



**BC School Sports**  
**Track and Field Multi- Events**  
**Provincial Championships**  
**Technical Package/Final Bulletin**

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**Date:** June 2<sup>nd</sup>-3<sup>rd</sup>, 2023

**Venue:** North Delta Track & Field Facility

**Committee Chair:** Andrew Lenton, [alenton68@gmail.com](mailto:alenton68@gmail.com)

**BC School Sports Manager of Sport:** Julie Stevens, [jstevens@bcschoolsports.ca](mailto:jstevens@bcschoolsports.ca)

**Competitive Divisions:** Senior, Junior, Grade 8

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## Entries

### Senior Entry Limit:

Maximum of 2 scoring entries per school per gender. (only 2 score)

Schools with more than two entries MUST identify the non-scoring athletes on the school entry. Add NON-SCORING to the end of Athlete Information.

**Only Junior & Senior divisions are scored.**

### Entry Submissions:

<http://bc.milesplit.com>

Use your school account to register athletes. Coaches should ensure they have claimed their team with MileSplit well before the entry deadline.

Jones	Sarah	F	9	Semiahmoo	Semi	Gr8	Gr8 80m hurdles- 15.88	Non-scoring
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Notes: - Grade 8 Pentathlons are Non-Scoring Events for BC Championships

- Exhibition Athletes: No exhibition athletes will be allowed to participate.

- Junior Athletes: Junior athletes cannot compete in the senior division unless they are competing as seniors in their zone championship.

Entry Deadline: Monday May 27<sup>th</sup> (5:00pm PDT)

## School Volunteer Officiating

Each school with athletes participating is required to assist with officiating. Duties will be collaboratively decided on at the coach's meeting just prior to the start of competition on Day 1. Schools with athletes in the Heptathlon and Decathlon require Volunteers for Day 1 and Day 2. Schools with Pentathletes must supply volunteers for Friday.

## Competitive Attire

All athletes must compete in their school uniform. Athletes not in a school uniform will not be allowed to compete.

## Medical

A Certified Athletic Therapist will be on site to respond to emergencies and assist with minor injuries. If an athlete experiences a serious or critical injury, notify the nearest official or event volunteer immediately, so the medical staff can attend to the injured person.

## Protests

Protests must be made within the 30-minute timeline of the official posting of result.

A written protest accompanied with **\$50.00** cash must be submitted to the Competition Secretary by the School's Designated Representative. The protest will be reviewed by the Jury of Appeal. If the protest is upheld, 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. The committee will publish the pool of persons that the Jury of Appeal may be formed from prior to the event.

(See IAAF Rule #146)

## 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.

## Team Scoring

Points will be assigned for team scoring based on the following:

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

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

## Designated School Representatives

Schools are required to confirm which adult, consistent with their school/district policies are responsible for the school's delegation to the event. If the Designate Representative is not a school/district employee, the school is required to provide a letter designating and authorizing the individual to serve and represent on behalf of the school delegation. (See an example of [Authorization Letter](#)) 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. The school principal's cell phone number must also be included in the letter, in case of emergencies.

**Competition numbers will NOT be given out to athletes or parents; only the school coach or designated representative.**

## Technical Information

### Starting Heights:

- High Jump - Heptathlon - 1.20m (3cm increments)
- Decathlon - 1.40m (3cm increments)
- Pole Vault - Decathlon - 2.00m (10cm increments)

### Technical Specifications:

	Grade 8 Girls	Grade 8 Boys
Hurdles	80m @ 30"	100m @ 33"
Shot Put	3kg	4kg

	Junior Girls	Senior Girls	Junior Boys	Senior Boys
Shot Put	3 kg	4 kg	5 kg	6kg
Hurdles	80m @ 30"	100m @ 33"	100m @ 36"	110m @ 36"
Javelin	500gr	600gr	700gr	800gr
Discus				1.75 kg

## Awards

Team Points accumulated for Junior and Senior Divisions only

Points will be assigned for team scoring based on the following:

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

Medals: 1<sup>st</sup> – 3<sup>rd</sup> Place

Ribbons: 4<sup>th</sup> – 8<sup>th</sup> Place.

## Event Schedule

### Friday June 2<sup>nd</sup>

10:00am	<b>100mH Sr Boys Dec</b>	<b>100m Jr Boys Oct</b>
10:20am	<b>100mH – Gr8 Boys Pent</b>	
	<b>100mH - Sr Girls Hep</b>	
	<b>80mH - Jr Girls Hep</b>	
10:45am	<b>80mH - Gr8 Girls Pent</b>	
10:45am	<b>Long Jump Sr Boys Dec</b>	<b>Long Jump Jr Boys Oct</b>
11:00am	<b>High Jump Sr Girls Hep</b>	
11:15am	<b>High Jump Jr Girls Hep</b>	
11:30am	<b>Long Jump Gr8 Boys Pent</b>	
12:30pm	<b>Shot Put Sr Boys Dec</b>	<b>Shot Put Jr Boys Oct</b>
1:00pm	<b>High Jump Gr8 Girls Pent</b>	
1:30pm	<b>Shot Put Gr8 Boys Pent</b>	
2:30pm	<b>Shot Put Sr Girls Hep</b>	
2:00pm	<b>High Jump Sr Boys Dec</b>	<b>Shot Put Jr Girls Hep</b>
2:30pm	<b>Long Jump Gr8 Girls Pent</b>	<b>400m Jr Boys Oct</b>
3:00pm	<b>High Jump Gr8 Boys Pent</b>	
4:00pm	<b>200m Sr Girls Hep</b>	<b>200m Jr Girls Hep</b>
4:30pm	<b>Shot Put Gr8 Girls Pent</b>	
5:00pm	<b>400m Sr Boys Dec</b>	
5:30pm	<b>1000m Gr8 Boys Pent</b>	
6:00pm	<b>800m Gr8 Girls Pent</b>	

### Saturday, June 3<sup>rd</sup>

9:30am	<b>Long Jump Jr Girls Hep</b>	
	<b>110mH Sr Boys Dec</b>	<b>100m Jr Boys Oct</b>
10:30am	<b>Long Jump Sr Girls Hep</b>	<b>Discus Sr Boys Dec</b>
11:00am		<b>High Jump Jr Boys Oct</b>
12noon	<b>Javelin Jr Girls Hep</b>	
12:30pm	<b>Pole Vault Sr Boys Dec</b>	<b>Javelin Sr Girls Hep</b>
2:00pm	<b>Javelin Jr Boys Oct</b>	
2:30pm	<b>800m Jr Girls Hep</b>	
3:00pm	<b>800m Sr Girls Hep</b>	<b>Javelin Sr Boys Dec</b>
4:30pm	<b>1500m Sr Boys Dec</b>	<b>1000m Jr Boys Oct</b>

# Helping young athletes crush their goals.

Proud partner of BC School Sports

