

Athletics Officials' News

January 31, 2023

The latest news, views, and announcements

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Test Your Knowledge

Questions
and Answers



Remembering Those Warm, Sunny Days!

Officials' Town Hall

'Save the Date' Sunday, March 5, 2023 - 7:00pm to 8:00pm.

A video conference

Agenda includes the following:

- Activities planned for recruitment, development and retention of Officials in 2023
- Questions and Answers

To register for this event, please visit the BC Athletics website (bcathletics.org) and look on the Officials page - [LATEST NEWS](#)

Annual Officials' Awards Winners

Mary Temple Award - Novice Service as an Official:

Cristiana Lundman

Zacharie Durand

Ralph Coates Award - Longstanding Service as an Official

Shirley Nelson-Byington

Walter (Wally) Smeaton

Dave Coupland Award - Inspirational Service as an Official

Aileen Lingwood

Derm Strong

Ian McNeil Award - Official of the Year

Deborah Carter

Gary Silvester

The Awards will be presented at the BC Athletics Annual Award Banquet, February 4, 2023.

And in true Sportsmanship style, Gary Silvester would like to add the following:

"This award is shared with Richard Hayley as the operation of the SIS ('false start system') was a team effort. Also, given the effort from all officials in 2022 due to the large number of meets, I dedicate the Official of the Year award to all officials for their hard work and commitment in 2022."

Failure to Launch by John Cull

This might have been a quiz question and will perhaps be saved for another time but in this instance, it failed to meet the test - your editor could not find a reliable answer quickly enough. We now have a 'pretty good' answer and will print it here for any Referee that might find it interesting.

An Athlete has been called to take their trial in a high jump competition, but an entirely different athlete (perhaps the next in order) goes in ahead and makes it over the bar.

How should you record that trial? The WA Competition and Technical Rules do not give the Judge or Referee clear guidance on this. TR25.5 'Competing Order and Trials' advises that the Athlete in a Field Event shall compete in an order drawn by lot... And further advises that - if an athlete by their own decision makes a trial in an order different from that previously determined, rule 18.5 of the Competition rules should be applied. Unfortunately, Rule CR18.5 gives no specific guidance for this case.

Your editor looked in vain for a 'green note' that they thought might have been in an older Rule book which said something to the effect that an athlete would not normally be disqualified or have the trial recorded as a fault - without success. The note doesn't exist. The inclination of most Referees would be to treat it as an 'honest mistake' and record the trial as a fair jump.

Communication between Judges and Athletes in a noisy stadium is unreliable.

STOP THE PRESSES - the answer is in the 20th edition of The Referee (IAAF). This useful book appears to be out of print, as whole parts of it were out of date, it still has useful parts, like this green note (for Competition Order) 'If an athlete, by his own decision makes a trial in an order different from that previously declared, he shall be warned (or disqualified for a second infringement), but the results (valid or failure) will be considered in the case of a warning.'

Dear World Athletics - why not add this green note to the next edition of the Competition and Technical Rules?

In Focus

By Lanie Man

Getting to Know...

Jim and Mary Hinze



Background/Profession: [Retired](#)
Affiliate Club: [Semiahmoo Sunrunners](#)

How long have you been a BC Athletics official?

JIM: 4 years

Mary: I have been an official since 2018.

In which disciplines do you specialize and why did you choose these?

JIM: Throws. I have always been interested in throws.

Mary: I have not decided on a specific discipline. When officiating, I have done Track and Field, Jumps and Throws.

What is your level of Certification as an Official?

JIM: Level 3. The first time I officiated was a Javelin event and I just have gravitated to this side of the sport.

Mary: I am at Level 2. I have not decided on a specific discipline.

What does Athletics mean to you?

JIM: All the athletes, coaches, officials, spectators, and parents working as one.

Mary: Athletics has been a part of my life in some capacity.

Which event is your favorite event?

JIM: I would have to say the Hammer Throw.

Mary: The running and jump events are definitely my favorites.

Were you an athlete yourself?

JIM: Yes. I was a Road runner and a Triathlete.

Mary: Never an elite athlete, but always involved in sports. Running races as an age grouper, marathon, half marathons, and 5k, 8k, and 10k races. I also played soccer in my younger years.

What started you into Officiating?

JIM: I was on the BC Athletics Board of Directors for a number of years and I wanted to see what all aspects of Athletics were involved.

Mary: Volunteering at our local track meets.

What motivated you to continue Officiating?

JIM: The love of the sport and watching all athletes young and senior excel in their sport. Watching the sport of athletics grow (has kept me in this field for this many years)

Mary: Seeing the athletes excel and somehow being a part and witnessing their progress.

What has been your most notable involvement in the sport of Track and Field Officiating?

JIM: Working the Canadian Nationals and learning the EDM.

Mary: Being involved at the Canadian National Track & Field Championships this past summer.

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

JIM: I would say the first time I had the chance to be the lead official at a very high-level meet (BC High School Champs)

Mary: Working the call room at Canadian Track & Field Championships.

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

JIM: Just the satisfaction knowing that we all can make a difference. Seeing all athletes giving it their all and the regards and support they have for their competing fellow athletes.

Mary: I am very involved in volunteering at the major running events in Vancouver. BMO Marathon, Vancouver Half marathon, Eastside 10k, and Vancouver Sun Run. I am involved with the elite athletes for the above races. In regard to officiating, it's the people that you meet and get to know.

What are your Hobbies?

JIM: Music and drumming

Mary: I love gardening, and baking. Hiking, cycling, walking, and of course traveling.

What are your plans for the future?

JIM: I hope to continue officiating and helping where I can.

Mary: Traveling, continue to volunteer perhaps in other aspects.

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

JIM: Stay with it and never be afraid to ask. We are all human and we sometimes do make errors.

Mary: Do it! It is so interesting, and I enjoy that you are with people who keep you young and active.

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

JIM: My wife Mary and myself help with supporting Natasha Wodak, the new Canadian Women's marathon record holder.

I developed a road racecourse in Glen Valley Langley/Abbotsford. It is a sanctioned and certified road course for ½ marathon and 10k. So many athletes now call this home for marathon training.

Mary: Spending time with Kenyan runner Jane's family in Kenya. She has won BMO Marathon a few times. It was such a wonderful experience.

I have been involved with Canadian elite athlete Natasha Wodak's training for quite a few years. Was wonderful to see her set marathon records and see her off to the Tokyo Olympics.

Welcome

We are pleased to welcome Hailey Kjaer



Hailey has joined BC Athletics as a Coordinator. She will be assisting with Officials' Recruitment, and Workshop Planning.

Recognition

Upgrades for 2022

Bob Cowden	- B.C.	JN (Jury, National)
Kanwal Neel	- B.C.	JN
Wayne Elke	- B.C.	JN
Kathy Terlicher	- B.C.	JN

A New and Exciting Initiative

The BC Athletics Board of Directors have just approved the expansion of the benefits of schools and school districts who are members of BC Athletics:

1. **School Coaches**—a complimentary BC Athletics Officials Membership is now included for School Coaches for the BC Athletics membership year whose School or School District are Annual BC Athletics School/School District Club.
2. **School Students**—a complimentary BC Athletics Officials Membership is now included for school students for the school academic year (to June 30), whose School is an Annual BC Athletics School/School District Club.
3. A **Criminal Record Check** is recommended but optional for all members under the age of 19 years.

There will be more information coming concerning this BC Athletics' initiative.

We believe that this will allow BCA Member Clubs the opportunity to increase the number of Official Members by working with their local School Athletics Programs.

Certification Maintenance Program

This program has been developed by NOC (National Officials Committee). In case you missed seeing this announcement in the latest Athletics Canada Officials' Newsletter, it is reprinted for you here.

Goals:

- Ensuring that officials stay current with practices and knowledge.
- Encourage continuous learning.

Period:

Over a 4-year cycle after the Level 5 certification;

Points:

The Level 5 officials must obtain 30 points over a four-year period to maintain Level 5:

Activities:

Participate in training (webinar or in-person) to update the rules	10 pts
Participate in National Training in their discipline after certification	10 pts
Credits per year (min, 8 credits)	5 pts
Participate in training (online or in-person)	2 pts
Attend the Officials' AGM each year	1 pt

All activities must be approved by NOC before the activity will happen.

Re-certification:

During the 4 years period, if the official does not reach 30 points. The official will have to comply with the following requirements in order to recertify at the same level:

- Pass a closed book exam in the discipline and obtain 80%;
- Pass a practical Evaluation. (The Evaluator will be assigned by NOC.)

NOTE: Any officials who do not apply for upgrading at any level (3, 4, 5) within a 4-year period, must meet the Certification Maintenance Criteria.

Implementation Date: January 2023

We hope to have further clarification as to how this program will be implemented and what steps you may need to take. We believe that you should be aware of this program and ensure that you record all event credits, training and workshop participation. We will keep you informed about this program as further information is shared with us.

Officials Who Cook

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

Authentic Jamaican Patties

Ingredients for the beef patty pastry dough

using beef suet:

450 grams all purpose flour 3 1/2 cups
4 grams salt 1 teaspoon
13 grams granulated sugar 1 tablespoon
100 grams beef suet 1/2 cup chopped into pea size pieces and frozen
100 grams shortening 1/2 cup
30 grams turmeric powder 2 tablespoons
230 grams ice cold water

Ingredients for beef patty pastry dough using butter:

450 grams all purpose flour 3 1/2 cups
4 grams salt 1 teaspoon
13 grams granulated sugar 1 tablespoon
220 grams unsalted butter 1 cup or (2 butter sticks)
30 grams turmeric powder 2 tablespoons
230 grams ice cold water

Ingredients to make the beef patting meat filling:

450 grams lean ground beef 1 lb
1 large size yellow or red onion finely chopped
60 grams fresh scallions 3 stalks finely chopped
25 grams Scotch bonnet pepper 1 pepper or use any hot pepper
50 grams breadcrumbs 1/2 cup
3 grams salt 3/4 teaspoon
4 grams paprika 1 teaspoon
2 grams black pepper 1/2 teaspoon
2 grams thyme 1 teaspoon
2 grams all spice 1/2 teaspoon
60 grams unsalted butter 4 tablespoons or 1/4 cup
250 grams one cup water
30 grams Olive oil (2 tablespoons)
8 grams Garlic minced 2 cloves

Instruction on how to prepare beef patty filling:

Set stove to medium low setting and add the lean ground beef into sauce pan with 1 cup of water and 2 tablespoons of olive oil, the meat should be submerged in water completely.

Cook and simmer meat for approximately 20–30 minutes. Once the meat has absorbed most of the water.

Add in the chopped onions, minced garlic, bonnet or sweet peppers, paprika, thyme and all spice and stir till well combined. if you need to add some water to the ground meat do so, you don't want a dry meat, the meat should be juicy.

Add in the breadcrumbs slowing and stir to combine mixture. Again just make sure there is enough liquid to absorb the breadcrumb.

Add in the butter and combine. Once butter is mixed in, remove beef from heat and set aside.

Instruction on how to prepare beef patty pastry dough:

To make pastry

In a mixing bowl with a hook attachment add the all purpose flour, salt, turmeric powder, suet and shortening and mix on low speed until a crumble texture is developed. If you not using suet add the butter instead. The mixture should look like breadcrumb consistency.

If you don't have mixing machine you can cut in the fat using your fingers or with a fork. A food processor will also work with just 6-8 pulses.

Add in the ice cold water and mix until ingredients are well combined and the pastry dough slightly developed.

Removed dough from mixing machine and wrap in plastic, place into refrigerator for 30 minutes.

Instructions on how to assemble Jamaican beef patty:

Preheat the oven to 365F (185C)

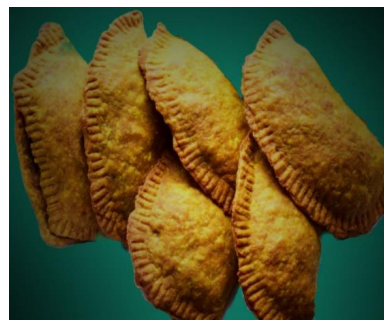
Remove chilled dough from refrigerator and divide it into 12 equal parts for large patties or 20 equal parts for small patties. Roll each dough piece into a ball and flatten round using a rolling pin to about 4 mm.

For large pieces fill each pastry disc with two to 3 tablespoons of filling around the center of the pastry dough. For smaller patties fill dough with 1 – 1/2 tablespoons of meat filling.

Overlap the pastry dough to resemble a half moon crescent and pinch the outer end with a fork to seal the seams.

Place the patties onto a lined baking tray and bake in the middle rack for 25-30 minutes or until beef patty is light golden browned.

Note: Authentic Jamaican beef patty dough is distinctively yellow due to the high amount of turmeric added to the dough. If the patty color is not important, then you can scale back the turmeric spice to half, this will offset some of the bitterness from the turmeric in the pastry dough.



Don't forget to send us a favorite recipe to be included in our next Newsletter!

Officiating Q & A

Questions

Q 1

An Athlete in a Relay will be disqualified if:

- a) They drop the baton **T** or **F**
- b) They cross the line on their left to pick up a baton that they have dropped **T** or **F**
- c) They pick up a baton that was dropped by a team member **T** or **F**

Q 2

An Athlete will be charged with a fault in Long Jump if:

- a) They run outside of the runway lines **T** or **F**
- b) They take off outside the board **T** or **F**
- c) Their first touch by foot is closer to the board than their mark in the pit **T** or **F**

Q 3

An Athlete will be charged with a fault in a High Jump Event if:

- a) They touch the upright when running up without jumping **T** or **F**
- b) During their trial they do not jump but run past the pit and their hand touches nothing but breaks the plane of the uprights **T** or **F**
- c) They tear the tape marker they have been given in half and place the pieces on the jumping fan in the shape of a 'V' **T** or **F**

With Much Appreciation for Your Help

Thanks to all Officials who have continued to contribute their time and expertise during these less active competition months.

Equipment has been repaired, developed and repatriated by Kevin Kirechuk and Kevin Kydd. You will see these new electronic display boards and count down timers at upcoming competitions this 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, Ted de St. Croix, Dawn Driver, Deborah Carter, Neil Chin Aleong, Brenda Chinn, Cathy Duley, Zach Durand, Chris Eliopoulos, Iain Fisher, Debbie Foote, Sharon Hann, Rose Hare, Tom Hastie, Kathleen Henderson, Bill Koch, Brian Thomson, Sheri Hall, Marina Khrisanova, Lana Khrisanova, Dona Lawson, Jake Madderom, Lanie Man, Kanwal Neel, Carol Parsakish, Laurie Ritchie, Lia Schoenroth, Kevin Schoenroth, Gary Silvester, Sanda Turner, Bin Xu, John Cull, Carol Cull

Event: **Ocean Athletics Spring Breaker**

Sponsored by: Ocean Athletics

Date: Saturday, March 18, 2023

Location: South Surrey Athletic Park Track & Field Facility

For more information check the website at <https://www.oceanathletics.club/home-1>

Time:

Track

First Event: 11:00am

Last Event: 3:00pm

A Race Walk Event will be included if sufficient Officials are available to Judge the event.

Field

Rolling Schedule - 11:00am Start

High Jump

Long Jump

Shot Put

Javelin

Officials who have committed to attend:

Ted de St. Croix, John Cull, Carol Cull

Event: **Simon Fraser University, High Performance Meet #1**

Sponsored by: SFU

Date: Saturday, March 18, 2023

Location: SFU and Coquitlam Town Centre (Hammer only)

Time:

The Schedule for this Meet is not yet available. The times may be similar to previous years, perhaps starting somewhat later in the day.

Officials who have committed to attend:

Jason Swan, Dawn Driver

Event: **2023 UBC Open Schedule**

Sponsored by: UBC

Date: Saturday, March 25 and 26, 2023

Location: Rashpal Dhillon Track and field Oval
UBC Campus (Corner of Wesbrook/16th Avenue)

For more information check the website at <https://ubcmeetdirector>

xixsite.com/website

Note: Both Combined Events and Individual will be contested at this Meet.

Time:

Saturday

Track

First Event: 11:00am (Race Walk)

Last Event: 6:00pm

Sunday

First Event: 10:00am

Last Event: 1:45pm

Field

Saturday

Hammer: 10:10, 11:10

Pole Vault: 10:00, 1:00

High Jump: 11:15, 12:50, 1:30, 4:25

Long Jump: 11:15, 1:05, 1:55

Discus: 12:10

Javelin: 3:00, 4:30

Shot Put: 2:35, 3:35

Triple Jump: 4:10

Sunday

Discus: 10:30

Long Jump: 11:00
Pole Vault: 11:30
Javelin: 12:00, 12:30

Officials who have committed to attend:
John Cull (Saturday), Carol Cull (Saturday)

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

- a) **F**
- b) **F** (provided you did not interfere with another Athlete)
- c) **T**

See Rules on Relays TR24

A 2

- a) **F**
- b) **T**
- c) **T**

See Rules on Horizontal Jumps TR29

A 3

- a) **T** (Rule TR27.2.3)
- b) **F** (The Athlete would have to touch something in order to be judged to have committed a fault)
- c) **F** (see green Note under TR25.3.4)