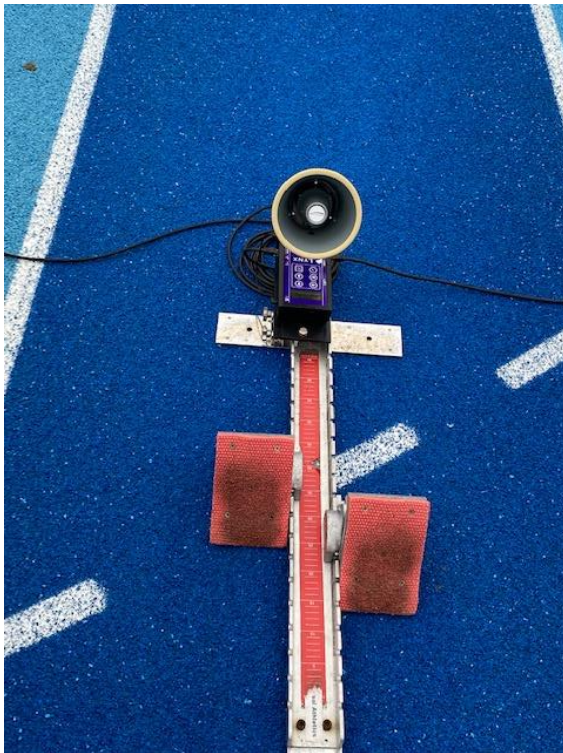


BC Athletics Officials' Newsletter

March
15,
2022

Trying it out!



We are very happy to tell you.

We completed a first field trial with the SIS (Start Information System) at North Delta track on Sunday. With the help of coach, Jessie Dosanjh and 10 of Universal Club's sprinters, we did over an hour of sprint starts. This was an "off-line" trial using 4 sets of blocks, with sensors, console, and a read-out on a laptop.

The equipment behaved as we had hoped. The start line team learned a lot, and have a better sense of the personnel required, and the best configuration for them. One of the things we learned is that the false start signal is not generated by the pressure of the athlete on the foot pads. The block sensors actually pick up any vibration from the whole apparatus. It is therefore particularly important that the blocks are securely anchored to the track with adequate spikes.

Huge Thanks to Gary Silvester for guiding everyone through this first trial.

Covid Competition Protocols

Reminder – Guidelines and Protocols for Competition can be found here:

bcathletics.org

Remember to keep informed about the latest Covid updates as they affect Athletics, by checking the BC Athletics website. Remember that Athletics Canada requires Proof of Vaccination at all their in-person events, courses, and seminars. This mandate also includes the National Championships which, this year, will take place in Langley, June 22 to 26.

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

We welcome the following BC Officials who have volunteered their time and expertise to work with the Committee: Urith Hayley, Lanie Man, Zacharie Durand, Reg Harris, Aileen Lingwood, Norma Love-Pankonin, Rick Rathy, Ina Wallace, Debora Carter, Maxine Siklenka.

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 - (gregorylnicol136@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)
Coordinator for Zones 7 and 8 TBA

Travel Expenses (the figures quoted below are now under review due to the rising cost of fuel)

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

Current rates are: Travel within Local Region \$.30 per km, with a carpool \$.40

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.

Send directly to John Cull (johncull@telus.net). John asks that you clearly itemize each event attended with specific mileage for that event. Submit travel expense forms within 30 days of the event. Questions??? Ask John!

Officials' Memberships

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_M7DbelG.6sqLDBo2qEhNCWI9?startTime=1645731566000 (Passcode: L&7&pi@N)

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

March 23, 7:00pm to 8:00pm	Introduction to Para Jumps	Hosted by Louise Buskas, NOC and Jerry Clayton, USATF
April 6, 7:00pm to 8:30pm	Introduction to Call Room for Para Athletics	Jennifer Campbell, NOC
April 12, 7:00pm to 8:00pm	Introduction to Para Throws	Hosted by Louise Buskas, NOC and Jerry Clayton, USATF

Other Webinar Sessions in the series, to follow.

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

We hope you enjoyed our new feature section in the newsletter.

For a seemingly no-nonsense Official watching every move of an athlete in the competition field, we get a chance to see through a looking glass that each Official is approachable and human after all.

GETTING TO KNOW ... Marnie Benz



BC Athletics Official in Zone 2 (Thompson-Okanagan)

Marilyn Benz, fondly called Marnie, a retired administrative assistant, is affiliated with the Okanagan Athletics Track Club for the last eight to nine years. Though she considers herself a newbie to the group, she hasn't really kept track of the years because she loves watching the kids (she has officiated/coached grow up and continue with T&F) and following their accomplishments.

Marnie was an athlete back in her high school days - track and field, as well as basketball.

"I used to throw shot put, discus, and javelin in the 1960's and ended up specializing in Javelin. I was very fortunate to be a part of the Trail Track & Field Club in the 1960's, and was able to attend meets across Canada and, I really must thank my mother for keeping a scrapbook and keeping all my medals, awards, and newspaper clippings, not just of track, but high school basketball too. I love going through them from time to time."

"After taking 30+ years off from having anything to do with track and field, I decided to join a track club in Kelowna in her 50's and decided to compete again (in my mind I'll always be 20). Track was always in the back of mind for years and I think when I found out about the 55+ Games, I thought I would get back into shape and throw javelin again. Joining the local track club was the perfect fit for me."

Marnie is still an active Masters athlete and specializes in Throws. No question in her mind, her favorite event is Javelin Throw.

What started you into Officiating?

"I came a little late to Officiating ... after joining a track club in Kelowna in my 50's to compete again, the next thing I was taking the Level 1 Officiating course. It is very satisfying and loads of fun! I enjoy the Officials I hang around with at meets and it seems there is never a dull moment."

Currently she is a Level 3 throws official, upgrading to Level 4 throws.

As an Official, some of the memorable experiences she has had – *“...the thrill of signing paperwork for an athlete who has set a Canadian Record, or even an athlete that has done a PB. I always enjoy the thank you from the athlete after the event has finished - that makes me feel good.”*

What do you enjoy the most with Volunteering?

“(Officiating) It is a way of giving back, even in a small way to a sport that was very good to me growing up, even if it took me a long time in doing so.

Besides Officiating, I also volunteer at the Royal Canadian Legion and have been for years. I always do their poppy campaign in the Fall, delivering poppy trays to businesses and do shifts outside of business. I also clean tables at the Legion one day a week during their lunch hour.

For all volunteering, it is meeting new people, learning and having new experiences.”

What are your hobbies?

“Do I have any? I used to play a huge amount of golf before I got involved in competing and officiating. Still like to golf when I have the time.”

Any future plans?

“Nothing earth shattering. I would like to keep doing what I'm doing for as long as I can. I enjoy traveling and will continue to do so, and will try to get more golf games in. Need to get my handicap going again!!”

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

“For me, it was a very easy progression to officiating from being an athlete. If you like fresh air, like meeting individuals from all walks of life, like being around kids, teenagers, adults, like learning, this is for you. It is indeed extremely rewarding Officials are fun to be around, you just need to come out and give it a try!”



Coming on March 31st from 7:00pm to 8:00pm

A TOWN HALL MEETING

A one-hour video conference for all BC Athletics Officials to hear about Officiating Programs in 2022.

Listen and be heard. This is your chance to dialogue with all participating members, have your questions answered and your concerns aired.

A link to this meeting will be sent to all BC Athletics Officials prior to March 31st.

And, what we hope will be another new feature.....

OFFICIALS WHO COOK

From the cookbook pages of **Bill Koch**

Mixed Protein and Anti-Oxidant Stew

It is still winter (or at least it feels like it outside) so stews are still in season. We all need both protein and anti-oxidants (you know those vegetables your mother forced you to eat as a child). This is a simple stew recipe that can fit pretty much every taste bud and digestive system from carnivore to vegetarian. It will also keep you warm as you stare out the window at the rain dripping from the cedar needles. I often double the quantities for leftovers and freezing.

1. Steak, Chicken, or Pork (1 lb. cubed).
2. Flour.
3. Black Pepper
 - a. Mix flour, pepper, and meat.
 - b. Brown floured meat in stock pot for 5 minutes.
 - c. Remove from pot and set aside.
4. Red Wine (1/2 cup) I favour a California Pinot, but a Spanish Rioja or even a Malbec will work.
 - a. Deglaze pot with wine and add residual wine and scrapings to reserved meat. This adds flavour but also gives you (yes, you) an excuse to drink while you cook.
5. Garlic (4 cloves minced).
6. Spanish Onion (1 large chopped).
7. Celery (2 stalks chopped).
8. Ground Cumin (1 tablespoon).
9. Red Pepper Flakes (1 teaspoon) Those of tender palates can skip this one.
 - a. Sauté vegetables and spices until onions are translucent and celery is breaking down.
10. Canned whole tomatoes (1 28 oz. can).
11. Black Beans (1 16 oz. can, rinsed).
 - a. Add tomatoes, black beans, and browned meat with residual wine and scrapings to pot.
 - b. Bring to boil, then reduce heat and simmer for 30 minutes.
 - c. Add water if it appears to be drying out.
 - d. Serve in bowls. It goes well with bread (I favour here either the Italian Loaf or Sourdough from Savory Island Bakery).

Variants

- *Vegetarian option:* Skip the mammal flesh, add 2 chopped bell peppers (green, yellow, or red) and Red Beans (1 16 oz. can). This, of course, means no deglazing of the pot with red wine, which means you (you know who I am talking to) are not to just drink an extra glass of Pinot.
- *Pescatarian option:* Skip the meat, add peppers and beans as above, but also add 1 lb. medium prawns (uncooked but shelled) for the last 10 minutes of cooking.
- *Go wild option:* Add the bell peppers and prawns after the meat for a really diverse bowl. Call it a surf & turf bowl. You won't have to eat for a week afterward.
- *For those of tender palate:* Skip the cumin and red pepper flakes and substitute Herbs de Provence.

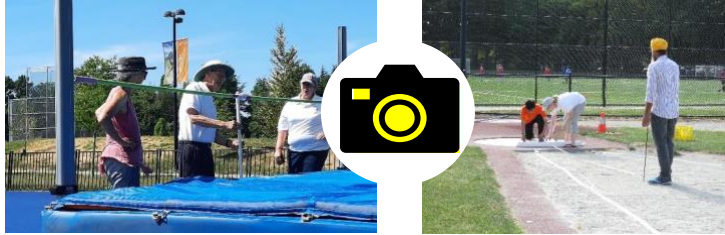
And there you have it. Is there any Pinot left?

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

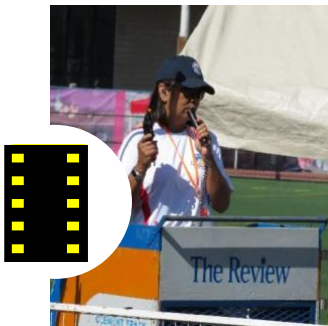
The BC Athletics Officials Committee

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.

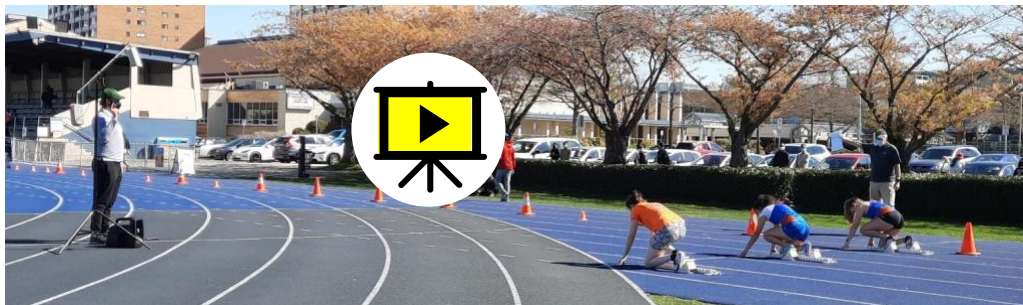
For example, Finish Line, Umpire, Start Line, Call Room, Marshalling, Throws and Jumps judge, measuring sectors, measuring jumps or throws etc.



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.

Q 1

You have measured a successful record attempt in Vertical Jumps. You need to remeasure the height to verify the Record.

- a) True
- b) False

Q 2

In this same event, the next athlete is attempting this same record height. The bar was not touched prior to this attempt. You need to remeasure the bar height.

- a) True
- b) False

Q 3

In a Vertical Jump you have judged a trial as successful and raised a white flag. The bar then falls off. You should raise a red flag.

- a) True
- b) False

With Much Appreciation for Your Help

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: **Langley Mini Meet**
 Sponsored by: Langley Mustangs Track and Field Club
 Date: Saturday, March 5, 2022
 Location: McLeod Athletic Park

Many thanks to:
 Dona Lawson, Cayden Arnold, Deborah Carter, Sue Kydd, Iain Fisher, Hardev Sandhu, Brenda Chin, 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 ***

Event: SFU High Performance Meet #1
Sponsored by: SFU Track and Field Team
Date: Saturday, March 19, 2022
Location: SFU Burnaby Campus, Terry Fox Field and Track

Times:

Track *Please note, we will be using the Start Information System (SIS) for some of the Track events*

First Event: 1:00pm

Last Event: 4:40pm

Field

High Jump: 2:30, 3:30

Long Jump: 2:30, 3:30

Triple Jump: 1:00, 1:45

Shot Put: 1:30

Javelin: 2:30 (Women followed by Men)

Officials who have committed to attend:

Gary Silvester, Dawn Driver, Zach Durand, Iain Fisher, Jake Madderom, Laurie Ritchie, Sharon Hann, Richard Hayley, Sanda Turner, Bill Koch, Rose Hare, John Cull, Carol Cull

Event: Ocean Athletics Spring Kickoff Event

Sponsored by: Ocean Athletics Track and Field Club

Date: Saturday, March 19

Location: South Surrey Athletic Park

Times:

Track

First Event: 10:30am

Last Event: 1:30pm

Field

High Jump: 10:30, 11:30, 1:00pm

Long Jump: 11:30 (4 pits), 1:00pm

Officials who have committed to attend:

Cathy Carr, Sue Kydd, Maureen de St. Croix, Ted de St. Croix

Event: 2022 UBC Open

Sponsored by: UBC

Date: Saturday, March 26 and Sunday, March 27, 2022

Location: Rashpal Dhillon Track and Field Oval
 UBC Campus (Wesbrook/16th Ave.)

Both Decathlon and Heptathlon competitions will be held. Sunday events are Dec and Hep events only.

Times:

Track

Saturday

First Event: 11:00am (*please note this is a Racewalk and Walks Judges will be needed for this Meet*)

Last Event: 6:20pm

Sunday

First Event: 10:00am

Last Event: 1:45pm

Field

Saturday

Hammer: 10:10, 11:10
 Discus: 12:10, 1:10
 Javelin: 2:30, 4:00
 Shot Put: 2:35, 3:35
 High Jump: 11:15, 12:50, 1:30, 4:25
 Pole Vault: 10:30, 12:30
 Long Jump: 11:15, 1:05, 1:55
 Triple Jump: 4:10

Sunday

Discus: 10:30
 Javelin: 12:00, 12:30
 Pole Vault: 11:30
 Long Jump: 11:00

Officials who have committed to attend:

Dawn Driver, Iain Fisher, Rose Hare, Kathleen Henderson, Jake Madderom, Carol Parsakish (Sat.), Laurie Ritchie, Cheryl Elke, Wayne Elke, Debbie Foote (Sat.), Sanda Turner (Sat.), Celina Wong (Sat.), John Cull, Carol Cull

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

Times:

A schedule is not yet available for this Meet.

Officials who have committed to attend:

Event: Kajaks Richmond Relays
Sponsored by: Kajaks Track and Field Club
Date: Sunday, April 10, 2022
Location: Richmond, Minoru

Times:

A schedule is not yet available for this Meet.

Officials who have committed to attend:

Deborah Carter

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:

Deborah Carter (Sat.), Iain Fisher, Rose Hare, Kathleen Henderson, Jake Madderom (Fri.), Laurie Ritchie, John Cull (Fri.), Emily Kydd, Carol Cull (Fri.)

Event: Carmyn James UBC Open
Sponsored by: UBC
Date: Saturday, April 23rd, 2022
Location: Rashpal Dhillon Track and Field Oval
UBC Campus (Wesbrook/16th Ave.)

Times:

Schedule not yet available

Officials who have committed to attend:

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, John Cull, Carol Cull

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

b) (Rule #CR19.4 and #TR26.6) False

A2

b) (Rule #CR19.4 and #TR26.6) False

A3

a) (Rule #TR25.8) True