2018

BC High School Track and Field Championship

Technical Package

Table of Contents

General Information……..3
Championship Qualifying……..4
Entry Timeline & Deadlines……..5
Entries / Awards……..6
Event List / Rules & Regulations(Marshalling, competition #'s)……..7
Rules & Regulations (Advancement formulas, uniforms, protests)……8
Rules & Regulations (Competition categories) / Technical Specifications…….9
Technical Specifications / Designated School Representatives / Team scoring……..10
Designated School Representatives – Sample Authorization Letter……11
Championship Awards / Nomination Form……12
Schedule of Events – Day 1-2……13
Schedule of Events – Day 2-3……14
Accommodation……15

2018 BC High School Track and Field Championships
- *General Information* -

The BC High School Track and Field Championships is sanctioned by BC Athletics and is hosted by the BC Track and Field Executive and Host Organizing Committee.

Date: Thursday, Friday & Saturday: May 31 - June 2, 2018

Location: McLeod Stadium, 58 Ave & 214A St., Langley, BC

Facility: 8 lane track, polyurethane surface
Change rooms, washrooms, concession available
Spike Length 7mm

Meet Director: Andrew Lenton alenton68@gmail.com

Entry Fees: $27.50 per athlete - 3 individual events maximum
$27.50 per relay team
Schools will be invoiced for entries by BC School Sports in the week following the championship event.

Entries: Zone Qualifiers will be forwarded automatically by Zone Reps
OPEN ZONE & Gr. 8 entries must be entered by 9:30pm PST May 19-2018. OPEN ZONE & Gr. 8 entries through www.trackie.reg
Coaches should ensure they have an active school account and account access with Trackie.com well before the entry deadline!

Competition #'s: All athletes must have a competition number to compete in an individual event. School Coaches will be able to collect competition packages beginning noon Thursday May 31, 2018. ***Competition packages must be picked up by an authorized school representative.*** In cases where the school coach is not able to attend, then a letter is required from the principal of the school which clearly indicates the person responsible for all athletes for duration of meet. See sample letter in appendix.
Competition numbers will not be distributed to individual athletes / parents.
Handwritten replacement numbers not accepted. Lost or misplaced numbers must be replaced by the competition secretary - $5 replacement fee.

BC Track & Field Championship – Qualifying Information

Senior Division (grade 11-12) (32 berths by zone)

- Vancouver 2
- North West 1
- North Central 2
- North Shore / Howe Sound 3
- Vancouver Island 5
- Fraser Valley 8
- Okanagan 4
- Kootenays 1
- Burnaby/New West/Richmond 2
- Independent 2
- Open 2

Junior "Invitational" Division (grade 9-10) (32 berths by zone)

- Vancouver 2
- North West 1
- North Central 2
- North Shore / Howe Sound 3
- Vancouver Island 5
- Fraser Valley 8
- Okanagan 4
- Kootenays 1
- Burnaby/New West/Richmond 2
- Independent 2
- Open 2

Grade 8 "Invitational" Division (24 berths by performance)

- Top 24 performances in BC – Individual events & relays
- Limited events
- Sprint performances – electronic timing required.
- Best performance from current year must be entered
- School Coach must submit entry using Trackie (www.trackie.reg)

A grade 8 athlete cannot compete in individual events at both the grade 8 level and the junior level. (Ex. Cannot compete in Gr. 8 shot put & Junior Discus) Must choose to compete in all individual events as either a Grade 8 or a Junior.

2018 Entry Timeline - Deadlines

May 01 – 10:	**Coach's check www.trackie.com account to ensure their school has an active account; update rosters. Ensure that school has a "school" account NOT a "club" account**
May 01:	**Grade 8 entry available on www.trackie.com**
May 07:	**Junior Open Zone entry available on www.trackie.com** **Senior Open Zone entry available on www.trackie.com**
May 19:	**Zone berth (automatic qualifiers) due by 9:30pm PST** **Grade 8 Entry deadline – 9:30pm PST** **Junior Open Zone entry deadline – 9:30pm PST** **Senior Open Zone entry deadline – 9:30pm PST**
May 21	**Grade 8 Performance List posted**
May 23	**Junior Performance List posted (with Open Zone entries)** **Senior Performance List posted (with Open Zone entries)**
May 24	**3:30pm (PST) Final Scratch Deadline - *Schools Billed for all entries after this date.***
May 25	**Final Performance List for Grade 8, Junior, & Senior Posted**
May 29	**BCSS starts billing process. Schools invoiced for entries.**
May 31 **June 01** **June 02**	**Day 1 – BC High School Track & Field Championships** **Day 2 - Track & Field Commission AGM – 12:15 – 1:45pm** **Day 3 – BC High School Track & Field Championships**

Championship Results -posted at www.bctfa.ca
-Distributed to zone reps

Live viewing: http://www.athleticscanada.tv

Zone Entries

Zone Berth Entries: Qualifiers are forwarded by Zone representative by Hytek ADVANCERS function.
Qualifiers from the North West, North Central, and Kootenay zones can submit on Excel or Word document.

Zones must submit a complete list of athletes and relay teams by the deadline May 19, 2018 (9:30pm PST) **Scratches and non-participating qualifiers should all be vetted prior to the deadline. The zone entries submitted by the deadline should be a complete and final list**. Scratches following the deadline should be minimal and only for unexpected situations.

Open Zone: Coaches must enter athletes through "Open Zone" process using (www.trackie.reg). **Automatic qualifiers can NOT be entered through the Open Zone.** Any performance from a sanctioned meet of the current BC Championship year may be used. **Only 2018 performances accepted. Sprint events must have an electronic time submitted**. Coaches may be requested to provide proof of performance. If zones do not use all of their allocated berths, they will be reassigned to the Open Zone.

Grade 8 Entries: Coaches must enter athletes through **www.trackie.reg** Coaches must enter an athlete's best performance from the current year. Top 24 entries will qualify for the BC High School Gr. 8 Invitational section.

Awards:

Individual

Medals - 1st - 3rd place
Ribbons will be awards to 4th - 8th place

- *Outstanding Senior Female Athlete of the Meet*
- *Outstanding Senior Male Athlete of the Meet*
- *Most Inspirational Athlete of the Meet*

Team

Team banners will be awarded to:

Overall Senior School Winner (Tiers 1 - 3)
Senior Boys Team Aggregate Winner (Tiers 1 - 3)
Senior Girls Team Aggregate Winner (Tiers 1 - 3)
Overall Junior School Winner
Junior Boys Team Aggregate Winner
Junior Girls Team Aggregate Winner

Event List:

Grade 8 "Invitational"

Heats/Finals:	100m, 200m, 400m, 800m, 80mh (Girls)/100mh (Boys), 200mh
Timed Finals:	1500m, 3000m, 4x100m, 4x400m
Field Events:	Long jump, triple jump, high jump, shot put, javelin

Junior "Invitational" (Grade 9-10)

Heats/Finals:	100m, 200m, 400m, 800m, 1500m, 80mh (Girls) 100mh (Boys), 300mh, 4x100m, 4x400m
Timed Finals:	1500m Steeplechase, 3000m, 1500m Racewalk
Field Events:	Javelin. Hammer, Discus, Shot Put, High Jump, Triple Jump, Long Jump

Senior (Grade 11-12)

Heats/Finals:	100m, 200m, 400m, 800m, 1500m, 100mh (Girls) 110mh (Boys), 400mh, 4x100m, 4x400m
Timed Finals:	1500m/2000m Steeplechase, 3000m, 1500m Racewalk
Field Events:	Javelin. Hammer, Discus, Shot Put, High Jump, Triple Jump, Long Jump
Para:	100m, 400m, shot put
Special Olympics:	100m, 400m, shot put

Rules & Regulations

Marshalling:

Track athletes must marshal in the ACC (Athlete Control Centre) 30 minutes before their event.

No electronic devices of any sort allowed in the ACC or Competition areas

Field event athletes must marshal at their competition site

Competition Numbers:

Competition numbers must be worn on the front for all track events, and front or back for field events. Athletes must have a competition bib number to compete.

Charge of $5 for lost/reissue of athlete number. Athletes attempting to compete using handwritten competition numbers will NOT be allowed to compete.

Implements:
All implements will be supplied by the meet organizers. Athletes may use their own implements providing they meet IAAF standards. They must be weighed-in and measured at least 45 minutes prior to competition.

Spike Length:
The maximum spike length allowed is 7mm for all events except high jump and javelin. Maximum spike length for high jump and javelin is 9mm.

Athletes with Conflicting Events:
Track events take precedent over field events. Athletes must notify the officials at all field events that are in conflict. Athletes in the field events will forego their attempt in a round if the round has been completed before they return.

Qualifying for Finals:
Field Events: Athletes finishing in the top 8 after 3 rounds will advance to finals and receive another 3 attempts

Track Events: Athletes and relays finishing in the top 8 will advance to finals:
Advancement formulas (100m – 800m)

(Grade 8)	3 heats – Top 2 automatic +next 2 best times
(Junior/ Senior)	4 heats – Top 2 automatic

Advancement formula (1500m)
2 heats – Top 4 automatic + 4 best times

Competitive Attire:
All athletes must compete in their school uniform. Relay teams should be in identical uniforms. Athletes not in a school uniform will not be allowed to compete.

Medical:
A qualified first aid attendant will be on site.

Protests:
Protests must be made within the 30 minute timeline of the official posting of result. **A written protest accompanied with $50** cash (cheques payable to BCSS) must be given to the Competition Secretary. The protest will be reviewed by the Jury of Appeal. If the protest is upheld then the protest fee will be returned.
The Jury of Appeal is comprised of three impartial experienced persons who will review evidence & make a decision. Their decision is final.
See IAAF Rule #146

Competition category:

Athletes may only compete in individual events at the same level.
For example:

- A gr. 8 cannot compete in the gr. 8 shot put and in the junior discus)
- A gr. 10 athlete cannot compete in the junior 100m and in the senior 400m
- Gr. 8 athletes are ineligible for Junior Racewalk, discus & hammer throw events; unless, they are competing in the junior category in all individual events.

However, athletes may compete in a different relay category from their individual events.
For example:

- A gr. 10 athlete may compete in the junior 100m AND in the senior 4x100m.
- A gr. 9 athlete may compete in the junior 400m AND in the senior 4x400m.
- A gr. 10 athlete may compete in the junior 4x400m AND in the senior 4x100m.

BC High School Track & Field - Technical Specifications

Girls	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1kg	600 g
Junior	3 kg	3 kg	1 kg	500g
Grade 8	3 kg	3 kg	1 kg	500g
Boys	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

	BOYS	**GIRLS**
Grade 8	100m - 33" (0.84m)	80m – 30" (0.762m)
Junior	100m - 36" (0.914m)	80m – 30" (0.762m)
Senior	110m - 36" (0.914m)	100m – 33" (0.84m)
Grade 8	200m – 30" (0.762m)	200m – 30" (0.762m)
Junior	300m - 33" (0.84m)	300m - 30" (0.762m)
Senior	400m - 36" (0.914m)	400m – 30" (0.762m)

Steeplechase Specifications

BOYS

Junior	1500m - 30" (0.762m) with water
Senior	2000m - 33" (0.84m) with water

GIRLS

Junior	1500m - 30" (0.762m) with water
Senior	1500m - 30" (0.762m) with water

Team Scoring:

Points are scored for individual & relay events based on the following:

1st	-	10 points
2nd	-	8 points
3rd	-	6 points
4th	-	5 points
5th	-	4 points
6th	-	3 points
7th	-	2 points
8th	-	1 points

Points accumulate for team scoring in the Junior & Senior categories.

Designated School Representatives:

Schools are required to have a school coach at the competition site; however, **in cases where the school coach is unable to attend the school must have a designated school representative on site with their student-athletes**. The following sample letter may be used as a template for schools. The designated school representative must present the letter at the competition site, authorizing them as the representative by the school principal. The letter should be on school letterhead & signed by the school principal.

Competition numbers will NOT be given out to athletes or parents; only school coaches & designated school representatives.

- *Sample Authorization Letter -*

ABC Secondary Letterhead / Logo

ABC Secondary
Address
Contact Info.

Date (May 2018)

RE: 2018 BC High School Track & Field Championship

This correspondence is to confirm that (name) and (name) are the designated and approved school representatives for ABC Secondary School.

Sincerely,

(Principal's signature)

(Principal's name)
Principal

Championship Awards

The following awards are given out to athletes at the Championship event. ***Only senior athletes are eligible*** for these awards

- **Outstanding Female Performance**
- **Outstanding Male Performance**
- **Most Inspirational Performance**

Coaches may submit nominations during the championship event to the competition secretary. A panel of three experienced school representatives will go through the nominations and determine the winners.

- -

BC Championship Awards Nomination Form

Please circle: Outstanding Male
Outstanding Female
Most Inspirational

Name:______________________________ School:______________________________

Event:______________ Performance:________________________

Event:______________ Performance:________________________

Event:______________ Performance:________________________

Event:______________ Performance:________________________

Other information:

Nominating coach:__________________________ Cell:_____________________

Coach's School:____

-Schedule-

THURSDAY, May 31st

TRACK EVENTS			
3:00	**Welcome Address**	**National Anthem**	
3:05	**Steeplechase**	**JG/JB Final**	
3:50	**400m Heats**	8G, 8B,JG,JB,SG,SB	
5:30	**1500m Heats**	JG,JB,SG,SB	**8G,8B, Timed Final**
7:10	**4x100m Finals**	**8G/8B**	**Timed Finals**
7:35	**4x100m Heats**	JG, JB, SG, SB	

3:05 FIELD EVENTS		5:15 FIELD EVENTS	
8G	**-**	**8G**	**High Jump**
8B	**High Jump**	**8B**	**Triple Jump**
JG	**Triple Jump**	**JG**	**Shot Put**
JB	**Long Jump**	**JB**	**Discus**
SG	**Discus**	**SG**	**Long Jump**
SB	**Javelin**	**SB**	
SO	**Shot Put (Special Olympics)**		

FRIDAY, June 01st

TRACK EVENTS		
8:35	**Sprint Hurdles Heats**	SB, JB, SG, 8B, JG, 8G
10:20	**100m Heats**	8G,8B,JG,JB,SG,SB
11:30	**Steeplechase**	**SG, SB Final**
12:15	**BREAK/BC T & F AGM**	
1:55	**Opening Ceremony**	*National Anthem*
2:05	**Sprint Hurdles Finals**	**SB, JB, SG, 8B, JG, 8G**
2:35	**100m Para / SO Events**	**Wheelchair, Ambulatory, SO**
2:55	**100m Finals**	**8G,8B,JG,JB,SG,SB**
3:30	**400m Finals**	**Para, 8G,8B,JG,JB,SG,SB, SO**
4:15	**1500m Finals**	**JG,JB,SG,SB**
4:55	**4 X 100m Relay Finals**	**JG, JB, SG, SB**
5:20	**4 X 400m Relay Finals**	**8G, 8B Timed Finals**
6:15	**4 x 400m Relay Heats**	JG, JB, SG, SB

8:30 FIELD EVENTS		11:00 FIELD EVENTS	
SB	Discus	SG	Hammer

	Friday, June 01		**Field Events**

9:00	**FIELD EVENTS**	**2:00 FIELD EVENTS**		**4:30 FIELD EVENTS**	
8G	**Long Jump**	**8G**		**8G**	**Javelin**
8B	**Javelin**	**JB**	**Triple Jump**	**8B**	**Shot Put**
Para	**Shot Put (Female)**	**JG**	**Javelin**	**JG**	**Long Jump**
JB	**Pole Vault**	**JB**	**Shot Put**	**JB**	
SG	**High Jump**	**SG**	**Pole Vault**	**JB**	**Hammer**
SB	**Triple Jump**	**SB**	**High Jump**	**SG**	
Para	**Shot Put (Male - 10:15 start)**	**SB**	**Hammer**	**SB**	

SATURDAY, June 02nd

TRACK EVENTS		
8:30	**800m Heats**	8G, 8B,JG, JB, SB, SG
10:20	**400/300 m Hurdles Heats**	SB, SG, JB, JG
11:30	**200m Hurdles Timed Finals**	**8B, 8G**
11:55	**1500 m Racewalk Timed Finals**	**JG, JB,SB, SG**
12:35	**200 m Heats**	8G, 8B,JG, JB, SB, SG
2:10	***-Welcome Address -***	- National Anthem -
2:20	**400/300 m Hurdle Finals**	**SB, SG, JB, JG**
2:40	**3000 m Finals**	**JG, JB, SB, SG**
3:40	**800 m Finals**	**8G, 8B,JG, JB, SB, SG**
4:10	**200 m Finals**	**8G, 8B,JG, JB, SB, SG**
4:35	**3000 m Finals**	**8G, 8B**
5:05	**4X400 m Relay Finals**	**JG, JB, SG, SB**
5:35	**Awards & Presentations**	

12:30	**FIELD EVENTS**
SB	Pole Vault

9:00	**FIELD EVENTS**	**12:00 FIELD EVENTS**		**2:30 FIELD EVENTS**	
8G	**Shot Put**	8G		8G	**Triple Jump**
8B		8B		8B	**Long Jump**
JG	**Pole Vault**	JG	**Hammer**	JG	**High Jump**
JG	**Discus**	JB	**High Jump**	JB	
JB	**Javelin**	SG	**Shot Put**	SG	**Javelin**
SG	**Triple Jump**	SB		SB	**Shot Put**
SB	**Long Jump**				

Accommodation:

Coast Hotel & Convention Centre
20393 Fraser Highway
Langley, BC
604-539-4452

Best Western Plus
Langley Inn
5978 Glover Road
Langley, BC
604-530-9311
Reservations: 1-888-530-9311