

April
24,
2022

BC Athletics Officials'

Thanks to the many who
have sent in their recipes.
Keep them coming!



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.cognitofirms.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.

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.

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

If you have not already done so, now is the time to renew your membership with BC Athletics for the competition year 2022. Those Officials who belong to an Athletics' Club will usually have their membership application looked after by the registrar for your Club. Those of you who do not belong to a Club will apply to BC Athletics directly. Please note that the fee for membership has been increased for 2023. The fee for 2022 remains the same as previous, \$15.75.

Official's Record Card

It is important that Officials keep a record of their attendance at all Competitions. The Record Card below will help you to do this.

TBA

Tie Down Clinic for Seated Throws

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 this Webinar.

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

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

Call for Back Up

by John Cull

Netflix has been a primary source of entertainment for Officials during the long months or years of Covid isolation. That has meant a fairly steady diet of police procedurals and Swedish detective shows to lighten up the fare of operas and European films and other high-brow entertainment. One thing we have learned from the detectives is that it is always a good idea to call for back-up before going into that dark garage. This has strengthened our conviction that field officials should take the same precautions. Call for a back-up recorder before sending your team into that tricky long jump competition or throw or high jumps. It can save you from passing into the dark zone.

Even an experienced official will occasionally get distracted and miss an athlete or mis-hear a distance. A reliable second record gives you the chance to reconstruct **WHAT REALLY HAPPENED** when you turned your head away.

In a Horizontal event, two recorders should sit close to the foul line, within earshot of the announcement of the distance. In a Vertical jump, two recorders should have a good view of the decision for each trial.

We often hear that teams use only one record when they are 'short of officials. We have a few suggestions for these situations so we can still meet the standard we are describing.

- Multi-task. Judges assigned to other tasks can provide an additional record. I have often asked a tape-puller in long jump, to keep a record. A bar judge or bar lifter in high jump is in an excellent position to keep a record. There is always **somebody**.
- Train a new volunteer. Recording is relatively easy task that any volunteer can master in a few minutes. It is also an ideal task which teaches a new volunteer the essential rules and best practices of the event. A useful learning tool.

To us, dual record keeping is an important safeguard that maintains the integrity of the event. Why take a chance of going into that dark garage alone.

Para Events for JD Athletes

BC Athletics is pleased to announce that we are officially offering Para events for JD athletes!

Beginning this season (2022), we will offer Para Ambulatory events at the JD T&F Championships and the JD Cross Country Championships. We aim to add Para Wheelchair and Seated Events in 2023.

As meet directors & meet secretaries, we ask that when you are hosting meets that include JD events, you create the opportunity for JD athletes who identify as Para Ambulatory to register and be recognized as such in results, while competing with their able-bodied peers.

Recognition

Congratulations to Kanwal Neel, Wayne Elke, Kathy Terlicher and Bob Cowden. All have been designated Jury of Appeal, National list.

Congratulations are extended to Jake Madderom who placed 1st in the 75 to 79 age category at the Sun Run. Well done, Jake!

The National Officials' Committee recently announced their award recipients. David Weicker has been awarded the Official of the Year Award for 2021. Congratulations, David!

In Touch

by Lanie Man

IN FOCUS

Reg, a provincial court judge, has been a BC Athletics Official for about ten years. He is working towards Level 4 Starter. He is affiliated with NorWesters Track and Field Club.

GETTING TO KNOW ...

Reg Harris



*"I am a starter. I am not sure how I became involved in doing starts. I know that the first time that I volunteered at a track meet, I helped John Cull with high jump. Do not read anything into the fact that I am now a starter and have not done high jump since then."
"I chose to specialize in this area because it gives me a chance to interact with the athletes typically when they are most nervous and need a steady approach and support."*

What started you into Officiating?

"Birgit Weaver - she was the president of the track club (NorWesters) where my kids were at, and I volunteered at one of the meets."

Were you an athlete yourself?

"Yes. I ran marathon and did triathlon."

What does Athletics mean to you?

"This means a "free zone" and what I mean is it a zone where people - be they official, athlete, or spectator - are drawn together because they all enjoy physical (activity) and the zone where they come together is a zone that is free from politics, sexism, and racism."

Which event is your favorite event?

"I do not have a favourite. I enjoy them all. To see people, push their barriers physically and mentally under the umbrella of competition is my favourite thing."

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

"Several things, first, it is an opportunity to give back to the community; second, it gives me an opportunity to see people grow within the sport."

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

"When an athlete takes a moment to thank me for volunteering."

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

"Watching the kids come back each year and seeing their growth. Physical and emotional."

What are your Hobbies?

"Cycling, exercising, reading"

What are your future plans ?

“To develop expertise in other officiating positions and to become a cross country skier official.”

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

“Do it and embrace it.”

OFFICIALS WHO COOK

From the cookbook pages of **Alwilda Van Ryswyk**

(How fortunate that Alwilda had given this recipe to Janice Loewen, who now shares this with all of you.)

Alwilda’s Bomber Cookies

“An exceptionally good healthy cookie”

Ingredients

1½ cup raisins	1 cup whole wheat flour	1 cup oatmeal
1 cup walnuts	1 tsp baking powder	1 cup butter
1 cup pecans	¼ tsp salt	½ cup creamy peanut butter
½ cup pine nuts	¾ tsp cinnamon	1 ¼ cups brown sugar
1 cup peanuts	⅛ tsp ginger	¼ cup of milk
½ cup sunflower seeds	½ cup wheat germ	2 large eggs

DIRECTIONS

1. In a bowl, Combine flour, baking powder, salt, cinnamon & ginger.
2. In another bowl, cream butter, peanut butter, add sugar & beat well, add eggs & milk.
3. Pour over dried ingredients & mix well.

Press walnut sized balls of dough together and place on greased cookie sheet then flatten each with a with fork.

Bake at 350 degrees for 16-20 minutes.

And because you have all been so splendid about coming out on those COLD days. Here is another recipe for you from

The cookbook pages of **Deborah Lee**

Here is a recipe which usually gets positive reviews.

Lime Chicken (you could also use lemons)

Put 6 chicken breasts (or a few more boneless chicken thighs) in an ovenproof dish.

In a small pot, bring to a boil:

1/4 cup butter

1/2 cup honey

1/4 cup Dijon mustard

2 Tbsp. dry mustard

1 Tbsp. curry powder

2 limes, grated rind and juice

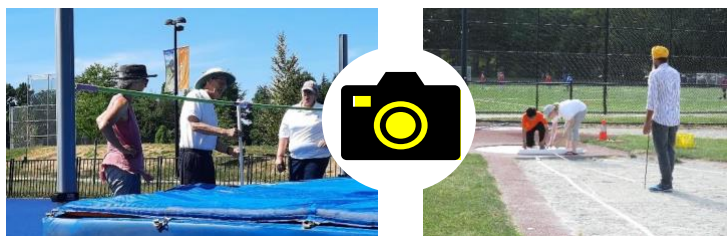
Pour over chicken. Bake at 350 approximately 25-30 minutes if boneless, or 40-45 minutes if bone-in. Serve with rice and whatever salad or vegetables you like. As a lazy cook, this is a good one because both the chicken and the rice freeze well.

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.

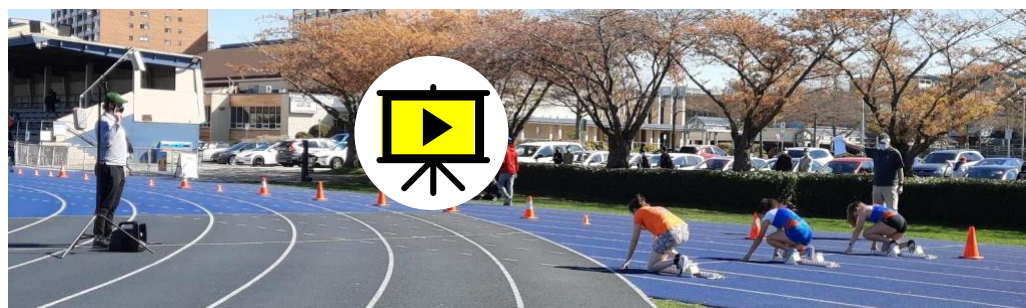
For example, Finish Line, Umpire, Start Line, Call Room, Marshalling, Throws and Jumps judge, measuring sectors, measuring jumps or throws etc.



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

What is the distance between hurdles in the U20 Women's 100m Hurdle race?

- a) 8 metres
- b) 8.5 metres
- c) 9.14 metres

Q 2

What is the minimum length of a Horizontal Jumps runway measured from the take-off line?

- a) 40 metres
- b) 45 metres
- c) 35 metres

Q 3

What is the false start rule as it concerns the Heptathlon 200m event?

- a) One false start per race is allowed without the disqualification of the athlete(s) responsible for that false start.
- b) No false starts are allowed in this event without the disqualification of the athlete making the false start.
- c) Every athlete is allowed one false start. The second false start by any individual athlete will result in the disqualification of that athlete.

With Much Appreciation for Your Help

Universal Athletics sends our tremendous thanks to the BCA officials who came out for the inaugural meet on the new North Delta Track. Your expertise, patience and good will were greatly appreciated. Our sport is indeed fortunate to benefit from your skills and the generous way you share your time to make our British Columbian athletic competitions the best ever!

Regards, Jessie and Sue

A great day at Clement Track & Collier Throwing Centre for the inaugural Richmond Relays hosted by Kajaks Track & Field Club and BC Athletics' Officials.

Thank you to all athletes, coaches and their supporters who came out for our first meet of the season!

Thank you to our amazing team of Officials - your vast expertise and professionalism, and encouragement of the participating athletes contributed a great mood and led to a safe experience for all athletes.

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: Kajaks Richmond Relays
Sponsored by: Kajaks Track and Field Club
Date: Saturday, April 16, 2022
Location: Richmond, Minoru

Many thanks to:

Dawn Driver, Cathy Duley, Debbie Foote, Lanie Man, Jim Hinze, Mary Hinze, Dona Lawson, Jake Madderom, Iain Fisher, Kathleen Henderson, Dona Lawson, 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

Many thanks to:

Cathy Carr, Deborah Carter, Dawn Driver, Bill Koch, Marina Khrisanova, Dona Lawson, Lanie Man, Kathleen Henderson, Emily Kydd, Chris Eliopoulos, Iain Fisher, Rose Hare, Deborah Lee, Jake Madderom, Laurie Ritchie, Hardev Sandhu, Debbie Trustham, Paul Trustam, John Cull, Carol Cull,

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

Many thanks to:

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

Many thanks to:

Deborah Carter, Kevin Kydd, Sue Kydd, Lanie Man, Urith Hayley, Kathleen Henderson, Sharon Hann, Dona Lawson, Cathy Carr, Tom Hastie, Isha Arora, Marina Khrisanova, Emily Kydd, Hardev Sandhu, Sanda Turner, Cayden Arnold, Betsy Rollins

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 May 3 has 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: 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:

Iain Fisher, Jake Madderom

Event: SFU High Performance Meet #2

Sponsored by: SFU Track and Field
Date: Saturday, April 30, 2022
Location: Throws at Percy Perry Stadium
 All other events to be held at SFU

Times:

Track

First Event: 2:00pm
 Last Event: 4:15pm

Field

Throws at Percy Perry Stadium in Coquitlam
 Hammer – 10:00 Women's Hammer followed by Men's
 Shot Put – 10:00 Women's Shot Put followed by Men's
 Javelin – 11:30 Women's Shot Put followed by Men's

Jumps at SFU

Triple Jump – 2:00 Men's event followed by Women's
 Long Jump – 2:45 Women's event followed by Men's
 High Jump – 2:45 Women's event followed by Men's

Officials who have committed to attend:

Deborah Carter, Dawn Driver, Debbie Trustham, Paul Trustham, Debbie Foote, Kathleen Henderson, Sanda Turner, 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, Iain Fisher, Marina Khrisanova, Jake Madderom (2nd), Sanda Turner

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:

Iain Fisher, Vince Gabel, Tom Hastie, Sue Kydd, Debbie Trustham, Paul Trustham, Celina Wong, 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, Deborah Carter, Urith Hayley, Kathleen Henderson, Bill Koch, Deborah Lee (Sun.), Paul, Trustham, Sanda Turner (Sat.), 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
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.), Cathy Carr (Wed.), Iain Fisher (Tues.), Vince Gabel (Tues.), 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:

Louise Meville, Kathy Terlicher, Dawn Driver, Iain Fisher, Rose Hare, Kathleen Henderson, Marina Khrisanova, Jake Madderom, Sanda Turner, John Cull, Carol Cull

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:

Track

First Event – 9:00am

Last Event – 5:00pm

Field

High Jump (two pits) – First event 9:30, Last event 4:20

Long Jump (two pits) – First event 9:30, Last event 4:20

Javelin – First event 10:40, Last event 4:20

Shot Put (two circles) – First event 9:30, Last event 5:00

Discus – First event 9:30, Last event 4:20

Officials who have committed to attend:

Debbie Foote, Marina Khrisanova (until 1:30), Dona Lawson, Celina Wong, Sue Kydd

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:John Cull (17th), Carol Cull (19th)**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 19th

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:

Iain Fisher, Kathleen Henderson, Marina Khrisanova, Deborah Lee (Wed. 'til 1:00), Jake Madderom, 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:***Track*

First event – 9:30

Last event – 3:30

Field

High Jump – 10:00, 11:15, 12:25, 1:35

Shot Put – 10:00, 11:15, 12:25, 1:35

Long Jump – 10:00, 11:15, 12:25, 1:35

Discus – 10:00, 11:15, 12:25, 1:35

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: **Big Kahuna Throws Fest**

Sponsored by: Kajaks Track and Field Club
Date: Friday May 20, Saturday May 21 and Sunday May 22
Location: Collier throws Centre
 Minoru, Richmond

Times:

Field

This is a rolling schedule with events being given the same start time

Friday

Javelin – 3:00 Women followed by Men

Hammer – 3:00 Women followed by Men

Saturday

Hammer – 9:00

Shot Put

Discus

Javelin

Sunday

Hammer – 11:00

Shot Put

Discus

Officials who have committed to attend:

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, Kathleen Henderson (24th), Bill Koch (24th)**Event:** 2022 South Fraser Zone, Secondary Schools Track & Field Championships**Sponsored by:** Fraser South Schools**Date:** Wednesday, May 25 and Thursday, May 26**Location:** South Surrey Athletic Park

Surrey, BC

Times:*Track*

Wednesday, May 25

First event - 12:00

Last event - 5:30

Thursday, May 26

First event – 10:00

Last event – 3:15

Field

Wednesday, May 25

Hammer – 12:30, 1:00

Shot Put (two circles) – 12:00, 2:15, 4:45, 6:00

Javelin – 12:00, 2:15, 4:45

Discus – 2:15, 4:45

Triple Jump (two pits) – 12:00, 2:15,

Thursday, May 26

Long Jump (two pits) – 12:30, 2:00, 3:30

High Jump (two pits) – 12:30, 2:00, 3:30

Pole Vault – 12:30

Javelin – 12:30, 2:00, 3:30

Discus – 12:30, 2:00, 3:30

Officials who have committed to attend:

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) 8.5 metres (Rule # TR21.4.1)

A2

a) 40 metres (Rule # TR29.1)

A3

a) One false start is allowed per race. (Rule # TR39.8.3)