

Athletics Officials' News

September 28, 2022

The latest news, views, and announcements

INSIDE

—

In this Newsletter

BCA Officials' Annual General Meeting

—

Upcoming Competitions

It's Cross-Country Season

—

Test Your Knowledge

Questions and Answers



Annual Officials' Meeting

Save the Date

Sunday, November 6, 2022

- In-person attendance – Christine Sinclair Centre (formerly Fortius)
3713 Kensington Ave., Burnaby, BC
- Virtual attendance via Ring Central

Registration

Pre-Registration is mandatory for all attendees whether in-person or virtual

[Please click here for Registration](#)

Time

- 9:30 Coffee and get-together (in-person venue)
Registration and Technical Orientation for meeting
- 10:00 – 12:00 Meeting and Special Presentations (in-person and Ring Central)
- 12:00 Lunch provided for those attending in-person

[Please click here for additional information](#)

Note - election to positions on the BC Athletics Officials Committee will be held at this meeting. There are 5 at-large positions to be filled.

Annual Officials' Awards

Nominations

All BCA members are invited to place nominations for BC Athletics Officials Annual Awards. These nominations are accepted until November 30, 2022. There will be a male and a female recipient for each award.

Annual Awards

- The Ian MacNeil Award (Official of the Year)
- The Ralph Coates Award (Longstanding Service)
- The Mary Temple Award (Novice Official)
- The Dave Copeland Award (Most Inspirational)

For Awards Criteria and on-line nomination form (under Officials Awards) [Please click here](#)

Click on the [Officials' Page](#) for past recipient names, under the tab labelled Officials Annual Awards.

In Focus

By Lanie Man

Getting to Know...

Vince Sequeira



Vince is a Level 5 Track Umpire.

A (Retired) Band / Music Teacher at SD 72 Campbell River, he is affiliated with Campbell River Comets T&F Club.

1. How long have you been a BC Athletics official?

My involvement in Track and Field began during my high school days in the 1970's. Since then, I have been an athlete, then a coach, and now an official. Although my competing days are now behind me, I still coach the young JD aged kids in my local club, and I began officiating in the spring of 2008.

a. What disciplines do you specialize in (ie Horizontal/vertical jump, starter, starter's assistant, throws, etc)? Why did you choose this?

As with many T&F officials, I began officiating out of necessity in our area. On Vancouver Island, each club is responsible for an event at our local meets. Our track club was "in charge of" Horizontal Jumps in the Vancouver Island series of meets and therefore that was my focus when I started to officiate "for real".

I have fond memories of being approached by Tom Dingle and Diana Hollefreund saying, "You know, as a teacher you work well with kids and you would be great as an official. Besides, you get to earn a uniform, and get fed at meets, and make a difference to the athletes". Well, once I started, I was hooked.

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

With the encouragement of long time official and mentor, Alice Kubek, I focused on being a "track specific" official because I was a sprinter rather than a jumper or thrower back when I was competing. With the additional mentorship of Connie Halbert and David Hopkins, I am now currently a Level 5 Track Umpire.

As with many things in life, the more experience and qualifications you have, the greater the responsibilities. I enjoy officiating as a Track Umpire because of the variety of responsibilities and tasks associated with the discipline – and – I have a "front row" view of all the events on the track!

2. a. What does Athletics mean to you?

Athletics (Track and Field) is the sport I grew up with, competed and participated in, and continue to enjoy to this day. I feel that Athletics is truly a "life-long" sport which is still a part of my life's activities. While I enjoyed limited success playing team sports, to me track and field allowed me the freedom to achieve my own athletic goals without being dependent on the success of others.

b. Which event is your favorite event?

Being a former sprinter, I would have to say that the short sprints (100m / 200m) are my favourite events in track.

3. Were you an athlete yourself? In what field? (i.e., T&F or other sports)

As a high school youth, I participated in many other sports such as Soccer, Badminton, and yes, even Basketball. In my university days I tried competitive sailing and cycling, but always gravitated back to my first love in sport – Track and Field. It was the sport that I achieved the most success in and received the most recognition in. The highlight of my Track and Field achievements was a bronze medal at the 1973 Canada Games in New Westminster / Burnaby, representing team BC.

4. What started you into Officiating?

As a sprinter, I was only concerned with the basics – run as fast as I could, don't step on the line, and don't false start. However, as I started to coach other young athletes during my teaching career and at the club level, I came to the realization that I had better familiarize myself with some of the rules of the events that I was not familiar with, such as long jump, shot put, javelin, etc.

My first exposure to officiating / coaching was taking an introductory NCCP 1 "general" coaching course in the early '80s, offered to teachers in our school district. Learning coaching basics also meant learning some of the general rules involved with Track and Field. As mentioned earlier, once I was involved at the club level, I started to take officiating seriously.

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

As a child, my father had some words of advice which has shaped my life to this day:

- 1) Whatever you do in life, give it your 100 percent.
- 2) If possible, finish whatever you started and don't quit.
- 3) Stay focused no matter what others may say or think.
- 4) Believe in yourself and what you can accomplish.

While these words were hardly original, it seemed pretty "deep" for a teenager, and these simple sentences helped to shape my philosophy as a coach and official and especially in my career as a successful music teacher.

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

- Current chair of the Vancouver Island Athletic Association (V.I.A.A)
- Co-founder and current treasurer of the Campbell River Track and Field Club.
- Regional Development Coordinator for Officials (Zone 6) for BC Athletics

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

My most memorable experience as an official was at the 2017 Harry Jerome Track Classic held at the Percy Perry Stadium in Coquitlam, B.C. when I met Canadian Olympic medalist Andre DeGrasse in person.

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

By volunteering as an official, I feel that I am giving back to the sport that I love. I enjoy the many wonderful people I have met at various meets throughout the province and the social camaraderie of officials in general. I am also intrigued, but not surprised by the number of officials who, like myself, were former teachers prior to becoming officials.

9. What are your Hobbies?

When not officiating, I am still very much an active musician, performing with other retired music teachers in the area. My wife and I also direct a very successful Honours student Ukulele program, which we have maintained for over 30 years.

10. What are your plans for the future?

As far as Track and Field is concerned, I hope to stay healthy and continue officiating, perhaps attaining my Level 5 in another discipline. On a personal level, I hope to continue to be involved in making music, perpetuating my Portuguese / Philippine family music tradition that has spanned over ten generations. (My wife and children are also music teachers!)

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

At the risk of sounding too philosophical

"There's always room in one's life to experience new things. Some things may challenge you, some things may give you great satisfaction, but most importantly, know that what you are doing makes a difference to others".

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

At the BC High School Championships held in Nanaimo in 2016, I was the chief umpire and I positioned myself for an upcoming 100m hurdles finals event. Because we only had a handful of available umpires, I placed myself at the 9th flight of hurdles, on the outside of the track with spectators pressed against the railing. One particular, over-excited woman kept shouting " You! ... You in the white shirt, you're in my way! I need to take a video of this race!"

Realizing she was shouting at me, I tried to maintain my composure and politely said to her, "Madam, you don't understand, I have to be at this spot. I am an official". To which she loudly shouted back at me "You don't understand. See the girl in lane 6? I am HER MOM!" (I suppose that out-ranks me as an official)

Once the race started, I crouched down at my spot as I normally would for a sprint hurdles race, she was able to get her video, then she disappeared into the crowd. Her daughter finished second.



Recognition

Congratulations to Inductees in the BC Athletics Hall of Fame

David Weicker With 42 years of officiating experience, Dave is recognized as one of Canada's strongest technical officials. He has made tremendous contributions to the development of officials both in Canada and across the World!

Kathy Terlicher With 34 years of officiating experience, Kathy is an important leader within the BC Athletics community. Kathy has mentored and trained countless numbers of Officials and is someone whom competition organizers are always pleased to have at their events. As well, she has been an instrumental part of the BC Athletics Officials' Committee, serving as Upgrading Chair for many years.

Urith Hayley Urith is not only an Official but is also president and an athlete member of the Greyhounds Masters Track & Field Club. Urith is passionate about creating opportunities for older adults to engage in physical activity and take part in track & field.

Congratulations to Peter Fejfar for his 50 years of outstanding service. Peter was presented with his award by Jane Edstrom, chair of the National Officials' Committee at the Bell 2021 National Championships. He was honored for his many contributions in training and developing Officials throughout Canada and for his ongoing work in reviewing and certifying competition facilities.

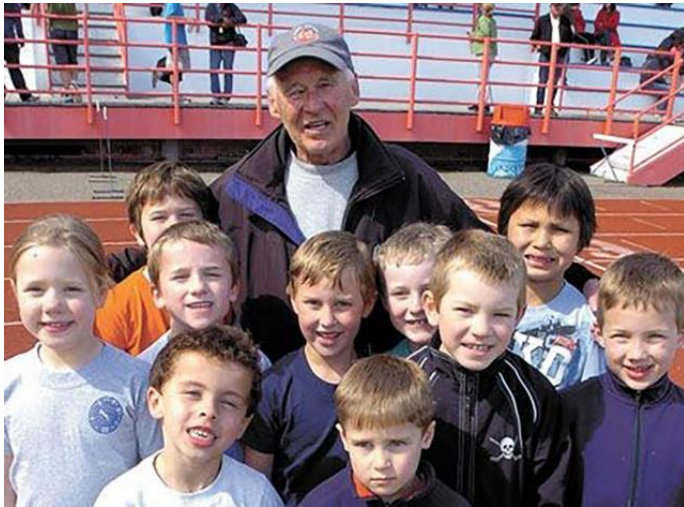
Remembering

It is with great sadness that we have learned of the passing of two remarkable members of the BC Athletic Community.

Tom Dingle passed away on August 22, 2022. Tom was a member of the Peninsula Track and Field Club, the Vancouver Island Athletic Association and BC Athletics. Since Tom's first involvement with the sport of Athletics in 1981, he made innumerable contributions to the Junior Development Program in BC. Tom was a University of Victoria Chemistry Professor Emeritus retiring in 2002.



Tom Masich passed away September 18, 2022. Tom was founder and longtime head coach of the Prince George Track and Field Club. In 2005, in recognition of his dedicated service, the City of Prince George renamed their stadium the Masich Place Stadium. In 2002 Tom was a recipient of the Queen Elizabeth II Golden Jubilee Medal.



Officials Who Cook

From the Cookbook pages of Janice and Dale Loewen

Spicy Salmon Steaks

Ingredients (serves 4–6)

juice from 4 lemons
1-1.5 in fresh ginger finely sliced or grated
2-6 cloves garlic finely minced
2-4 fresh red chillies finely chopped
4 fresh green chillies finely chopped
4 thick salmon steaks or any firm fish
4 tbsp vegetable oil
4-6 curry leaves (fresh or dried)
1 onion finely chopped
½ tsp turmeric
1 tbsp ground coriander
¾ cup white vinegar
1 tbsp sugar
1 tsp salt



- Mix the lemon juice, ginger, garlic and peppers in a bowl. Pat the salmon dry and rub the mixture on all sides of the fish. Marinate 3-4 hours in the refrigerator.
- Heat the oil in a frying pan over medium heat and fry the curry leaves, onion, turmeric and coriander until the onion is translucent.
- Place the fish with the marinade in the pan and cover with the onion mixture. After 5 minutes or less, turn the fish over gently to prevent damaging the steaks. Don't overcook. Use tongs or your fingers to turn them so that the fish stays together.
- Pour in the vinegar and add the sugar and salt. Bring to the boil, then lower the heat to simmer until the fish is just cooked.
- Carefully transfer the steaks to a large container and pour over the vinegar mixture. Chill for 24 hours before serving.
- Gently remove the chilled salmon from the container onto serving dishes garnished with salad leaves and chopped tomato.

Tip: Because this dish is hot to the taste, it could be served with cucumber yogurt on the side.

Cucumber Yogurt: Grate 1 peeled cucumber squeezing out all the juice. Add this to 1½ cups of yogurt, 2 tbsp vegetable oil, 2 cloves crushed garlic, 1 tsp dried mint and salt to taste. Mix well and refrigerate.

Officiating Q & A

Questions

Q 1

Which action in Horizontal Jumps would mean the athlete was regarded to have failed?

- The athlete runs outside the white lines marking the runway before reaching the board.
- The athlete takes off from outside the left side of the take-off board.
- The athlete while on the runway, takes off before reaching the board.

Q 2

In which race are Starting blocks not to be used?

- a) 4 x 400m Relay
- b) 800m race
- c) Medley Relay

Q 3

When is a red and black (diagonally halved) card shown to an athlete?

- a) When the athlete is responsible for a false start.
- b) When an athlete raises their hand at the start of a race.
- c) When an athlete trips at the finish line.

With Much Appreciation for Your Help

Expressing gratitude to all the Officials who supported the BC Masters Championship as well as the Masters' Multi-Events Meet. At the two Meets they officiated the setting of 4 World Records, 10 Canadian Records and 27 BC Records.

Gary Silvester, Urith Hayley, Harold Morioka

Event: **Ultra Throws Championship**
Sponsored by: Ultra Throws
Date: Sunday September 25, 2022
Location: McLeod Park, Langley

Many Thanks to:
Kathleen Henderson, Lia Schoenroth, Alexis Schoenroth, Dave McDonald

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: **Valley Royals Cross Country Meet #1**
Sponsored by: Valley Royals Track and Field Club and Trinity Western University
Date: Saturday, October 8, 2022
Location: Clearbrook Park
3680 Clearbrook Road, Abbotsford
Time:
Start 10:30 – 12:15 Junior Development age group (9 to 13 years of age)
12:30 – 2:45 High School and Open age groups

Officials who have committed to attend:
Jason Swan, Debbie Foote, Paul Trustham, John Cull, Carol Cull

Event: Valley Royals Cross Country Meet #2
Sponsored by: Valley Royals Track and Field Club and Trinity Western University
Date: Saturday, October 29, 2022
Location: Clearbrook Park
3680 Clearbrook Road, Abbotsford
Time:
Start 10:30 – 12:15 Junior Development age group (9 to 13 years of age)
12:30 – 2:45 High School and Open age groups

Officials who have committed to attend:
Jason Swan, Debbie Foote, Paul Trustham

Officiating Opportunities to come in 2023

Keep these in mind but don't tell us of your availability just yet.

Harry Jerome Indoor	February 4
BC High School Multi-Events	June 2 & 3
BC High School Track and Field Meet	June 8 to 10
Harry Jerome	June 17 (tentative)
Pacific Distance Carnival	June
BC Jamboree	July 7 to 9
Bell Canadian Track and Field Championships	July 27-30

Officiating Q & A Answers

A 1

b) An athlete fails if they take off from outside either end of the board (Rule TR30.1.1)

A 2

b) 800m race See Rule TR15.1

A 3

a) See Rule TR16.9