

Lower Island Track and Field Championship

Wednesday May 6, 2015

Centennial Stadium, University of Victoria

- updated January 26, 2015

Championship Information

1. Registration:

Player registration forms for Schools to B.C. School Sports, (on-line) no later than April 13 (may add names up to April 27).

2. Age Categories

Grade 9: Born 1999 or later, (15 years + under as of Dec 31, 2014) and in Year 1,2,of eligibility
Junior : Born 1998 or later, (16 years + under as of Dec 31, 2014) and in Year 1,2, or 3 of eligibility
Senior:: Born 1996 or later, (18 years + under as of Dec 31, 2014) –Year 1,2,3,4, Or 5 of eligibility

3. List of Events

Track: 100m, 200m, 400m, sprint hurdles,+distancehurdles,800m, 1500m, 1500m race walk and 3000m, steeplechase

Field: Discus, Shot Put, Javelin, Hammer, High Jump, Long Jump, Triple Jump, Pole Vault

All events take place on Wednesday May 6 beginning at 8:30 am EXCEPT the following

Hammer– 4 pm May 4 at Lambrick	Pole Vault (all age groups) Wednesday April 29	3000 m (all age groups) Wednesday April 29
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Event specifications can be found at the end of this document

4. Entry Rules

A. Entries are determined by ranking the best performances (i.e.times & distances) in a particular event during the course of the League Meets. The top 8 performances in each event (The top 12 in the 1500m,1500m Racewalk, Steeplechase and 3000m) qualify for the Lower Islands

Relays qualify on April 29- Relay Registration forms must be submitted to Angela McLeish by April 22. Qualification races will only take place if needed on April 29

Since some athletes will qualify in more than three individual events, and some schools will have more than three athletes that qualify for a particular event, Athletes ranked from 9th (or 13th) may also be moved into the Final.

The exact (final) list of entries for the Lower Island Finals will be determined at the Entries Meeting on Monday May 4 at Lambrick Park, 5:30 pm and will include a dinner for coaches.

If a coach is absent for this meeting, and one of the school's athlete qualifies for more than the maximum number of events, Meet Directors shall make a final decision about which events the athlete will be entered into.

TIES: When a tie for the last qualifying position occurs, the tie is broken using each tied athlete's second best time or distance in that event during a League meet. If one of the tied athletes has only 1 qualifying result, the tie will not be broken, the number of finalists will be increased by one.

B. Athletes may be entered in the Lower Islands in no more than three individual events (including open events) + 2 relays . Those who compete in the 3000m Finals, Hammer, & Pole Vault, which take place before the Entries Meeting, must be aware that this will count as one of their events.

- C. An athlete may not be on both an "A" and "B" relay team in the same event.
- D. A school is limited to three entries in the Final of individual events.
- E. A school is limited TWO entries in each of the boys' & girls' 4x400 & 4x100 relay events.

5. Lane Assignment and Order of Competition for Lower Island Finals:

The lane assignments in each track event and the order of competition in each field event are according to the rankings in a particular event as determined by the best performance by each athlete at the League Meets.

6. Substitutions and Scratches

A. No substitutions are permitted in the Finals, except in relays where it is permitted providing: (a) the regular member is medically unable to compete, (b) proper notification is made to the Meet Referee prior to the event, and (c) the substitute has not already competed on another relay team in the same event. If no substitute is available, the relay team will not be given any place or points.

B. The substitute must be an athlete who has competed in Finals or at least a league Meet

C. Athletes unable to compete in a Final for medical reasons will not be given any place or points in individual events.

NOTE: Athletes must compete in all events in which they qualify for and are entered in the Final. An athlete who fails to show for an event, including relays, will be disqualified from further competition, including relays.

7. Reporting to Events

A. It is the competitor's responsibility to know when and where his event is taking place. Events will be called on the public address system but a competitor's name will not be called.

B. If a competitor is competing in a field event and a track event is scheduled at the same time, the competitor must report to the field event judge first, explain that he is in a track event, and then report to the track event immediately. Upon completion of the track event, the competitor must return to the field event without delay and must immediately inform the person in charge of the event that he has returned. Failure to report to one of the judges may result in disqualification.

C. Competitors arriving late for a track event (after the race has been run) are out of that competition.

D. Competitors arriving late for a field event (after the event has started) may join the competition and receive attempts for each round not yet completed. A round is considered to have begun when the first person in the round is called to make his attempt.

E. A competitor who returns from a track event or another field event to a field event (without delay and after vault and high jump) may take their turn, but only if the last round has not begun. A round is considered to have begun when the first person in the round is called to make his attempt. These attempts must be taken alternately so that no competitor has two consecutive attempts. If the last round has begun, then the competitor may have his last attempt, but only if the last listed competitor has not completed his last attempt.

In the pole vault and high jump, the bar may not be lowered at any time for any competitor who has been away at another event, and the event must progress at a reasonably normal pace. When a competitor returns, he may have attempts at the height not yet completed. These attempts must be taken alternately so that no competitor has consecutive jumps unless all other competitors clear the height and thus force the remaining competitor to take consecutive jumps.

8. Uniforms-All athletes are required to wear school uniform (or unmarked white T- Shirt). This will be enforced.

9. Coaching- No coaching will be allowed in the Finals (i.e. while the event in question is in progress). Competitors receiving coaching will be liable for disqualification.

- Coaches must not be on the field on the Final Day unless they are officiating.
- Coaches must not talk to any judges regarding a protest or an appeal – concerns to be discussed with appropriate Certified Referee (BC Athletics) for Track, Jumps, or Throws.

10. Disqualifications- In the event of a disqualification of an individual or relay team, (other than lane and passing violations) the coach will be contacted.

Note: A relay team can be disqualified when a runner throws the baton after completing the race, or for other displays of poor sportsmanship, including improper language.

11. Protests and Appeals

- A. All protests and appeals must be made to the Meet Referee.
 B. If necessary, the Referee will call together the Jury of Appeal which will consist of the following: League Chairman (Angela McLeish); Meet Chairman (Stellys') Jumping Events Director; and Throwing Events Director. (substitute for conflict of interest)

12. Officiating Responsibilities

LVISSAA is pleased to have a number of BC Athletics and Athletics Canada certified officials who provide the technical assistance and direction to the meets. These officials have extensive experience in officiating at meets ranging from local middle school/high school meets up to and including world championship events. There are also a number of local school and community officials who work with these certified officials. Each school is responsible for providing officials to look after the designated responsibilities at all League Meets.

Lower Island Meet responsibilities will be confirmed at a later date by the Assistant Meet Director in charge of Officials

NOTE: If for any reason your school is unable to look after your responsibility at a particular meet, then you must make arrangements as far ahead of time as possible to have other individuals take your job.

13. Points: (Individual and relay events)

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

*Points from Open individual events will be credited only to Sr's age division for team points.

When an unbreakable tie occurs, the points will be divided equally between the two positions (e.g. a two-way tie for third place would give each competitor 5.5 points. (11 points / 2)

- Competitors in the Final of a field event will receive a place only if a height is cleared or a distance is recorded (without disqualification).
- Competitors in the Final of a track event will receive a place only if they complete the race (without disqualification).

14. Lower Island Awards

- Ribbons to be picked up at field site and at finish line for long distance events
- Ribbons for Track Events will be available for pick up near finish line or in the equipment garage for those finishing in 1st-8th
- There are 8 aggregate perpetual Trophies – one for each age group in boys and girls plus one over-all, and one runner up
- There will also be individual awards for athletes in each age group. These include: Highest Aggregate (Track + Field) for grade 9 and juniors, Outstanding Sr Girls' Track, Outstanding Sr. Girls' Field, Outstanding Sr Boys' Track, Outstanding Sr. Boys' Field

Winners in 2014	
Team points aggregate – Oak Bay first	Team points aggregate runner up - Mt Douglas
Senior individual Awards:	
Outstanding Male Field: -Malte Schnabel (Parkland)	Outstanding Female Field: - Hanna Kaiser (Reynolds)
Outstanding Male Track: -Nick Taylor (OakBay)	Outstanding Female Track: -Jordyn Piercy (St Andrews)

Event Schedule

15. Lower Island Track & Field Schedule WEDNESDAY MAY 6 ,2015

printable schedule is found by going to [this link](#)

Track Events 2015 : Wednesday May 6							
TIME	EVENT	Div	coach use (names)	TIME	EVENT	Div	coach use (names)
8:30	Racewalk	All		11:48	800M	9.G.	
8:45	110m H	S.B.		11:54	800M	9.B.	
8:50	100 m H	J.B.		12:00	800M	J.G.	
8:55	100 m H	S.G.		12:06	800 M	J.B.	
9:00	100 m H	9.B.		12:12	800M	S.G.	
9:07	80 m H	J.G		12:18	800M	S.B.	
9:12	80 m h	9.G.		12:28	200M	9.G.	
9:20	400 M	9.G.		12:33	200M	9.B.	
9:25	400 M	9.B.		12:38	200M	J.G.	
9:30	400 M	J.G.		12:43	200 M	J.B.	
9:35	400 M	J.B.		12:48	200M	S.G.	
9:40	400 M	S.G		12:53	200M	S.B.	
9:45	400M	S.B.					
9:55	1500 M	9.G.		1:05	Steeplec	Gr9 +	
10:03	1500 M	9.B.		1:15	Steeplec	Gr9 +	
10:11	1500 M	J.G.		1:25	Steeplec	SG	
10:19	1500 M	J.B.		1:35	Steeplec	SB	
10:27	1500M	S.G.					
10:35	1500M	S.B.		1:45	4 x 100	9.G.	
10:45	100 M	9.G.		1:52	4 x 100	9.B.	
10:49	100 M	9.B.		1:59	4 x 100	J.G.	
10:53	100 M	J.G.		2:06	4 x 100	J. B.	
10:57	100 M	J.B.		2:13	4 x 100	S.G.	
11:01	100 M	S.G.		2:20	4 x 100	S.B.	
11:05	100 M	S.B.					
				2:25	4 x 400	9.G.	
11:12	400 m h	SB		2:35	4 x 400	9.B.	
11:18	300m h	JB		2:45	4 x 400	J.G.	
11:24	400m h	SG		2:55	4 x 400	J. B.	
11:30	300m h	JG		3:05	4 x 400	S.G.	
11:36	300 h	9 B		3:15	4 x 400	S.B.	
11:42	300m	BG					
Go to right column >>>>							

Field Events 2015: Wednesday May 6							
TIME	EVENT		coach use (names)	TIM	EVENT		coach use (names)
8:30 am	Long jump	JG		11:30	Long jump	S.B.	
8:30 am	Triple	JB.		11:30	Triple jump	S G.	
8:30 am	Shot Put	S.G		11:30	Shot put	JB	
8:30 am	Discus	S.B		11:30	Discus	JG	
8:30 am	Javelin	B.B.		11:30	Javelin	9G	
				11:30	high jump (1)	JB	
9:00	Pole Vault	all girls		11:30	high jump (2)	JG	
9:30 am	Long jump	S. G.					
9:30 am	Triple	S.B.		12:30	Long Jump	9G	
9:30 am	Shot put	B.G		12:30	Shot Put	9B	
9:30 am	Discus	J B		12:30	Discus	BG	
9:30 am	Javelin	J G		12:30	Javelin	S B	
9:30 am	High Jump	9G		12:30	Triple Jump	B B	
9:30 am	High Jump	9B					
				1:30	discus	SG	
10:00	Pole Vault	all boys		1:30	Javelin	JB	
10:30	Discus	9B		1:30	Triple jump	9G	
10:30	Long Jump	J B		1:30	High Jump(1)	SB	
10:30	Triple	JG		1:30	Shot Put	JG	
10:30	Shot Put	SB		1:30	High jump (2)	SG	
10:30	Javelin	SG		1:30	Long jump	9B	

16. Event Specifications

IMPLEMENT CHART – JUNIOR AND SENIOR SECONDARY

	DISCUS sector is 34.92	JAVELIN sector is 29.0	SHOT PUT sector is 34.92	HAMMER sector is 34.92 degrees
Senior (Open): Girls	1 kg	600 gram	4 kg	4kg
Senior (Open): Boys	1.75 kg	800 gram	6 kg	6 kg
Junior Girls + Grade 9 Girls	1 kg	500 gram	3 kg	3 kg
Junior Boys + Grade 9 Boys	1.5 kg	700 gram	5 kg	5 kg

EVENT SPECIFICATIONS- Hurdles

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Girls	100	10	33	13.0	8.5	10.5
Senior Boys	110	10	39"	13.72	9.14	14.02
Senior	400	10	30"	45	35	40
Senior(Open):Boys	400	10	36"	45	35	40
Bantam/Jr Girls	300	7	30"	45	35	45
Junior Boys .	300	7	33"	45	35	45
Grade 9 Girls	80	8	30"	12.0	8.0	12.0
Grade 9 Boys	100	10	33"	13.0	8.5	10.5
Junior Girls	80	8	30"	12.0	8.0	12.0
Junior Boys	100	10	36"	13.0	8.5	10.5

Thanks to the Championship Committee Host schools for 2015

Spectrum Gary Baker Meet Director
Oak Bay Kate Baker Director (officials)
tba – Hospitality

THANKS TO OUR SPONSORS: Staples, St John Ambulance, BC Athletics officials