



2024 BCSS Track & Field Provincial Championship Bulletin #2

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

Date: Thursday, Friday & Saturday: June 6th-8th, 2024

Location: Nanaimo Rotary Bowl 385 Wakesiah Avenue, Nanaimo

Championship Website: [Track & Field](#)

Athlete Registration: [MileSplit](#)

Entry Fee: TBA

Competition Director: Darren Willis, darren1willis@gmail.com

BCSS Sport & Events Manager: Julie Stevens; jstevens@bcschoolsports.ca 778-878-0212

Berthing

	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 (see event list)
- Sprint performances – electronic timing required.
- Best performance from current year must be entered
- School Coaches must submit entries using [MileSplit](#)
 - Registration Deadline: May 25th, 2024 (5:00pm)

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) Student-Athletes must choose to compete in all individual events as either a Grade 8 or a Junior.

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 24th**. 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. 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

²Final Scratch Deadline: Schools billed for all entries after this date – 3:30pm PDT.

Provincial Championships

Date	Item	Notes
May 24	Zone Championship Deadline	
May 25	Entry Deadline (5:00pm PDT)	Gr8, Jr, Sr
May 28	Performance List Posted	Grade 8
June 2	BCSS Performance List posted- Draft 1	3:30pm PDT
June 4	Performance List posted with Open Zones	3:30 PDT
June 5	Final Performance List posted	Heats and Flights
June 6-8	BCSS Track & Field Championships	Nanaimo, BC

²Final Scratch Deadline: Schools billed for all entries after this date – 3:30pm PDT.

Entries

Zone Entries

Qualifiers must be forwarded by Zone Rep or Meet Manager to Dawn Driver, Meet Secretary using Hytek's Advancers function.

- Zones must submit a complete list of athletes and relay teams by the deadline May 25, 2024 (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.
- If zones do not use all their allocated berths, they will be reassigned to the Open Berths.
- Athletes must be listed on MileSplit Team Rosters (adding additional athletes to your team list is not permitted).

Open Berth Entries

- Coaches must enter athletes through "Open Zone" process using [MileSplit](#) by May 25th, 2024 (5:00pm PDT).
- 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 2024 performances will be accepted.
- Sprint events must have an electronic time submitted.
- Coaches may be requested to provide proof of performance.
- Athletes must be listed on MileSplit Team Rosters (adding additional athletes to your team list is not permitted).

Grade 8 Entries

- Coaches must enter athletes through on [MileSplit](#) entering the student-athlete's best performance from the current year.
- The top 24 entries will qualify for the BC School Sports Gr. 8 Invitational section.
- Athletes must be listed on MileSplit Team Rosters (adding additional athletes to your team list is not permitted).

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.

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.**

All student-athletes participating in the event will receive accreditation to access the venue.

- Athletes must display the accreditation to access the facility and must wear them until they enter the Athlete Control Centre (ACC)

Please remind athletes to bring their accreditation if they leave the facility, as replacements will not be available.

Competition Categories

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

- A gr. 8 cannot compete in the gr. 8 shot put and the junior discus
- A gr. 10 athlete cannot compete in the junior 100m and 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 may compete in a different relay category from their individual events. For example:

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

Opening Standards

	High Jump	Pole Vault
	increasing in 5cm increments	additional jumps added in 10cm increments
Gr8 Boys	1.30m	
Gr8 Girls	1.20m	
Jr Boys	1.40m	1.80m, 1.95m, 2.10m, 2.20m
Jr Girls	1.30m	1.50m, 1.65m, 1.80m, 1.90m
Sr Boys	1.50m	2.00m, 2.15m, 2.30m, 2.40m
Sr Girls	1.35m	1.70m, 1.85m, 2.00m, 2.10m

- An athlete can be allocated a zone berth based on zone results being lower than the opening standards, but the above heights will be used as opening standards.

3000m Qualification Standards

Grade 8- top 24 entries will qualify for the BCSS Gr 8 Invitational section	
Jr Girls	14:00 minutes
Jr Boys	11:00 minutes
Sr. Girls	13:00 minutes
Sr. Boys	10:45 minutes

Racewalk Qualification Standards

Jr. Girls	1500m	10:15 minutes
Jr. Boys	1500m	9:45 minutes
Sr. Girls	1500m	10:00 minutes
Sr. Boys	1500m	9:30 minutes

Steeplechase Qualification Standards

Jr. Girls	1500m	6:50 minutes
Jr. Boys	1500m	5:45 minutes
Sr. Girls	2000m	8:30 minutes
Sr. Boys	2000m	7:45 minutes

- Sr. Girls 2000m is a new distance increased from 1500m in 2023

Technical Information

Hurdle Specifications

	Boys	Girls
Grade 8	100m - 33" (0.84m)	80m - 30" (0.762m)
Grade 8	200m - 30" (0.762m)	200m - 30" (0.762m)
Junior	100m - 36" (0.914m)	80m - 30" (0.762m)
Junior	300m - 33" (0.84m)	300m - 30" (0.762m)
Senior	110m - 36" (0.914m)	100m - 33" (0.84m)
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	2000m - 30" (0.762m) w/water

Throwing Specifications

Girls	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1 kg	600 g
Junior	3 kg	3 kg	1 kg	500 g
Grade 8	3 kg	3 kg		500 g
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		600 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.

Marshalling

Track Events: Track athletes must marshal in the ACC (Athlete Control Centre) 30 minutes before their event. **No electronic devices of any sort are allowed in the ACC or Competition areas.**

Field Events: Field event athletes must marshal at their competition site. **No electronic devices of any sort are allowed in the ACC or Competition areas.**

Event Accreditation

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.

- Athletes must display the accreditation to access the facility and must wear them until they enter the Athlete Control Centre (ACC)

Please remind athletes to bring their accreditation if they leave the facility, as replacements will not be available.

Spectator Access

Spectators are welcome on all three days of competition.

- Ticket sales are only available online. Volunteers will be available onsite at the ticket kiosk to help those purchasing tickets.
- Cash will not be accepted at the ticket kiosk.
- Tickets can be purchased through TicketSocket.
- The link will be available on our website bcschoolsports.ca.

	Adult	Student (12-19yrs)	Child- under 12
Single Day	TBC	TBC	FREE
Event Pass (3 day)	TBC	TBC	FREE

**Taxes and fees to be added after purchase.*

Additional Details

Event 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.

- Nanaimo District Secondary will not allow parking in their school lot on Thursday and Friday as school is in session.
- They will ticket and arrange for towing if cars are identified as part of the track meet-only use stalls labelled **NAC**(Nanaimo Aquatics Centre).
- The Nanaimo Ice Centre across the street has available parking.
- Vancouver Island University, above the track venue, has parking available for \$8/day.
- A detailed parking plan will be provided in a future bulletin.

Live streaming: The event will be streamed in its entirety, and broadcast to the BCSS YouTube channel.

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

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

Awards

The following awards are given out to athletes at the Championship event:

- Gold, Silver and Bronze medals awarded to the top three finishers of each event.
- Ribbons awarded to the fourth to eighth finishers of each event.
- Boys Team BC School Sports Blue Banner
- Girls Team BC School Sports Blue Banner
- Boys and Girls BC School Sports Blue Banner

Only senior athletes are eligible for these awards:

- Outstanding Girls Performance
- Outstanding Boys Performance
- Most Inspirational Performance

[Click here for Accommodation Information](#)

Event List

EVENTS	AWD-II & AWD-A	GRADE 8		JUNIOR		SENIOR	
	G + B	G	B	GRADES 9-10		GRADES 11-12	
				G	B	G	B
100m	●	●	●	●	●	●	●
200m		●	●	●	●	●	●
400m	●	●	●	●	●	●	●
800m		●	●	●	●	●	●
1500m		●	●	●	●	●	●
3000m		●	●	●	●	●	●
1500mRW				●	●	●	●
80mH		●		●			
100mH			●		●	●	
110mH							●
200mH		●	●				
300mH				●	●		
400mH						●	●
1500mSC				●	●		
2000mSC						●	●
4 x 100m		●	●	●	●	●	●
4 x 400m		●	●	●	●	●	●
High Jump		●	●	●	●	●	●
Long Jump		●	●	●	●	●	●
Triple Jump		●	●	●	●	●	●
Shot Put	●	●	●	●	●	●	●
Discus Throw				●	●	●	●
Hammer Throw				●	●	●	●
Javelin Throw		●	●	●	●	●	●

BC School Sports Track & Field Championships Schedule - Draft

THURSDAY, June 6th

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

FIELD EVENTS	
3:05	8B High Jump, JG Triple Jump, JB Long Jump, SG Discus, SB Javelin
5:15	8G High Jump, 8B Triple Jump, JG Shot Put, JB Discus, SG Long Jump

FRIDAY, June 7th

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
1:55	100m Finals	8G, 8B, JG, JB, SG, SB
2:30	400m Finals	8G, 8B, JG, JB, SG, SB
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

FIELD EVENTS	
8:30	SB Discus
9:00	8G Long Jump, 8B Javelin, JB Pole Vault, SG High Jump, SB Triple Jump
11:00	SG Hammer
12:30	JB Triple Jump, JG Javelin, JB Shot Put, SB Pole Vault, SB High Jump
4:00	8G Javelin, 8B Shot Put, JG Long Jump, JB Hammer

SATURDAY, June 8th

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	- Welcome Address -	- 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	

FIELD EVENTS	
9:00	8G Shot Put, 8B Long Jump, JG Pole Vault, JG Discus, JB Javelin, SG Triple Jump
11:45	8G Triple Jump, JG Hammer, JB High Jump, SG Shot Put, SB Long Jump
12:30	SB Pole Vault
2:30	JG High Jump, SG Javelin, SB Shot Put