



**BC School Sports
Track and Field
Provincial Championships**

Technical Package/Final Bulletin

Table of Contents

***2023 BC School Sports Track and Field Provincial Championships*.....4**

***General Information* 4**

***Event Accreditation and Spectator Access*..... 5**

***Qualifying Information*..... 5**

***Grade 8 “Invitational” Division* 5**

***Meet Entries, Timeline and Deadlines:* 6**

***Live streaming* 7**

***Parking* 7**

***Event Apparel*..... 7**

***Zone Entries*..... 7**

***Zone Berth Entries* 7**

***Open Berth Qualification* 7**

***Grade 8 Entries*..... 8**

***Athletes with Disabilities—Intellectual Impairment (AWD-II)* 8**

***Athletes with Disabilities- Ambulatory (AWD-A)* 8**

***Event List* 8**

***Grade 8 “Invitational”*..... 8**

***Junior (Grade 9-10)* 8**

***Senior (Grade 11-12)*..... 9**

***AWD-II & AWD-A* 9**

***Rules & Regulations*..... 9**

***Marshalling*..... 9**

***Competition Numbers* 9**

***Implements* 9**

***Spike Length*..... 9**

***Athletes with Conflicting Events* 10**

***Qualifying for Finals* 10**

***Field Events*.....10**

***Track Events*.....10**

***Competitive Attire* 10**

Medical 10

Lost and Found..... 10

Protests..... 11

Competition Category 11

Technical Specifications12

Hurdle Specifications12

Steeplechase Specifications.....12

Team Scoring12

Championship Awards.....12

Designated School Representatives13

Failure to Participate13

BC School Sports Track & Field Championships Schedule 14

THURSDAY, June 8th 14

FRIDAY, June 9th 14

SATURDAY, June 10th15

2023 BC School Sports Track and Field Provincial Championships

General Information

The BC School Sports Track and Field Provincial Championships is a sanctioned event with BC Athletics.

Date: Thursday, Friday & Saturday: June 8th-10th, 2023

Location: McLeod Athletic Park
5687 Johnston Townline Rd, Langley, BC V2Y 2N5

Facility: 8 lane Mondo track
Change rooms, washrooms, concession available

Meet Director: Andrew Lenton; alenton68@gmail.com

BCSS Manager of Sport: Julie Stevens; jstevens@bcschoolsports.ca

Entry Fees: **\$20.00 per athlete** - 3 individual events maximum
\$20.00 per relay team

Schools will be invoiced for entries by BC School Sports following the championship event. **Do not bring payment to the venue.**

Entries: Zone Qualifiers will be forwarded automatically by Zone Reps

Open Berths & Grade 8 entries must be entered by **May 27th**
@ 5:00pm through <http://bc.milesplit.com>

Coaches should ensure they have claimed their team with MileSplit 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 at 1pm **Thursday June 8th**.

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. Athletic directors must inform [Julie Stevens](mailto:jstevens@bcschoolsports.ca) of BC School Sports who the designate is.

Handwritten replacement numbers not accepted. Lost or misplaced numbers must be replaced by the competition secretary - \$5 replacement fee.

Competition numbers will not be distributed to individual athletes / parents.

Event Accreditation and Spectator Access

All student-athletes participating in the event will receive accreditation to access the venue. They will receive this in their team package to be picked up by their coach as noted above. Athletes must display the accreditation to access the facility. It is not required to remain on once inside the gates. **Please remind athletes to bring their accreditation if they leave the facility, as replacements will not be available.**

Schools will receive accreditation for coaches as listed on their STARS roster. While student-athlete rosters are locked at this point in the season, coaches may be added at any time. We ask schools to ensure any coach who will be present at the meet, be listed on the Track and Field roster as a coach. Your Athletic Director will be able to do this quickly. This also assists BCSS with ensuring appropriate insurance coverage for our events as well as communicating with government and spectators those who contribute to school sport.

Spectators are welcome on all three days of competition. Ticket sales are **only** available online, the link will be soon be available on our website bcschoolsports.ca

Single day pass: \$10/adult
 \$8/student (12yrs and older)
 Free – Under 12

Event Pass (3-day): \$25/adult
 \$20/student (12yrs and older)
 Free – Under 12

Qualifying Information

	EV	FN	KOOT	NC	NW	SF	T-OK	VI	VS2S	OPEN
G8	"Invitational" Division (24 berths by performance)									
JR	3	4	1	1	1	6	4	5	5	2
SR	3	4	1	1	1	6	4	5	5	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 Coaches must submit entries using MileSplit
<http://bc.milesplit.com>

A grade 8 athlete cannot compete in individual events at both the grade 8 level and the junior level. (Eg. 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.

Meet Entries, Timeline and Deadlines:

- May 1-15: Coaches check <http://bc.milesplit.com> account to ensure their school has an active account and update rosters. Ensure that school has a “school” account, not a “club” account
- May 15: Grade 8 entry available on <http://bc.milesplit.com>
- May 15: Jr Open Zone entry available on <http://bc.milesplit.com>
- May 15: Sr Open Zone entry available on <http://bc.milesplit.com>
- May 26: Zone Championship deadline
- May 27: Zone berth (automatic qualifiers) due by 5:00pm PDT
Grade 8 Entry deadline – 5:00pm PDT
Junior Open Zone entry deadline – 5:00pm PDT
Senior Open Zone entry deadline – 5:00pm PDT
- May 27: Multi-Events Entry deadline – 5:00pm PDT
- May 29: AWD-II & AWD-A entry deadline—5:00pm PDT
- May 31: Grade 8 Performance list posted
- June 2: Junior & Senior qualifier performance lists posted – Draft 1
Final Scratch Deadline: Schools Billed for all entries after this date. 3:30pm
- June 4: Junior Performance List posted (with Open Zone entries)
Senior Performance List posted (with Open Zone entries)
- June 5: Final Performance List for Grade 8, Junior, & Senior posted
- June 5: heats and flights posted
- June 8: Day 1 - BC School Sports Track & Field Championships
- June 9: Day 2 - BC School Sports Track & Field Championships
- June 10: Day 3 - BC School Sports Track & Field Championships

Live streaming

The event will be streamed in its entirety, and broadcast to Athletics Canada TV in partnership with Runner Space. AC will offer BCSS a free 7-day code for all viewers. This code is public, and we encourage you to share it on your social networks, or other communication channels so that the event can be viewed without payment. The code will soon be available on our website.

Streaming Link: <http://www.athleticscanada.tv>

Parking

Parking is always a challenge given the size of the event. We encourage schools and student-athletes to carpool or use school transportation where possible.

Langley Secondary has asked we refrain from using their school lot on the Thursday and Friday as school is in session.

Event Apparel

BCSS Track and Field Championship Event Apparel will be available for sale on site for the duration of the event. In partnership with Athletics Canada, apparel will be Nike. There will be no subsequent orders, and the number of pieces is limited, so we suggest purchasing earlier in the event to ensure sizing is correct. There are no returns and no exchanges after purchase. Credit/Debit accepted. No cash.

Zone Entries

Zone Berth Entries

Qualifiers must be forwarded by Zone representative by Hytek ADVANCERS function.

Zones must submit a complete list of athletes and relay teams by the deadline May 27, 2023 (5:00pm PDT) 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 Berth Qualification

Coaches must enter athletes through “Open Zone” process using <http://bc.milesplit.com>. Automatic zone qualifiers cannot be entered through the Open Zone. Any performance from a sanctioned meet of the current BC Championship year may be used. Only 2023 performances will be accepted. **Sprint events must have an electronic time submitted.** Coaches may be requested to provide proof of performance. If zones do not use all their allocated berths, they will be reassigned to the Open Berths.

Grade 8 Entries

Coaches must enter athletes through on <http://bc.milesplit.com>. 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.

Athletes with Disabilities—Intellectual Impairment (AWD-II)

Schools that have student-athletes that wish to compete in the AWD-II events can contact Andrew Lenton, BCSS Championship Meet Director to add their name to the potential start list. Emails containing names, gender and school of the AWD-II athletes can be sent to alenton68@gmail.com. We will have 16 berths for each male and female student-athletes that are eligible to compete as an AWD-II. We will require these athletes to be registered in STARS. We recognize that some students with Intellectual Impairments may be exceed the age limit for participation, and we will make an exception to allow their involvement if they are active members of their school community. Call the BCSS office for assistance registering an overaged student-athlete.

Athletes with Disabilities- Ambulatory (AWD-A)

The second classification we will offer is **Athletes with Disabilities –Ambulatory (AWD-A)**. This classification will be for any student-athlete who is ambulatory but is affected by a physical disability. Traditionally we have referred to this as a para athlete. We will again have 16 berths in each of the 3 events, the 100m, 400m and Shot Put for boys and 16 berths in the same events for girls. It is our hope that many of our zone championships had events for these athletes. Qualifying athletes can be registered directly with Andrew Lenton by email. Please email alenton68@gmail.com to register AWD-A athletes by providing their Name, Gender and School.

AWD-II and AWD-A are non-scoring, and will be registered directly by their coach. Please contact Andrew with your athlete roster by May 29.

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 (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

AWD-II & AWD-A

Timed Finals: 100m, 400m
Field Events: 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. **A charge of \$5 will be issued for lost/reissue of athlete numbers.** 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 + next 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 Certified Athletic Therapist will be on site to respond to emergencies and assist with minor injuries. The first aid room, which will be the home base for the medical team, will be on the northeast corner of the grandstand (track side). 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.

Lost and Found

The lost and found will be located outside of the first aid room, on the northeast corner of the grandstand (track side); valuable items (jewelry, electronic devices, etc) will be held inside the medical room. Please wait until the medical room is empty before inquiring about lost items.

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 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. 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)

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.

Athletes, however, 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.

Technical Specifications

<i>Girls</i>	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
<i>Boys</i>	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	Girls
Junior	1500m - 30" (0.762m) w/ water	1500m - 30" (0.762m) w/water
Senior	2000m - 33" (0.84m) w/ water	1500m - 30" (0.762m) w/water

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.

Championship Awards

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

- **Outstanding Performance- Girl**
- **Outstanding Performance- Boy**
- **Most Inspirational Performance**

Coaches may submit an Awards Nomination Form, found in the awards tent, during the championship event to the competition secretary. A panel of three experienced school representatives will go through the nominations and determine the winners.

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 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.

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

Failure to Participate

Based on the IAAF Competition Rules, **an athlete shall be excluded from participation in all further events** (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

- a final confirmation was given that the athlete would start in an event but then failed to participate.
 - Final Confirmation of Participation for BC School Sports Provincial Championship – **Friday, June 2, 2023 - midnight**
 - Scratch deadline- **Friday, June 2, 2023– midnight**

A \$50 fee will be charged to schools for any scratches after this date

- an athlete qualified in a Qualification Round of an event for further participation in that event but then failed to participate further;
- an athlete failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

A medical certificate provided by a medical doctor may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete own actions, such as problems with the official transport system) may, after confirmation, also be accepted by the Technical Delegate(s).

BC School Sports Track & Field Championships Schedule

THURSDAY, June 8th

TRACK EVENTS		
3:00	Steeplechase	JG, JB Final
3:45	400m Heats	8G, 8B, JG, JB, SG, SB
5:25	1500m Heats	JG, JB, SG, SB 8G, 8B Timed Final
7:05	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	
AWD-II	Shot Put (Athletes With Disabilities)		

FRIDAY, June 9th

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 -	
1:00	Sprint Hurdles Finals	SB, JB, SG, 8B, JG, 8G
1:30	100m AWD-A/ AWD-II	Wheelchair, Ambulatory, AWD-II
1:55	100m Finals	8G, 8B, JG, JB, SG, SB
2:30	400m Finals	AWD-A, 8G, 8B, JG, JB, SG, SB, AWD-II
3:15	1500m Finals	JG, JB, SG, SB
3:55	4 X 100m Relay Finals	JG, JB, SG, SB
4:20	4 X 400m Relay Finals	8G, 8B Timed Finals
5:15	4 x 400m Relay Heats	JG, JB, SG, SB

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

9:00 FIELD EVENTS		12:30 FIELD EVENTS		4:00 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 10th

TRACK EVENTS		
8:30	800m Heats	8G, 8B, JG, JB, SG, SB
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, SG, SB
12:35	200m Heats	8G, 8B, JG, JB, SG, SB
2:05	- <i>Welcome Address</i> -	- National Anthem -
2:10	400/300 Hurdle Finals	SB, SG, JB, JG
2:30	3000 m Finals	JG, JB, SG, SB
3:30	800 m Finals	8G, 8B, JG, JB, SG, SB
4:00	200 m Finals	8G, 8B, JG, JB, SG, SB
4:25	3000 m Finals	8G, 8B
4:55	4X400 m Relay Finals	JG, JB, SG, SB
5:25	Awards & Presentations	

12:30 FIELD EVENTS	
SB	Pole Vault

9:00 FIELD EVENTS		11:45 FIELD EVENTS		2:30 FIELD EVENTS	
8G	Shot Put	8G	Triple Jump	8G	
8B	Long Jump	8B	-	8B	
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	Long Jump	SB	Shot Put
SB				SB	

Helping young athletes crush their goals.

Proud partner of BC School Sports




BC
DAIRY bcdairy.ca