be presented at the BC Athletics Annual Award Banquet which will be held in February.

In Focus

By Lanie Man

Getting to Know...

Sharon Hann

Background/Profession: Administrative Assistant for Delta School District – 30 years

Affiliate Club: Greyhounds Masters Track Club, Ocean Athletics and of Directors for Ocean Athletics.

How long have you been a BC Athletics official?

What disciplines do you specialize in?

What is your level of Officiating? Why did you choose to specialize in these discipline(s)?

I am currently working on my level 5 Starter and have been an 'official' BC Athletics Official for 7 years. I have been unofficially starting for about 22 years doing the BC Elementary Championships and the Delta School District meets. Joined the BC Athletics starts team under the mentorship of Neil Chin Aleong in 2015. My father was a starter for many years when I competed as a young athlete with the Richmond Kajaks.

What does Athletics mean to you?

Athletics is a way to keep fit and I enjoy watching athletes bring out their potential and strive to best they can be.

Which event is your favorite?

I can't say I have one favorite event, but I do love watching sprints and hurdles.

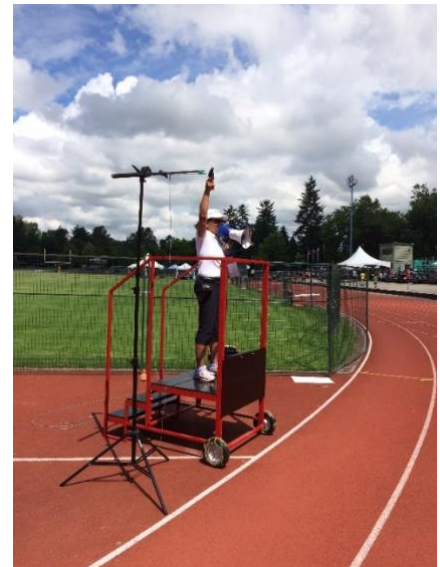
Were you an athlete yourself?

I started with the Kajaks in 1968 as a young sprinter and ran till I was in my late teens. I just loved the atmosphere at track meets and the camaraderie we had with the team and traveling to and from track meets. I continued to keep my eye on what was happening in the world of athletics, but it wasn't until after I had my children that I came back to it. One day, back in 2000, while at Minoru with my son for a lacrosse game, I decided to go outside the arena to the track just to see if there was anyone I knew there. Lo and behold I ran into my old track coach; Carl Savage and he asked me if I was going to come back to track. I actually just kind of laughed it off and next thing I knew he was introducing me to the Masters track coach of the Kajaks at that time, Gord Johnson. We had a lovely chat and he had convinced me to come to the next work out. 22 years later, I am still back at sprinting, albeit now I am with the Greyhounds track and field club.

What started you into Officiating?

After rejoining the Kajaks back in 2000 and helping out with the BC Elementary Championships, I realized how much fun it was to be back at the track. I started out pretty much working on the finishing line, which at that time we were using hand timing, as well as a photo finish system that was not very reliable. After getting bored of timing, I asked Neil to show me how to start and soon realized why my dad loved it so much. The rest is history and 22 years later I am now working on my level 5. I have also had the opportunity to go to Toronto in 2017 to do the North American Indigenous Games, in 2018 I went to Edmonton to do the Golden Bear Indoor Meet and the Legions in Brandon, Manitoba.

What motivated you to continue Officiating? What has kept you in this field for these many years?



Board

I have always loved track and field and never really realized how much fun it was to be an Official. I love giving back to track as I feel it was a reason I have stayed fit and active my whole life. I also love watching the athletes year after year strive to be the best they can and how excited they can get doing their events.

Contributions or notable involvement in the sport of Track and Field and/or Officiating?

I am currently a coach of our High School Sprinters/Hurdlers at Ocean Athletics. This is my first year coaching this age group as I was coaching JD's for a number of years. I am really enjoying this group of athletes helping strive to be better runners or hurdlers. I love passing on any knowledge I have as a sprinter and help them any way I can.

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

My memorable moments come from almost every meet when I leave and feel good about helping the athletes if they are scared or confused when they come to the start line (usually the young ones) and being there for the athletes with any questions or concerns they have.

One of my most memorable moments I think about any meet was the Legions in Brandon, Manitoba. It has to be one of the hottest track meets I think I will ever do. I believe the humidex reading for the two days at the meet was somewhere around 45 degrees. Luckily there was an arena right next to the track where everyone would go just to cool down. It was so incredibly hot. I don't think I can remember when I have drunk so much water and still felt I couldn't get enough of it.

Why do you enjoy Volunteering? What do you enjoy the most with Officiating?

I love the whole aspect of volunteering especially helping coaches with questions they may have and being there for athletes when they are confused or nervous when they are about to begin a race. Being able to calm them down so they relax and enjoy their races and watching them just do their best is so fun and brings back so many memories for me. Love being in the moment when athletes do so well or win their races and just seeing the excitement on their faces.

What are your Hobbies?

When I'm not starting at a meet, I am either on my bike or trying to get my own sprint training in. I compete in the 100m, 200m, and 400m, as well as I have started throwing the Javelin and doing the hurdles. I compete in a few track meets a year as I tend to spend most of the time on a starts team. I have also been coaching with Ocean Athletics for the past 5 years, 4 years with the JD program and this year I have taken on coaching the high school sprint program.



What are your plans for the future?

To obtain my Level 5 Starter and develop as much as possible in the starter role and possibly learn to be a Starters Assistant which has also been an interest to me.

What advice would you give to people who are new to officiating or interested in officiating?

If you love the excitement of track and field and enjoy helping the athletes become the best version of themselves, then Volunteering is where you should be. If you have the knowledge of sport and if this was a sport you loved to do, then why not pass all the information onto young ones coming up the pike!!!

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

When I am not near a track, I am enjoying my two beautiful granddaughters. Brooklyn who is 4 and Mckenna who will be 2 next month. They are the lights of my life, and my goal is to stay fit so I can experience life with them and be as active as I can. I just registered the oldest one for Kindergarten who will be attending the school I am at because they live in our catchment. That makes me so excited to be able to see her every day. My daughter and her family are currently living with us as they are waiting for their house that is being built to be completed. I will definitely miss my girls when they move out.

This fall our son is getting married to the love of his life and we are so excited to be welcoming his fiancé into our family.



The Starts Team at the North American Indigenous Games at York University in Toronto

Recognition

Upgrades for 2022

Level 1	Level 2	Level 3
Lovisha Arora	Vince Gabel	Siobhan Lane
Kam Biring	Sabrina Nettey	Sherri Oryschak
Sarpreet Biring	Don Putz	Cayden Arnold
Sherri Birkett	Scott Saunders	Jim Hinze
Kristie Bjorgan	Jean Tetarenko	Dona Lawson
Matt Brown	Kim Cameron	Laurie Ritchie
Rakel Byrnes	Tonja Teolis	Carol Riddell
Kim Foster	Deborah Lee	Hardev Sandhu
Amber Gilbert	Elizabeth Ariano	Cathy Carr

Keith Hack	Guy Brooks	Deborah Carter
Seri Hall	Jim Torrance	Brian Cyr
Richard Hayley	Ryan Harris	Cristina Lundman
Jacob Heer	Senaka Suriya	Kelsey Powell
Thomas Heer	Lia Schoenroth	Susie Nute
Stefanie Hoffman		
Katie Hwang		
Mia Sage		
Kevin Schoenroth		
Megann VanderVliet		

In Our Thoughts

Two of our amazing BC Officials are currently on the sick list. Keith Newell and Deborah Carter are both receiving treatment for illnesses. We are looking forward to seeing them again on the playing field in 2023. We are thinking of you.

Athletics Canada Rules

Athletics Canada Technical Rules were substantially updated in June 2021. The full document is a little hard to find on the AC web site, but the link is provided [here](#)

For the convenience of officials, we have excerpted the most important field of play rules and added some editorial notes (*in italics*).

General

090

In some international competitions, competitions arranged between Member Branches or between Clubs, and “All Comers” competitions, the number of trials in jumping and throwing events may be reduced if mutually agreed to prior to the start of the competition.

The coverage of this Rule appears to be rather broad, and in our view could be applied to any meet. It would be highly unusual to reduce the number of trials in vertical jumps and is probably only meant to apply to horizontal jumps and throws.

091

Track events “timed sections” should be based on the latest known performances of the competitors, with each section composed of athletes with approximately equal ability. The section containing the fastest competitors shall be run last. All heats and qualifying rounds must have at least three competitors.

092

Where starting blocks are required in track events up to 400m, an athlete may only use his/her own personal equipment if they have been approved by the Technical Manager prior to the event.

093

In races for wheelchair athletes, where the Starter requires the racers to reset their positions, the command shall be 'Wheel back/Redressez-vous' or 'Sit Up/Reculez' instead of 'Stand Up'.

094

Where a protest is filed in any Canadian competition it must be accompanied by an 'appeal deposit' of fifty dollars (\$50.00) in Canadian funds.

095

For throwing and horizontal jumps events at National Championships (Under-16, Under-18, Under-20, Open) an electronic device, e.g. laptop computer, will be mandatory for ranking of athletes.

The meaning of this rule is unclear. It may mean that a meet management program or a program such as Fieldynx must be used to select and rank athletes for the final 3 rounds. Obviously, the Competition Secretary would use a laptop or equivalent to process final results....

096

All Race Walking events in Canada shall make use of the Penalty Zone, the time penalty to be served shall be that dictated by World Athletics Rules. This Rule applies to indoor, outdoor track, and road events (including National Championships as specified under Athletics Canada Rules 151-168).

097

Spitting (or similar) in warm up, call room, or field of play (including on throwing implements), or any other public area may be treated as a conduct offence and may be dealt with by a warning or disqualification (yellow card and / or red card offence).

Your editor is of the opinion that this Rule should be further publicized, and included as a warning in meet packages.

180

In Field Events, a record-breaking performance will be accepted upon re-certification of the equipment/implements used during the competition. Re-certification must be done at the end of the competition by a qualified Technical Manager.

192

All record-breaking performances must be verified by a qualified Referee or three qualified Event Officials.

194

A race must be stated and conducted over one distance only, and all competitors shall compete at that distance. Claims may be submitted for any number of records accomplished by the same athlete in that race, (i.e. distance covered over a given time, race over fixed distance). It is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the race over the full distance for which the race had been fixed.

197

Unless specified elsewhere in the Athletics Canada Rules, all conditions identified under World Athletics and World Para Athletics Rules for ratification of a World Record must be met for ratification of a Canadian Record.

198

Provided all other conditions for records are met, claims for Canadian records, Canadian indoor records and Canadian all-comers records may be accepted if: a. Fewer than three athletes (or in the case of relay events, fewer than two teams) contest the event. b. Starting blocks need NOT be linked to a World Athletics certified Start Information System so that reaction times need not necessarily be obtained and shown on the results of the event

c. Field event performances need NOT be measured either by three Field Judges using a calibrated and verified steel tape or bar or by a scientific measuring apparatus, the accuracy of which has been confirmed in accordance with Rule 10 of the Technical Rules.

This seems to allow performances to be measured with :

- fiberglass tapes

- laser devices

d. In Throwing Events, the implement used needs to be checked prior to the competition. If the Referee becomes aware during an event that a record has been equaled or bettered, they need NOT (but may) immediately mark the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. The implement make and model shall be recorded.

e. In track Race Walking events, at least four (4) Judges (including the Chief Judge, who may act in a judging capacity throughout the competition), who are minimally Athletics Canada Level 1 officials, shall be officiating during the competition and shall sign the record application form. *or equivalent in the country in which the competition was held. Six (6) judges (including the Chief Judge) are recommended for track races

Officials Who Cook

The following recipe was sent to us by Janice and Dale Loewen.

Copy That!

We asked for the **Cracker Jack** recipe and struck out, but this copy from Food Network Kitchens is a home run.

THE COMPANY: Frito-Lay

THE FOOD: Cracker Jack

THE STORY: Baseball and Cracker Jack

(yes, it's Jack, not Jacks!) go way back: The caramel popcorn and peanut mix, introduced in 1893, hit the big time in the early 1900s when "Take Me Out to the Ball Game" became baseball's unofficial anthem. Today, baseball fans still sing the song (chanting "buy me some peanuts and Cracker Jack") during the seventh inning stretch, and the snack is still sold at stadiums around the country. Frito-Lay keeps the original recipe a secret, but Food Network Kitchens created this great knockoff.

ALMOST-FAMOUS CARAMEL CORN

ACTIVE: 20 min | TOTAL: 35 min
MAKES: about 8 cups

- 2 tablespoons vegetable oil,
plus more for the baking sheet
- ¾ cup popcorn kernels
(preferably mushroom kernels)
- 1 cup sugar
- 3 tablespoons dark corn syrup
- 2 tablespoons molasses
- 2 teaspoons roasted peanut oil
- Kosher salt
- ½ cup raw peanuts

1. Put the vegetable oil and a few test popcorn kernels in a large pot. Heat over medium-high heat until the kernels pop, then carefully add the remaining kernels in a single layer. Cover and cook, shaking the pot, until there are several seconds between pops. Transfer the popcorn to a bowl. Lightly oil a baking sheet.
2. Wipe out the pot, then add the sugar, corn syrup, molasses, peanut oil, ¼ teaspoon salt and the peanuts. Cook over medium-high heat, stirring often, until a candy thermometer registers 290°, about 8 minutes. Remove from the heat and stir in the popcorn until coated. Transfer the caramel corn to the prepared baking sheet and let cool, then break into small pieces.

Special
"mushroom" kernels
pop into these round
shapes found in
Cracker Jack.
Order them from
justpoppin.com.



Officiating Q & A

Questions

Q 1

During the third round of a Horizontal Jump Competition, Athlete 'A' protests against a trial judged as a failure (their best of the Competition). They are allowed, under protest, to continue to the final 3 rounds. Also allowed to continue is Athlete 'B' who would have placed 8th if not for the inclusion of the Athlete 'A'. The question then is, in the final 3 rounds, are Athlete 'B's' performances considered valid if Athlete 'A's' protest is upheld?

- a) Athlete 'B's' final 3 performances are not valid.
- b) Athlete 'B's' final 3 performances are valid.
- c) Athlete 'B's' final 3 performances are only valid if Athlete 'A's' protest is denied.

Q 2

In a Hurdle Race, an Athlete is not disqualified if the hurdle is knocked down by the Athlete's

- a) Thigh of the lead leg
- b) Hand
- c) Foot of the lead leg

Q 3

In a Shot-Put Competition two of the Athletes have the same best throw and the same second best throw. Both Athletes have fouled their remaining throws. How will the tie be resolved?

- a) The athletes remain tied and receive the same place.
- b) The two athletes are given an additional throw to break the tie.
- c) The tie is broken by a coin toss.

With Much Appreciation for Your Help

The Athletics Community is grateful for the ongoing dedication of our BC Athletics' Officials. 2022 was a phenomenally busy year for Competitions and you, our intrepid Officials, came through with your devotion and hard work. Thank you! Thank you! We would also like to recognize the Organizers of Events and their outstanding Volunteers. Your thoughtfulness and many kindnesses towards the Officials could not have been more appreciated.

We look forward to an exciting 2023 Competition Year.

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 ***

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

For more information check the website at harryjerome.com

Time:

Oval Track

First Event: 10:00am

Last Event: 4:30pm

Please note a Coed Race Walk Event (12/13, U16, U18, Open) will be held at 1:20pm.

Straightaway Track

First Event: 9:45am

Last Event: 3:30pm

Field

Shot Put: 10:00, 11:30

High Jump: 1:20, 3:15

Officials who have committed to attend:

Jason Swan, Dawn Driver, Deborah Carter, John Cull, Carol Cull

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

b) Athlete 'B's' performances are valid regardless of whether Athlete 'A's' protest is upheld or not. See Rule TR8.6

A 2

c) Foot of the lead leg. See Rule TR22.6.2

A 3

a) The Athletes remain tied. See Rule TR25.22

