

April
12,
2022

BC Athletics Officials' Newsletter

— Taken in 2007, a lone
— spectator sits in the stadium used
in the 1992 Summer Olympics in
Barcelona, Spain.



Covid Competition Protocols

These guidelines from ViaSport are current as of March 11, 2022.

Outdoor sport

- All activities for children and youth are allowed, including programs, events, and tournaments.
- Masks: not required on or off the field of play.
- Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials.
- Physical distance does not need to be maintained on or off the field of play.
- Spectators: full seated capacity is allowed.

Official's Development

Your Branch Officials' Committee for 2022

Brian Thomson - Committee Chairperson

Bill Koch

Marnie Benz

Carol Cull

John Cull

Cheryl Elke

Wayne Elke

Dawn Driver

Debbie Foote

Anthony Thomson

Jasmine Gill – BC Athletics representative to the Committee

Wanting to Upgrade your Certification??? Please, look at the following information!

- Evaluations and Mentoring will take place as circumstances allow. Don't forget to complete the Upgrading Tracking form (<https://www.cognitofrms.com/BCAthletics1/OfficialsUpgradingTrackingForm>), if you require evaluations or credits for upgrading in the coming season.
- If you have already completed the requirements for Upgrading contact Cheryl at wcelke@shaw.ca. More information can be found on the Officials' page of the BC Athletics website.
- You can also speak with your local regional development coordinator if you have any questions.
- Coordinators in the Interior – Greg Nicol – Kamloops - (gregorynicol136@gmail.com), Marnie Benz – Kelowna - (m.benz@shaw.ca)
Coordinators on the Island – Vince Sequeira (vince.sequeira@shaw.ca), Brian Thomson (bthomson@alantem.ca), Todd Blumel (toddler@shaw.ca)
Coordinators in the Lower Mainland – Carol Cull (carolcull@telus.net), John Cull (johncull@telus.net), Deborah Carter (deborah@walshbusinessgrowth.com)
Coordinator for Zones 7 and 8 TBA

Travel Expenses

As of April 8, 2022, the following reimbursement rates for travel for registered Officials attending a competition are in place. Thanks to the BC Athletics Board of Directors for approving our new travel rates!

BCA Officials Committee is approving local travel expenses for payment in the usual way.

Current rates: Travel within Local Region \$.35 per km, with a carpool \$.45

Approved travel to another Region \$.25 per km, with a carpool \$.30

For information and claim form, please visit: www.bcathletics.org/officials/ Select OFFICIALS EXPENSE CLAIMS

No authorization is required for travel expense claims within your local region. Please use the available form on the webpage.

Training

Officiating Para Athletic Events Webinar Series (2022)

The BC Athletics Officials Committee Development Working Group invites officials to the Officiating Para Athletics Events Webinar Series (2022).

This training series is targeted to officials at levels 2 through 5 who have a requirement and/or interest in officiating Para athletic events. It will be of particular interest to officials scheduled to officiate at the Canadian Track and Field Championships in Langley, June 22-26, 2022.

The first two excellent Webinar Sessions were held on February 16th and February 23rd. Fannie Smith presented us with an informative introduction to Para Athletics.

For those who missed these sessions or would like a review, they can be viewed by clicking on the following links:

Intro to Para Athletics for Officials part 1

<https://us02web.zoom.us/rec/share/Uivdld7EBtPaul8i5KFtEUqqaVnv8AazYTU-FGQ5RYpfgPKaD44sUQt-spODisoM.77WX7ZUUc7VNjye5?startTime=1645818540000> (Passcode: G8r?\$bP?)

Intro to Para Athletics for Officials part 2

https://us02web.zoom.us/rec/share/cn-t-QQ_gG1zepUloa2B_qN2YKgwvCYzEOXYOxY6N_8tSK0fwbjLGfA5_M7DbeIG.6sqLDBo2qEhNCWI9?startTime=1645731566000 (Passcode: L&7&pi@N)

Introduction to Para Athletics - Track

<https://www.dropbox.com/s/oj98o0nrw2czdms/Officiating%20Para%20Athletics%20-%20Track%20Events%20recording.mp4?dl=0>

The next Webinars in the series will be (all times are Pacific Daylight Time):

April 12, 7:00pm to 8:00pm	Introduction to Para Throws	Hosted by Louise Buskas, NOC and Jerry Clayton, USATF
TBA	Tie Down Clinic for Seated Throws	Jerry Clayton, USATF

The purpose of the webinar series is to raise awareness and provide knowledge of the major rules for officiating para events.

You can use this link to register for any of the subsequent Webinars.

<https://www.bcathletics.org/Content/clinics-and-workshops/259/>

Please note that sessions are limited to **50** participants.

In Touch

by Lanie Man

FOCUS

Our featured Official this edition shows that officiating is for both new (and seasoned), young (and young at heart). It's never too early to start on the journey and you can find joy and value in this volunteerism called Officiating.

GETTING TO KNOW ...

Cayden Arnold



Cayden started officiating in 2020. He is a Level 2 official and has been working towards Level 3 certification in vertical jumps this year. He chose to specialize in vertical jumps because *"...I am also a pole vaulter and am interested in learning the rules better and helping out at meets where I am unable to compete."*

What started you into Officiating?

"I wanted to learn more about my sport and also noticed how kind all the officials were at meets. Everyone was very encouraging and helped me out a lot which made it really easy to start."

Cayden is an active athlete with Royal City Track and Field Club. He credits his first grade teacher for getting him started with track and field.

"She got my class to run in PE and that's when I figured out that I love to run. I began running in grade 1 at school and then decided to switch to club as a JD. At first I participated in almost all the events, but soon switched to short and middle distance."

Cayden has specialized in pole vault, competing in the U20 category this year and hoping to compete at the U20 Nationals this year.

"Track and field has always been my main sport. I have tried other sports like volleyball, but never liked the competition environment as much. My favourite event has always been pole vault. I love the technical aspect and as a vaulter myself, I find it very exciting."

How did you "fall in love" with pole vaulting? What age did you first get to try this event? And when did you decide that this was the event you want to specialize in?

"I started pole vaulting sometime around the spring of my grade 5 year. I was at a sprint practice and heard that some other people were trying pole vault. I sort of snuck off to join the group, discovered it was a ton of fun and never stopped. It was just something I knew I wanted to continue with immediately, there was no hesitation."

As an athlete who started from JD, what has kept you in the sport of track and field? What was the biggest change when you transitioned into high school athletics?

"When I started track and field, I always had a lot of fun. After a couple years, the sprint workout routine honestly seemed too repetitive for me and I wanted to try something new. After I started pole vaulting, there were always technical things to work on and improvement was more visible. This is what keeps pole vault fun and interesting and I can always watch videos and analyze other vaulters to get better."

"When I started pole vaulting, I couldn't wait to start high school track and field. There were not very many competitions that I could go to at my age, so when I started high school many more opportunities opened up."

How can you encourage other younger athletes to try pole vaulting?

"If just the look of pole vaulting doesn't make someone want to try it, then they should take it from an athlete who has tried almost every event, it is the most fun. You get to run, jump, and swing into the air. The team environment is also incredible because you get to know all your teammates really well. Pole vaulters don't really slack off and you can usually count on your friends being at practice".

What does Athletics mean to you?

"As an official - I find that athletics is a way we can work together to help athletes achieve their goals in a safe, fair way. As an athlete - I believe that it's working your hardest every day so that you can be the best you can; competing against yourself and not the other people in your event."

Is there a person that inspire you? (ie coach, official, athlete, others)

"My coach Cristina Weir is the most inspirational person to me. She has a crazy amount of knowledge about the sport and always knows the answer to technical questions about pole vault mechanics. As I am also learning to become a coach, she is definitely like a role model whom I can watch and learn from."

Any memorable or special experiences to share from your participation in the sport of Track and Field and/or Officiating?

"As an athlete I made the BC Summer Games in 2018 and Legion Nationals in 2019, I was also awarded the BC athletics jumper of the year award for 2019. Both the BC Summer Games and Legions were incredibly fun and the team environment is what made it so memorable. Perhaps the most crazy thing that happened was when I did the BC team speech in French at the Legions banquet, my pronunciation was definitely terrible, but luckily I survived."

What do you enjoy the most with Officiating?

"I really enjoy having an athlete get a personal best or breaking a record at a meet. Whenever that happens, it's a memorable day."

What are your hobbies?

"I enjoy walking my dog at the beach, and again, vaulting. I also really like to cross train with gymnastics a couple times a week. When I leave high school, I am going to take a six-month gap year and travel. Then I plan to go to university for interior design, something else I really love to do."

What are your future plans?

"In the future, I hope to officiate at some larger meets on the national or international level. I am also working towards certification as a coach and hope to stay involved with track after I graduate."

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

"As someone who is still relatively new to officiating, I would recommend keeping track of the events which you volunteer at. I see so many people who have officiated at a lot of events but never knew to record what they did. If you aren't sure if you should start, just take the first step and give it a try. Whatever you do, make sure it's an event which you enjoy."



Cayden and his Vertical Jumps Officials' Team in Kamloops

OFFICIALS WHO COOK

From the cookbook pages of **Carol Cull**

(Lacking submissions from others, you're stuck with me this time. Don't forget to send us your recipes.)

PLUM COBBLER

Longing for the warm days of summer (I may regret I said this come another heat dome) I made this using frozen Italian Prune Plums from the bounty we picked last August. Of course, this recipe can also be made with fresh plums.

4 LBS PLUMS (CUT INTO 1" CUBES)
 ¾ CUP SUGAR
 2 TBLSP CORNSTARCH
 1 TSP CINNAMON

HEAT OVEN TO 375 DEGREES

2 CUPS FLOUR
 ½ CUP CORNMEAL
 ¾ CUP SUGAR
 1 TBLSP BAKING POWDER
 1 TSP SALT
 2 STICKS UNSALTED BUTTER (1 CUP)
 ¾ CUP MILK

MIX INGREDIENTS TOGETHER. PLACE IN A GLASS BAKING DISH (9"X12")

PULSE DRY INGREDIENTS IN A FOOD PROCESSOR.

ADD BUTTER AND PULSE AGAIN.
 ADD MILK AND PULSE UNTIL DOUGH IS FORMED

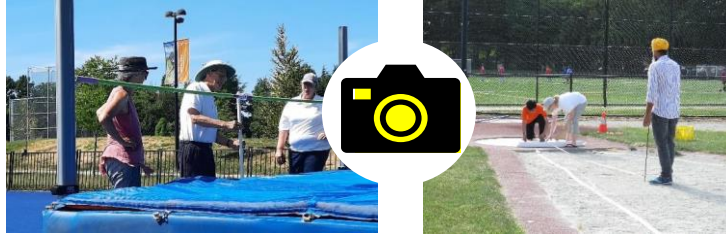
PAT DOUGH INTO AN 8" SQUARE
 CUT INTO 16 PIECES AND PLACE ON TOP OF PLUMS IN DISH
 BAKE FOR 1 HOUR.
 SERVE WARM OR COLD WITH WHIPPED CREAM OR ICECREAM

Now it's your turn. If you have a recipe you would like to share, please send it along to Carol at carolcull@telus.net

The BC Athletics Officials Committee

WE NEED YOU!

Calling all BC Athletics Members, for a 2022 Season Assignment.



The Recruitment Working Group of the BC Athletics Officials Committee is working on putting together a short video that shows how FUN and EXCITING being an Official can be —for use in the recruitment of prospective officials.



Think of the Catch Phrase “THIS COULD BE YOU”.

We are asking all officials (when you can without compromising the competition), to take short videos of fellow officials while conducting our various disciplines.

For example, Finish Line, Umpire, Start Line, Call Room, Marshalling, Throws and Jumps judge, measuring sectors, measuring jumps or throws etc.



Instructions:

- Use your smart phone in the Horizontal Position to capture Photos and Videos.
- VIDEO IS PREFERRED FOR THIS SPECIAL RECRUITMENT PROJECT – although photos will be used as well!
- Catch people active and smiling!
- Photo and Video material submitted by June 30, 2022 will be used in the RECRUITMENT Video.
- All material submitted for the remainder of the season will be part of the 2022 ANNUAL OFFICIALS Video.
- Please submit all Videos and Photos to: 2022officials@gmail.com

**The images submitted may be used in other presentations, training and social media posts. Credit will be given when images used. Please include your name in the filename so we can give you credit.*



Officiating Q & A

Questions

Rule Numbers used are those cited in the 2020 and 2022 World Athletics Competition and Technical Rules manuals.

The New WA Rule Books for 2022 are being distributed now by your Regional Development Coordinators. All Registered Officials, Levels 2 and up will receive a copy. If you haven't yet received your copy, please contact your Regional Development Coordinator.

Q 1

In which events is it recommended that one or more windsocks be used to show the wind direction and strength.

- a) All Jumping Events
- b) All Throwing Events
- c) All Jumping Events, Discus and Javelin

Q 2

An athlete entered in a shot put event, injures his index finger and tapes it to his middle finger in order to provide support for the injured finger. Is this allowed?

- a) Yes, as long as he shows the taping to the Event Chief prior to the start of the competition.
- b) No, this is considered assistance and is not allowed.

Q 3

Which are the correct periods for which the wind velocity shall be measured from the start of the race?

- a) 100m – 10 seconds, 100m Hurdles – 13 seconds, 110 m Hurdles – 13 seconds
- b) 100m – 5 seconds, 100m Hurdles – 10 seconds, 110 m Hurdles – 13 seconds
- c) 100m – 10 seconds, 200m Hurdles – 10 seconds, 110m Hurdles – 13 seconds

With Much Appreciation for Your Help

A note of thanks –

After three years it was amazing to you have you back at our facility to officiate a true university competition. I understand that we did some things in 2021 to sustain athlete interest, but last weekend was a true, all-encompassing track and field meet. The people you coordinate to officiate our competition come with just the right mix of rules application and compassion for athletes, and I know that philosophy comes from the training you provide.

I hope you always feel valued at UBC meets – we sure appreciate the combined thousands of hours that your crews commit to at events across the province. You are the backbone of our sport, and our athletes would not have the opportunities to test themselves and measure improvements without you. We are grateful.

Sincerely,

Laurier Primeau (he, him, his)
Head Coach, Track & Field and Cross Country
604.897.0212

Don't forget - If you have ideas, pictures, or thoughts on items for inclusion in this Newsletter please send your submissions to carolcull@telus.net.

Event: Coquitlam Cheetahs Sea of Green Track Meet
Sponsored by: Coquitlam Cheetahs Track and Field Club
Date: Saturday, April 2, 2022
Location: Percy Perry Stadium, Coquitlam

Thanks to:
Iain Fisher, Deborah Carter, Ted de St. Croix

Event: SFU Emilie Mondor Invitational

Sponsored by: SFU Track and Field Team
 Date: Saturday, April 9, 2022
 Location: SFU Burnaby Campus, Terry Fox Field and Track

Thanks to:

Celina Wong, Deborah Carter, Dawn Driver, Iain Fisher, Reg Harris, Debbie Foote, Tom Hastie, Dona Lawson, Jake Madderom, Lanie Man, Kathleen Henderson, Jim Hinze, Jason Swan, John Cull, Carol Cull

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 ***

Please note that the UBC Thunderbirds Meets originally scheduled for April 23 and May 3 have been cancelled.

Event: Vancouver Public School League and Preliminaries Meets

Sponsored by: VSSAA

Dates:

Monday, April 4 (UBC) – 4:00 – 8:00pm)
 Monday, April 11 (Swangard) – 4:00 – 8:00pm)
 Tuesday, April 26 (Swangard) – 4:00 – 8:00pm)
 Tuesday, May 4 (UBC) – 4:00 – 8:00pm)
 Wednesday, May 11 (Swangard) – 9:00am – 5:00pm)
 Thursday, May 12 (Swangard) – 9:00am – 5:00pm)

The Vancouver Public High Schools are asking for a Starter and perhaps a Starter's Assistant for the above listed Meets. If you are available to help, please let me know. Carol

Event: Kajaks Richmond Relays (please note the change of date for this event)

Sponsored by: Kajaks Track and Field Club

Date: Saturday, April 16, 2022

Location: Richmond, Minoru

Times:

Track

First Event: 10:00am
 Last Event: 2:55pm

Field

Hammer – 9:30, 10:30
 Shot Put – 11:30, 12:00, 1:00, 2:00
 Long Jump – 11:00 (two pits)
 High Jump – 12:00

Officials who have committed to attend:

Dawn Driver, Cathy Duley, Debbie Foote, Lanie Man, Jim Hinze, Mary Hinze, Dona Lawson, Jake Madderom, John Cull, Carol Cull

Event: 2022 Vancouver Olympic Club Elementary & High School Track Meet

Sponsored by: Vancouver Olympic Club

Date: Friday, April 22nd and Saturday, April 23rd, 2022

Location: Swangard Stadium

Burnaby, BC

Times:*Track*

Friday

First Event: 3:00pm

Last Event: 6:50pm

Saturday

First Event: 10:00am

Last Event: 5:45pm

Field

Friday

Long Jump: First event – 3:00pm, Last event – 7:00pm

High Jump: First event – 3:00pm, Last event – 7:00pm

Shot Put: First event – 3:00pm, Last event – 7:00pm

Saturday

Long Jump: First event – 10:00am, Last event – 4:30pm

Triple Jump: 3:00pm

High Jump: First event – 10:00am, Last event – 2:00pm

Shot Put: First event – 10:00am, Last event – 2:00pm

Officials who have committed to attend:

Cathy Carr (Fri.) Deborah Carter (Fri./Sat.), Dawn Driver (Sat.), Bill Koch (Fri.), Marina Khrisanova (Fri./Sat.), Dona Lawson (Fri./Sat.), Lanie Man (Sat.), Kathleen Henderson (Fri./Sat.), John Cull (Fri./Sat.), Emily Kydd, Carol Cull (Fri./Sat.),

Event: Sun Run**Sponsored by:** The Vancouver Sun**Date:** Sunday, April 24, 2022**Location:** Vancouver**Times:**

Wheelchair Race – 8:55am

Runners – 9:00am

Officials who have committed to attend:

Iain Fisher, Jim Hinze, Louise Meville, Kathy Terlicher

Event: Universal's April Opener**Sponsored by:** Universal Track and Field Club**Date:** Sunday, April 24, 2022

Location: North Delta Track and Field Facility
North Delta Secondary School
11447 82nd Avenue
Delta, BC

Times:*Track*

First Event: 9:30am

Last Event: 2:15pm

Field

High Jump: 10:00, 11:15, 12:30, 1:15

Long Jump: 10:00, 11:00, 12:00, 1:00

Shot Put: 10:00, 11:00, 12:00, 1:00

Discus: 10:00, 11:00, 12:00, 1:00

Hammer: 2:00

Officials who have committed to attend:

Deborah Carter, Kevin Kydd, Sue Kydd, Lanie Man, Bill Koch, Sharon Hann, Dona Lawson, Carol Parsakish, Cathy Carr, Tom Hastie, Iain Fisher, John Cull, Carol Cull

Event: 2022 Vancouver Elementary Schools Championship**Sponsored by:** UBC Thunderbirds**Date:** Wednesday, April 27, 2022**Location:** Rashpal Dhillon Track and Field Oval
UBC, Corner of Wesbrook and 16th Ave.
Vancouver**Times:***Track*

First Event: 9:00am

Last Event: 2:30pm

Field

Long Jump (two pits) – 9:00, 10:25, 11:40, 12:55. 2:10

High Jump (two pits) – 9:00, 10:25, 11:40, 12:55. 2:10

Shot Put (two pits) – 9:00, 10:25, 11:40, 12:55. 2:10

Officials who have committed to attend:

John Cull, Carol Cull

Event: 2022 North Shore Track and Field Championships**Sponsored by:** North Vancouver Schools**Date:** Monday, May 2nd and Monday, May 9th**Location:** Swangard Stadium
Burnaby, BC**Times:***Track*May 2nd – First Event: 9:00am

Last Event: 5:20pm

*** Note – Race Walk is scheduled for 3:30 and 3:45 – Judges for this event are in particular need!**May 9th – First Event: 9:00am

Last Event: 4:55pm

Field

(subject to change)

May 2nd

Shot Put – 8:30, 10:45, 1:00, 3:15

Javelin – 8:30, 10:45, 3:00

Long Jump – 8:30, 10:45, 3:00

Triple Jump – 8:30, 10:45, 3:00

Pole Vault – 8:30, 10:45, 1:00, 3:15

High Jump – 8:30, 10:45, 3:00

May 9th

Shot Put – 8:30, 10:45, 1:00, 3:15

Discus – 8:30, 10:45, 1:00, 3:15

Javelin – 8:30, 10:45, 1:00

Long Jump – 8:30, 10:45, 1:00

Triple Jump – 8:30, 10:45, 1:00

High Jump – 8:30, 10:45, 1:00

Officials who have committed to attend:

Marnie Marshall, Cheryl Messier, Birgit Weaver

Event: Jennifer Swan Memorial Meet**Sponsored by:** Valley Royals Track and Field Club**Date:** Saturday, May 7, 2022**Location:** Jane and Gerry Swan Track, Rotary Stadium

Abbotsford, BC

Times:

Track

First Event – 9:00am

Last Event – 4:00pm

Field

Discus – 9:00, 10:00

Javelin – 10:00, 11:00

Hammer – 11:30, 1:00

Shot Put – First Event: 10:00, Last Event: 2:00

Long Jump – First Event: 10:00, Last Event: 3:00

High Jump – First Event: 9:30, Last Event: 3:30

Pole Vault – 1:00

Officials who have committed to attend:

John Cull, Carol Cull

Event: NorWesters Elementaries Meet and Zone 5 BC summer Games Trials

Sponsored by: NorWesters Track and Field Club

Date: Saturday, May 7 and Sunday, May 8, 2022

Location: Swangard Stadium
Burnaby, BC

Times:

Track

Saturday, May 7

First Event – 9:00am

Last Event – 2:00pm

Sunday, May 8

First Event – 9:00am

Last Event – 2:30pm

Field

Saturday, May 7

Long Jump – First Event: 9:00, Last Event: 2:30

High Jump – First Event: 9:00, Last Event: 12:00

Shot Put – First Event: 9:00, Last Event: 2:30

Discus – First Event: 9:00, Last Event: 3:00

Sunday, May 8

Triple Jump – First Event: 9:00, Last Event: 12:00

High Jump – First Event: 9:00, Last Event: 3:00

Shot Put – First Event: 9:00, Last Event: 1:00

Javelin – First Event: 9:00, Last Event: 3:00

Officials who have committed to attend:

Marnie Marshall, Cheryl Messier, Birgit Weaver, John Cull (Sun.), Carol Cull (Sun.)

Event: Delta Track and Field Championships

Sponsored by: Delta Schools

Date: Tuesday May 10, Wednesday May 11 and Friday May 13, 2022

Location: North Delta Track and Field Facility
North Delta Secondary School
11447 82nd Avenue
Delta, BC

Times:

Track

Tuesday, May 10

First Event – 3:30, Last Event – 5:45 (Starter needed for this date)

Wednesday, May 11

First Event – 3:30, Last Event – 4:50

Friday, May 13

First Event – 9:00, Last Event 2:00

*Field*Tuesday, May 10

Triple Jump – 3:30, 4:30

Discus – 3:30, 4:30

High Jump – 3:30, 4:30

Wednesday, May 11

Discus – 3:30, 4:30

Triple Jump – 3:30, 4:30

High Jump – 3:30, 4:30

Thursday, May 13

Shot Put – 9:00, 10:00, 11:00, 12:00, 1:00, 2:00

Javelin – 9:00, 10:00, 11:00, 12:00, 1:00, 2:00

Long Jump (two pits) – 9:00, 11:00, 1:00

Officials who have committed to attend:

Sharon Hann (Wed./Fri.), John Cull, Carol Cull

Event: 2022 lululemon Pacific Distance Carnival and Canadian 10,000m Championships

Sponsored by: lululemon and BC Athletics

Date: Saturday May 14, 2022

Location: Swangard Stadium
Burnaby, BC

Times:

Track

First Event – 3:30pm (5000/10000m Race Walk)

Last Event – 9:10pm

Officials who have committed to attend:

Event: 15th Annual Eagle Classic Track and Field Meet

Sponsored by: Golden Ears Athletics

Date: Saturday, May 14, 2022

Location: Maple Ridge Secondary
21911 122nd Avenue
Maple Ridge

Times:

A schedule is not yet available. The approximate times for the Start and Finish are 9:00am to 5:00pm.

Officials who have committed to attend:

Debbie Foote,

Event: 2022 Eastern Valley Athletic Association Track & Field Championship

Sponsored by: Eastern Valley High Schools

Date: Tuesday May 17th and Thursday May 19th, 2022

Location: Jane and Gerry Swan Track, Rotary Stadium
Abbotsford, BC

Times:

*Track*Tuesday, May 17

First Event – 2:15pm

Last Event – 7:30pm (1500m Race Walk)

Thursday, May 18

First Event – 9:15am

Last Event – 4:50pm

*Field*Tuesday, May 17

Hammer – 2:00, 3:00, 4:30, 6:00

Pole Vault – 3:30, 5:00

High jump – 3:30, 5:00

Triple Jump (two pits) – 3:30, 4:15, 5:00

Thursday, May 18

High Jump – First Event: 10:30, Last Event: 2:30

Long Jump – First Event: 10:30, Last Event: 3:30

Javelin – First Event: 10:30, Last Event: 3:30

Shot Put – First Event: 10:30, Last Event: 3:30

Discus – First Event: 10:30, Last Event: 3:30

Officials who have committed to attend:

Event: 2022 Vancouver Sea to Sky (VS2S) Track & Field Championships**Sponsored by:** Vancouver/Sunshine Coast Schools**Date:** Wednesday May 18 and Thursday, May 19, 2022**Location:** Swangard Stadium
Burnaby, BC**Times:***Track*Wednesday, May 18

First Event – 9:00am

Last Event – 5:20pm

Thursday, May 19

First Event – 9:00am

Last Event – 4:55pm

*Field*Wednesday, May 18

Pole Vault – 10:45, 1:45

Shot Put – 8:30, 10:45, 1:00, 3:15

Javelin – 8:30, 10:45, 3:00

Long Jump – 8:30, 10:45, 3:00

Triple Jump – 8:30, 10:45, 3:00

High Jump – 8:30, 10:45, 3:00

May 9th

Shot Put – 8:30, 10:45, 1:00, 3:15

Discus – 8:30, 10:45, 1:00, 3:15

Javelin – 8:30, 10:45, 1:00

Long Jump – 8:30, 10:45, 1:00

Triple Jump – 8:30, 10:45, 1:00

High Jump – 8:30, 10:45, 1:00

Officials who have committed to attend:

John Cull, Carol Cull

Event: Universal JD Meet**Sponsored by:** Universal Track and Field Club**Date:** Saturday May 21, 2022**Location:** North Delta Track and Field Facility
North Delta Secondary School
11447 82nd Avenue
Delta, BC

Times:

Schedule not yet available.

Officials who have committed to attend:

Sue Kydd, Kevin Kydd, Deborah Carter, John Cull, Carol Cull

**Event: Universal Open Track & Field Meet and
BC Summer Games Zone 3 & 4 Trials**

Sponsored by: Universal Track and Field Club

Date: Sunday, May 22, 2022

Location: North Delta Track and Field Facility
North Delta Secondary School
11447 82nd Avenue
Delta, BC

Times:*Track*

First Event – 10:00am

Last Event – 3:30pm

Field

High Jump – First Event: 9:00am, Last Event: 2:30pm

Long Jump – First Event: 9:00am, Last Event: 2:30pm

Triple Jump – First Event: 9:00am, Last Event: 2:30pm

Shot Put – First Event: 9:00am, Last Event: 2:30pm

Discus – First Event: 11:30am, Last Event: 2:30pm

Hammer – 9:00, 10:15

Officials who have committed to attend:

Sue Kydd, Kevin Kydd, Zach Durand, Deborah Carter, John Cull, Carol Cull

Event: Fraser North Zone Provincial Qualifiers

Sponsored by: Fraser North Schools

Date: Tuesday May 24 and Wednesday May 25, 2022

Location: Percy Perry Stadium
Coquitlam, BC

Times:*Track*

Tuesday, May 24

First Event – 2:00pm

Last Event – 7:25pm

Wednesday, May 25

First Event – 9:00am

Last Event – 1:20pm

Field

Tuesday, May 24

High Jump – 2:00, 4:15

Pole Vault – 6:30

Long Jump – 2:00, 3:30, 6:30

Triple Jump – 2:00, 3:30, 5:00, 6:30

Shot Put – 2:00, 3:30, 5:00

Javelin – 2:00, 3:30, 5:00

Hammer – 2:00

Discus – 3:30, 5:00, 6:30

Wednesday, May 25

High Jump – 9:00, 11:15, 1:00

Long jump – 9:00, 10:30, 12:00

Triple Jump – 9:00, 10:30, 12:00

Shot Put – 9:00, 10:30, 12:00

Javelin – 9:00, 10:30, 12:00

Discus – 9:00, 10:30, 12:00

Officials who have committed to attend:

Peter Fejfar, Louise Meville, Kathy Terlicher, Iain Fisher, Sanda Turner

There are many more Meets to come. For a more complete list of events, please see the BC Athletics website under 'Officials'.

The next Newsletter will post more Meets with their Schedules.

Be Well! Stay Safe!

Carol

Officiating Q & A Answers

A1

c) All Jumping Events, Discus and Javelin (Rule # TR25.4.2)

A2

b) No (Rule # TR32.4.1)

A3

a) 100m – 10 seconds, 100m Hurdles – 13 seconds, 110 m Hurdles – 13 seconds (Rule # TR17.12)