

March
29,
2022

BC Athletics Officials' Newsletter

Blossom time is here!

Warmer days are coming!



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 - (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. The BC Athletics board will meet on April 6th to discuss the proposed reimbursement changes made by the Officials' Committee.)

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

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.

Many of you will be receiving a note from Sam Collier at BC Athletics about getting your Criminal Record Check completed. This can be done online, but you will need to use your BC Services Card. Some of you will have a separate BC Services Card and some of you will have this card as part of your BC Driver's Licence. The BC Services Card App is required to complete the process.

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.

Officials Event Record Card

Name: _____ BC# _____

Address: _____

Phone: _____

Sample of completed card (below)

Date	Type	Name of Meet	Position	Hours	Credits	Referee's Signature
Jun 05/13	NC	Henry Jerome	Pole Vault (CV)	5	2	<i>Joe Bainsworth (CV)</i>
Jan 10/13	N	Knights of Columbus	High Jump (S)	3	1	<i>Alan Tompser (CV)</i>
May 28/13	Pro	BC High School	High Jump (CV)	3	1	<i>Joe Bainsworth (CV)</i>
Feb 10/13	N	Clats	Vertical Jumps	2	1	<i>K. Stan (Clatskanie)</i>

Codes:
 Type of Meet: NC - National Championship, N - National, P - Provincial or Local
 Position: C - Chief, AC - Assistant Chief, R - Referee, AR - Assistant Referee, J - Judge
 Credit Information: 1 credit = 4 hrs. or up to 4 hrs. per session, maximum 3 credits per day
 NB: The time may include pre and post event preparation. A copy of this card must be completed and returned to the BC Athletics Officials Committee (Upgrading Coordinator) with an upgrading application form for upgrading purposes. The deadline for Levels 3, 4 and 5 applications is September 10th and March 10th of each year.

BC Athletics
 3713 Kensington Ave, Burnaby BC V8B 6A7
 Website: www.bcatletics.org Phone: (604) 333-3550
 E-Mail: bcathletics@bcathletics.org Fax: (604) 333-3550

Officials Event Record Card

This list identifies basic upgrading criteria at each level. For a more detailed list of criteria and information on the upgrading process please see the BC Athletics Officials Website.

Promotion to Level 1

- On-line Module 101
- 4 credits—dash, throws, vertical jumps and horizontal jumps

Promotion to Level 2

- On-line Module 201
- 8 sessions—2 sessions in each of track, throws, vertical jumps and horizontal jumps
- Confirmation by mentor

Promotion to Level 3

- 1 year service at Level 2
- 8 credits (as Chief or Assistant Chief) and 8 other credits
- National Open Book Exam
- 2 written evaluations

Promotion to Level 4

- 2 years service at Level 3
- 24 credits (8 from N or NC) as Chief, Assistant Chief or Section Head
- National Clinic and assignment
- 2 written evaluations

Promotion to Level 5

- 3 years service at Level 4
- 36 credits (8 from N or NC) as Chief, Assistant Chief or Section Head
- 2 written evaluations

Ensure that all meet credits entered on this card are signed by the event chief or referee. BC Athletics membership is required for upgrading (all levels).

Date	Type	Name of Meet	Position	Hrs	Credits	Referee's Signature

Updated: April, 2021

This Record Card is available on the Forms tab of the Officials' section of the BC Athletics website. Those Officials who wish to upgrade in more than one event discipline should consider using a separate card or printed record page for each of those disciplines. As an example, if you wanted to upgrade as both a Walks Judge and a Horizontal Jumps Judge, you would use a card to record your credits for Walks and use a separate record card to record your hours and credits for Horizontal Jumps.

Technical Corner

The Canadian Outdoor Track and Field Championships are being held in Langley, BC, June 23 to 26, 2022 with the Racewalk portion of the event being held at the Mission Raceway in Mission, BC on June 22nd. The 2023 Nationals will also be held in Langley from July 27th to 30th.



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 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
TBA	Tie Down Clinic for Seated Throws	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 are continuing to enjoy 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 ...

Kanwal Neel



Kanwal's collection of Officiating Name Tags



Brian Thomson with recipients of the 50 Year Service Recognition Award (2019)

Dr. Kanwal Neel, an educator, is a recipient of the Athletics Canada 2020 service award for 50 years of officiating in Canada. He has been a BC Athletics Official since 1970. 52 years and counting! He is a Level 5 Track Umpire, Level 5 Track Referee, Level 5 Race Walk Judge, and Level 3 Jury of Appeal.

Affiliation: Currently Unattached but was affiliated with the Richmond Kajaks Track and Field Club from 1969-1982 as an athlete, coach, and official.

Kanwal used to be an athlete (mainly sprints), hence enjoyed competing and watching track events. *"I competed with the Richmond Kajaks and UBC in mostly Track events (sprints) and Racewalking for a few years. I also played and officiated in Field Hockey for five years with UBC and Vancouver Hockey Club."*

His favorite event? *100m (usually the winner of this event at a World Championships is considered to be the fastest human.)*

What started you into Officiating?

As a member with the Richmond Kajaks Track and Field Club, all athletes were asked to volunteer officiate at a couple of track meets each year. Hence that's what got me started, then I had a few of injuries, and I decided to continue to give back to the sport as an official. I also became a Race Walk judge.

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

My three main reasons to continue volunteer officiating for over 50 years in Athletics and Race Walking have been to:

- 1. Give back to the community*
- 2. Enjoy the thrill of officiating at events where athletes pursue their best*
- 3. Be with others who have the same passion*

What are your contributions or notable involvement in the sport of Track and Field and/or Officiating?

I have had the privilege to represent Canada as a Technical Official for Track and Field at three Commonwealth Games in 1978, 1982, and 1994, as well as at the World Track and Field Championships in 2001 and 2010. Further to these international events, I have officiated at many local, provincial, and national events. I was the Sport Chair for the BC Summer Games and the World Police and Fire Games held in Richmond in 1979. In 2017 I was inducted in the Richmond Sports Wall of Fame.

As an official, my first and foremost contribution has been to be caring and consistent on the field of play. I have mentored and evaluated many new officials, always stressing the importance of professionalism, integrity, and teamwork. I have also been part of a team that has written and developed manuals for Track Umpires, and resources for Race Walk Judges.

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

Over the years I have had many memorable experiences as an Official. I have had the opportunity to be a witness to some of the world's best athletes break world records. The most gratifying moment is when an athlete makes a point to come and thank you for what you do to make the competition fair. On the other hand, it is also gratifying when an athlete thanks you for officiating even though you disqualified them.

One memorable experience that has stayed with me is officiating at the 1978 Commonwealth Games in Edmonton as a Track Umpire. It was the 10,000M and I was umpiring on the inside of the track in front of the grandstands. Suddenly, I hear people shouting, "Watch out!", and I look around and a Hammer (not the one you use to nail) dropped a few meters from where I was positioned, and then rolled over on to the track. They stopped the Hammer event right away. I thought the organizers were being quite considerate of the officials until I found out later that the Queen was in attendance in the grandstands and her security details had actually stopped the event.

What are your Hobbies?

There isn't much time left for hobbies after doing all the volunteering. However, my wife and I enjoy travelling to various parts of the world, especially visiting our daughter who lives in Australia.

What are your future plans?

Humm...considering what we all have gone through these past couple of years with the pandemic all I can say is that the universe will unfold, and my future plans will be unveiled.

Any other Fun Fact?

I am also known as the Math Guy as I hosted a Television series titled "Math Shop" on the Knowledge Network.

How did you get involved with making math videos? (Lifted from Richmond Museum Oral Histories)

<http://www.richmondmuseum.ca/explore/oralhistories/kanwal-neel/>

The Open Learning Agency at that time [1993] was wanting to make videotapes about teaching math. They had several people who could not graduate because they couldn't get an equivalent of Math 11. So, they needed a math course to graduate from high school—and these were adults who really were having a hard time. I go and audition and they said, "Teach us about the slope of a line." All my math friends and geeks went in with their formulas and they were teaching the formulas. I was wearing shoes with shoestrings, so I took my shoelaces out and I showed them what slope was and how slope varied. The director says, "I finally get it. I don't need formulas; I need something visual." Long story short, they hired me as one of the co-hosts presenting it. There were two of us: I was the math person, and my co-host was actually a stand-up comedian, Christina. We made sixteen half-hour shows and those shows were run by Knowledge Network for the next twenty years. That opened lots of doors for me.

Rapid Fire Questions:

1. Favourite footwear? [Sandals](#)
2. Favourite track venue? [Clement Track \(Minoru Park\) Richmond BC](#)
3. Favourite ice cream flavor? [Mango](#)
4. Favourite place to vacation? [Tofino, BC](#)
5. Favourite holiday? [Canada Day](#)

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

As an Official - ensure that each athlete is given every possible opportunity to achieve their best performance in a safe, impartial, and fair competition in accordance with competition rules. Enjoy!



Start Line Officials at the 2015 Sun Run

Don't Forget 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 **John Cull**

MAPLE GRANOLA

Keeps well in a covered, plastic container and makes a great breakfast any morning of the year.

5 CUPS ROLLED OATS (OR A MIX OF OATS AND WHEAT)

1 CUP FLAX MEAL

½ CUP WHEAT GERM

1 CUP UNSWEETENED COCONUT

1 CUP CHOPPED WALNUTS OR PECANS

1 CUP SUNFLOWER SEEDS

¼ CUP SESAME SEEDS

½ TSP SALT

½ CUP GRAPE SEED OIL

½ CUP MAPLE SYRUP

¼ CUP HONEY

¼ CUP WATER

1 TSP VANILLA

1 CUP RAISINS

1 CUP DRIED CRANBERRIES

1 CUP CRUMBLLED BANANA CHIPS

MIX FIRST 8 INGREDIENTS (DOWN TO SALT) IN A LARGE BOWL.

WARM LIQUID INGREDIENTS (NEXT 5) IN A MICROWAVE OR ON STOVE TOP UNTIL COMBINED.

ADD LIQUID MIXTURE TO THE 8 DRY INGREDIENTS, AND MIX.

SPREAD MIXTURE ON 2 12"X18" RIMMED SHEET PANS. IT SHOULD BE ABOUT ½ INCH THICK. BAKE AT 320 DEGREES FOR 30-35 MINUTES, UNTIL DRY AND TOASTY (GOLDEN BROWN). STIR 2 OR 3 TIMES AND ROTATE THE PANS EACH TIME.

LEAVE THE PANS ON RACKS TO COOL. STIR ONCE OR TWICE WHILE COOLING.

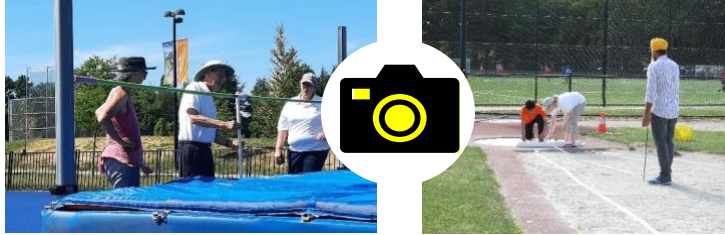
MIX IN LAST 3 INGREDIENTS WHEN COOL. STORE IN AN AIRTIGHT CONTAINER.

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.

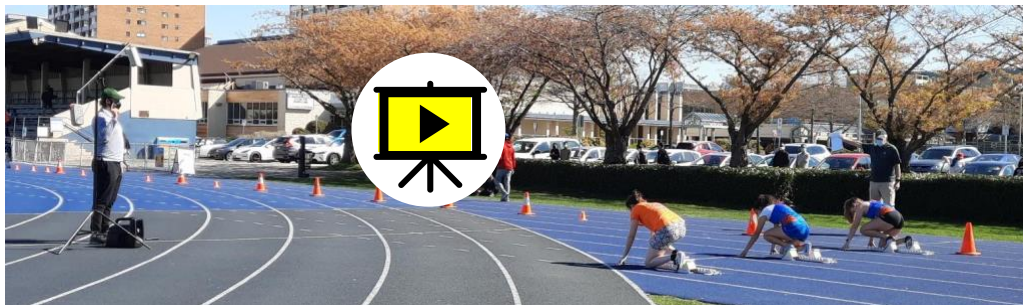
For example, Finish Line, Umpire, Start Line, Call Room, Marshalling, Throws and Jumps judge, measuring sectors, measuring jumps or throws etc.



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

An athlete competing in a long jump event is 4th in the order for round 6. They ask to be placed first in the order for that round in order to report to the Start Line for the 100m event.

You must allow that change.

- a) True
- b) False

Q 2

A woman race walker reports to the start line wearing loose fitting trousers. The Chief Judge of Race Walking rejects her choice of trousers.

His decision should be upheld by the Jury.

- a) True
- b) False

Q 3

An athlete is injured when landing in a triple jump. An Official helps her to a standing position and supports her while She makes a legal exit from the pit. The athlete receives medical assistance outside of the pit.

The athlete's trial should be judged as a fault.

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

Many thanks to:

Gary Silvester, Dawn Driver, Zach Durand, Iain Fisher, Jake Madderom, Laurie Ritchie, Richard Hayley, Sanda Turner, Bill Koch, Rose Hare, Brian Cyr, Dawn Driver, 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

Many thanks to:

Cathy Carr, Sue Kydd, Maureen de St. Croix, Ted de St. Croix, Sue Kydd, Kevin Kydd, Jim Hinze

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.)

Many thanks to:

Dawn Driver, Iain Fisher, Rose Hare, Kathleen Henderson, Jake Madderom, Carol Parsakish, Laurie Ritchie, Cheryl Elke, Wayne Elke, Debbie Foote, Sanda Turner, Celina Wong, Jim Hinze, Hardev Sandhu, Cayden Arnold, Megann VanderVliet, Wayne Elke, Cheryl Elke, Scott Saunders, Daniel Elke, Betsy Rollins, Jim Torrance, 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: 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

Times:

Track

First Event – 5:00pm

Last Event – 7:40pm

Officials who have committed to attend:

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: 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:

Track

First Event – 11:45am

Last Event – 4:45pm

Field

Percy Perry Stadium, Coquitlam

Hammer – 9:30am (Women’s event followed by Men’s)

SFU Field Events

Long Jump – 12:00, 4:00

Triple Jump – 1:30, 3:00

High Jump – 1:00, 2:30

Shot Put – 12:30 (Women’s event followed by Men’s)

Javelin – 2:30 (Women’s event followed by Men’s)

Officials who have committed to attend:

Celina Wong, Deborah Carter, Dawn Driver, Iain Fisher, Debbie Foote, Tom Hastie, Dona Lawson, Jake Madderom, Carol Parsakish, John Cull, Carol Cull

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

Sponsored by: Kajaks Track and Field Club

Date: Sunday, April 16, 2022

Location: Richmond, Minoru

Times:

A schedule is not yet available for this Meet.

Officials who have committed to attend:

Dawn Driver, Cathy Duley, Debbie Foote, Lanie Man

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, Emily Kydd, Carol Cull

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, 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) False (Rule # TR4.3)

A2

a) True (Rule # TR5)

A3

b) False (Rule # TR6.4.7)

