



## 2024 BCSS Track & Field Multi Events Provincial Championship Bulletin #2

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

**Date:** May 31 - June 1

**Location:** North Delta Track & Field Facility – 11496 83 Ave, Delta BC

**Championship Website:** [Track & Field](#)

**Athlete Registration:** [MileSplit](#)

**Entry Fee:** \$60.00 – Schools will be invoiced following the event.

**Competition Director:** Michaela Colluney, [bodyengineered3@gmail.com](mailto:bodyengineered3@gmail.com)

**BCSS Sport & Events Manager:** Julie Stevens; [jstevens@bcsschoolsports.ca](mailto:jstevens@bcsschoolsports.ca) 778-878-0212

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### Berthing

- **Seniors** – maximum of 2 scoring entries per school per gender
  - Schools are welcome to enter more than 2 athletes on the MileSplit Event Registration site. However, final confirmation of team entries will be on May 28<sup>th</sup>.
  - All athletes competing in the Sr. Boys Decathlon must have a Pole Vault competition result from a sanctioned meet due to athlete safety.
- **Grade 8 and Junior Divisions** – field size may be capped to ensure athlete safety. Final event size limits will be communicated in bulletin #3 and technical packages.

### STARS Registration

- All student athletes must be registered on your school's STARS roster.
  - Roster registration deadline – April 24, 2024
    - All athletes representing your school team in competition must be entered on your STARS roster by this date.
    - Athlete registrations submitted after the designated deadline must be added to the official STARS roster by BCSS staff. Late registrations are subject to penalties outlined in the BCSS Handbook.

- Coaches need to be added to your STARS rosters by **April 24<sup>th</sup>**. Only coaches listed on the STARS roster will be permitted on the field of play and at the coaches' meetings.
  - All coaches, managers, and assistants listed on school team rosters must complete the Concussion Awareness Training Tool (CATT) for Coaches. CATT certification is valid for two years - [cattonline.com](http://cattonline.com). Athletic Directors are responsible for ensuring all coaches have completed the CATT certification prior to engaging in any competition.
  - Please ensure all coach information (email and cell #) is correct. Athletic Directors can easily modify the information in STARS by accessing the coach's profile.

## Meet Entries: Timeline and Deadlines

### Multi Events:

Date	Item	Notes
May 24	Zone Championship Deadline	
May 25	Entry Deadline (5:00pm PDT)	Multi's, AWE- II, AWE- A
May 28	Performance List Posted	Multi's
May 31- June 1	BCSS Multi-Events Provincial Championship	Delta, BC

## Event List

Gr8 Boys	Pentathlon	100mH, 1000m, HJ, LJ, SP
Gr8 Girls	Pentathlon	80mH, 800m, HJ, LJ, SP
Jr Boys	Octathlon	100m, 400m, 100mH, 1000m, LJ, SP, HJ, Javelin
Jr Girls	Heptathlon	80mH, 200m, 800m, HJ, SP, LJ, Javelin,
Sr Boys	Decathlon	100m, 400m, 110mH, 1500m, LJ, SP, HJ, Discus, PV, Javelin
Sr Girls	Heptathlon	100mH, 200m, 800m, SP, HJ, LJ, Javelin
AWE-II		100m, 400m, Shot Put
AWE-A		100m, 400m, Shot Put

## Entries

### Zone Entries

Schools must register athletes on MileSplit Multi-Event Registration Site by **May 25, 2024 (5:00pm PDT)**

- Athletes must be listed on MileSplit Team Rosters (adding additional athletes to your team list is not permitted).

## **Athletes with Exceptionalities (AWE)- Intellectual Impairment (II) and Ambulatory (A)**

- 16 berths each for male & female student-athletes in both AWD-II and AWD- A divisions
- Athletes must compete at their zone championship event to register
- Student- Athletes must be registered in STARS.
  - We recognize that some students may be exceed the age limit for participation and can 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.

## **School Designates**

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.
  - 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.
  - Be signed by the school principal.
  - Include the school principal's cell phone number in case of emergencies.

**The school designate must remain at the venue while their student- athletes are at the venue for supervision. The school designate will be expected to assist with event volunteer or supervision duties similar to those assigned to school team coaches.**

**School Volunteer Officiating Requirement:** Every school whose athletes are taking part in the multi-events provincials must contribute to officiating.

- The organizers of the event will reach out to school coaches to provide a list of duties that need coverage.
- Schools with athletes participating in the Heptathlon and Decathlon may need to volunteer for both Day 1 and Day 2.
- Schools with Pentathletes must provide volunteers specifically for Friday.

## **Competition Numbers**

Competition numbers must be worn:

- Track Events: on the front
- Field Events: on front or back for field events.

Athletes must have a competition bib number to compete.

- **A charge of \$20.00 will be levied for lost/reissued athlete numbers.**
- Athletes attempting to compete using handwritten competition numbers will NOT be allowed to compete.

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

## Competition Categories

The multi-events competition categories are:

Gr8 Boys	Pentathlon
Gr8 Girls	Pentathlon
Jr Boys	Octathlon
Jr Girls	Heptathlon
Sr Boys	Decathlon
Sr Girls	Heptathlon
AWE-II	100m, 400m, Shot Put
AWE-A	100m, 400m, Shot Put

## Opening Standards

	High Jump	Pole Vault
	increasing in 5cm increments	additional jumps added in 10cm increments
Gr8 Boys	1.25m	
Gr8 Girls	1.15m	
Jr Boys	1.30m	
Jr Girls	1.20m	
Sr Boys	1.35m	2.00m
Sr Girls	1.25m	

## Technical Information

### 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)

### Throwing Specifications

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

## Pole Vault

All Pole Vault participants must have previously competed in pole vault competitions and must arrange for their own implements for this event. No pooled or loaned equipment will be available.

- All athletes competing in the Sr. Boys Decathlon must have a Pole Vault competition result from a sanctioned meet due to athlete safety.

## Marshalling

There is no marshalling for the multi-events. Athletes will have ‘handlers’ assigned to help move the groups to their different events.

## Additional Details

**Event Parking** Parking is available at St. Cuthbert’s Anglican Church, 11601 82nd Ave, across the street from the shot put area.

- only the 116th Ave lot is available.
- Please be respectful of their kindness and ensure there is no litter left behind.
- North Delta Secondary will not permit parking in their school lot on Friday, as school is in session.

**Medical:** First Aid will be on site for minor injuries. In the event of a serious or critical injury, notify the nearest official or event volunteer immediately, so medical staff can attend to the injured person.

**Event Apparel:** Championship clothing can be pre-ordered online through Rush Apparel. The online store will open **May 20- June 2** for pre-orders.

- [Rush Apparel Pre-Order Website](#)

**We recommend pre-purchasing, as there will be a limited selection of clothing available for on-site purchase during the event.**

## Awards

- Gold, Silver & Bronze medals awarded to the top three finishers of each event.
- Ribbons awarded to the fourth through eighth place finishers of each event.

## Hotel Information

No rooming blocks were secured for this tournament, however there are hotels in close proximity of the Track with individual rooms available.