

# 2015 Track & Field League Information

2015 Commissioners:

Co-Meet Director: Alex Lemon, Arbutus

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Co-Meet Director: Shane Pask, Cedar Hill

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## 1. 2015 Dates:

#1 League Meet	Monday, May 11	4:00 – 6:30 <b>COACHES MEETING @ 3:45 (mandatory)</b>
#2 League Meet	Wednesday, May 20	4:00 – 6:30 *COACHES MEETING* @ 3:45 (mandatory)
#3 League Meet	Monday, May 25	4:00 – 6:00 back up day + relay qualification and 2000m FINAL *COACHES MEETING* @ 3:45 (mandatory)
Seeding Meeting	Wednesday, May 27	(mandatory for coaches) 4 pm @ Cedar Hill
#4 Championship Meet	Wednesday, June 3	9:00 to 3:30 pm *COACHES MEETING* @ 8:45 (mandatory)

## 2. Events:

<u>Running Events</u>		<u>Field Events</u>	
100 m	800 m	Shot put	** Discus
200 m	1200 m	Long jump	** Triple jump
400 m	**2000 m	High jump	
**80 m hurdles – 30" high Girls -12 m to first hurdle- 7.5 m between hurdles – 15.5 m to finish Boys – 12 m to first hurdle – 8 m between hurdles – 12 m to finish			
4x100 m relay	** 4x400 m relay		
** note: depending on entries, all age groups in a gender, may be run off together, or otherwise combined			

## IMPLEMENT WEIGHTS

	DISCUS (sector is 34.92 degrees)	SHOT PUT (sector is 34.92 degrees)
Gr 8 Girls	1 kg	6 lb
Gr 8 Boys	1 kg	6 lb
Gr 7 Girls	1 kg	4 lb
Gr 7 Boys	1 kg	6 lb
Gr 6 Girls	1 kg	4 lb
Gr 6 Boys	1 kg	4 lb

## Age Categories:

All participating students must remain in their age groups (grades) for all events. Athletes should compete in the grade in which they are registered – any exception to this (i.e. having as student compete in a grade above or below) must be approved by the Meet Director.

### 3. League meet information

a) **Entry limits:** There will be 3 league Meets where athletes in grades 6-8 will be able to qualify for an event under competitive conditions. Athletes may compete in as many events as they wish within the possibilities of the schedule. COACHES TO ASSIST ATHLETES TO MAKE REALISTIC CHOICES FOR EVENT ENTRY FOR SAFETY, AND SO THAT EVENT SCHEDULES ARE NOT HELD UP.

8 students per age group & gender may represent their school on any given day of qualification. **There will be 12 students per age group & gender permitted to enter the 100m. (2014/2015 change)**

No ribbons will be awarded during League meets — Results will be processed after each league Meet and posted on the Athletic Association website. <http://www.lowerislandschoolsports.ca/middle-schools/track-and-field/results/>

#### b) League Meet day procedure:

i) Coaches (Schools) must provide labels – “Avery”- 3.5 in long – approx 1/2 in. wide. – Please plan ahead to have stickers this size. The stickers may be pre-printed with the name, school and age group of every athlete. The event can be added to the label (sticker) on the day of the Qualifying Meet. Use ball point pen when stickers are handwritten, and in case of rain put sticker on inside of uniform to keep dry.

Name tags (labels) have: Name, school, grade, gender, event—

Mary Kate Fastrunner Girls	Arbutus 100 m	Gr 6
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- Only the last runner for each relay team will need a sticker with their: school name, grade, gender, and event ie: (Arbutus – Gr. 6 – G – 4x100 relay)

Athletes check in with event officials, wearing their sticker

**Track events:** Upon the completion of their event the sticker will be taken off their shirt and placed on the judges result sheets that will be forwarded to the results press box.

**Field events:** Stickers are given to event official at check in.. Note that athletes SHOULD CHECK IN UPON ARRIVAL and will be allowed to leave their field event to compete in a running event, but advance planning from you could help the athlete to finish their field event attempts without interruption for most events.

**ii) Minimum standards:** While the league philosophy is to encourage participation, the competition days are not meant to provide athletes with the chance to try events out for the first time. Coaches are not to be giving instructions during the athletes' attempt and should not bring athletes to the competition having had no prior training.

**High Jump:** – Minimum start height is: gr 6–100cm, gr 7&8–110cm. Each jumper will be allowed a maximum of 9 attempts- so should judge when to enter the competition and which heights to “pass”. High jump heights will increase by 5 cm increments. Any athlete leaving high jump for a track event must re-enter the competition at the current height.

**Long Jump:** Girls need to be able to jump 3.2 m, Boys is 3.3m.

Due to the large number of entries, Horizontal (triple and long jump) officials have the right to organize the competitors into groups of five so that they take their warm up and **3 trials (new in 2014/2015)** in a timely manner. Usually the best attempt only will be measured. **1 warm-up and 3 attempts will also be given in the triple jump.**

**Shot Put:** students should be able to put the shot a minimum distance- as follows

Gr. 6 girls 4.5m	Gr. 7 girls 5.5m	Gr. 8 girls 6.5m
Gr. 6 boys 5.5m	Gr. 7 boys 6.5m	Gr. 8 boys 7.5m

**Discus:**

Shot Put and Discus: Officials have the right to organize the competitors into groups of five so that they take their warm up and 2 trials in a timely manner. Best attempt-or attempts beyond a minimum distance, only to be measured

**Standards for Running events:** - to be determined at the discretion of each school

**Practice Relay races for 4x100 and 4x400** will take place at the end of the League Meets #2 depending on the time available. These practice races will not be timed. Qualifying times will be taken on the relay race day May 25

**c) Rules and Expectations** – Organizational information for coaches. REVIEW/ REINFORCE WITH STUDENTS SAFETY RULES– THIS IS VERY IMPORTANT– ESPECIALLY: DON'T CROSS FINISH LINE UNLESS THEY ARE FINISHING A RACE AND KEEP OUT OF INFIELD AT ALL TIMES.

- REVIEW WITH STUDENTS WHERE THEY REPORT FOR EVENTS (find out if you don't know!!)
- NO ONE SHOULD USE THE LEAGUE MEETS AS THE "FIRST TRY" AT AN EVENT. PRACTICE/WARM UPS AT FIELD EVENTS WILL BE VERY LIMITED. NO FIRST TIMERS FOR THE 2000M (they need to have run this distance before). THESE ARE COMPETITIONS, NOT CLINICS
- BRING ENOUGH STICKERS- ONE FOR EACH EVENT A STUDENT WILL ENTER (FILL OUT IN ADVANCE)
- PARKING – THE PARKING SITUATION HAS CHANGED DRAMATICALLY AT UVIC. ALL DRIVERS WILL BE REQUIRED TO PAY \$2 PER VEHICLE (EVEN VOLUNTEER OFFICIALS). ANY REIMBURSEMENT FOR COACH AND OFFICIALS' PARKING COSTS WILL BE UP TO EACH SCHOOL
- EACH SCHOOL BRING GARBAGE BAGS FOR GARBAGE COLLECTION DURING THE MEET
- ENSURE ALL ATHLETES ARE AWARE OF RULES AND CONSEQUENCES AND OF CODES OF CONDUCT.  
EVERY ATHLETE MUST MAINTAIN A RESPONSIBLE, SPORTSMANLIKE AND CARING ATTITUDE . CONDUCT INFRACTIONS COULD RESULT IN THE ATHLETE'S DISMISSAL FROM THE TRACK MEET AND /OR DISMISSAL FROM FUTURE MEETS.
- REVIEW RULES AND EVENT PROCEDURES FOR THE EVENT YOUR SCHOOL IS RUNNING. ( AT END OF INFO PACKAGE). EACH SCHOOL IS EXPECTED TO PROVIDE ADULT OFFICIALS AS PER THE ASSIGNMENT LIST (Page 4/5).WE ARE DEPENDENT ON YOUR SCHOOL TO KEEP ITS COMMITMENT TO RUNNING THE EVENT AS LISTED IN THIS PACKAGE. IF, FOR ANY REASON YOU HAVE SOME DIFFICULTY MEETING THIS COMMITMENT, A) FIND SOMEONE TO TAKE YOUR PLACE B) LET THE COMMISSIONER KNOW.
- ALTHOUGH YOU MAY HAVE ACCESS TO THE STADIUM , THE ATTENDANTS WILL NOT BE PRESENT TO UNLOCK ROOMS UNTIL 3:30 ( OR 8:30AM FOR FINAL MEET)
- ALL ATHLETES MUST REMAIN IN THE STANDS UNLESS THEY ARE: COMPETING, USING THE WASHROOM OR WARMING UP FOR EVENT. – UNDER NO CIRCUMSTANCES SHOULD ANY OBJECT BE THROWN (GARBAGE, PINE CONES, WATER, JUICE ETC.) – ATHLETES MAY REMAIN IN THE WASHROOMS FOR ONLY 5 MINUTES (WITHIN REASON) AT A TIME .(we've had vandalism in the past) KEEP ATHLETES OFF THE INFIELD AREA

## 4. Officiating duties -

All SCHOOLS -Please check chart below for your duty for each Meet -contact Commissioner IMMEDIATELY if there is some problem with your assignment.

**Bring tape measures and implements needed at your field event.** (Be sure to bring the correct size)

**Schools will be responsible for providing 2 ADULTS and 2 student helpers for each field event, as well as any equipment needed to run that event. \*\*\*Officials need to be set up and ready to start at 3:50!!**

Schools Allocating Duties for Track and Field (DRAFT)				
Event / Job	Duties	When	School Responsible	Contact Name
Meet Director 1	General Meet Coordination, Results, Announcements etc. switch with Vice Director for Meet 2	Shared Duties	Arbutus	Alex Lemon
Meet Director 2	Vice Meet Director, Officials allocator, back up finish line switch with Director for Meets 2	Shared Duties	Cedar Hill	Shane Pask
Food	Provide Volunteers with Snack and Lunch	Championship Meet	SMUS	Nancy Mollenhauer
Ribbons		Championship	Monterey	Kelly Dodds and Athletic Leadership
<b>TRACK EVENTS</b>				
Marshall and Starters assist	start line /check in and move starters tower		St Patrick's	Sam Butler, Cathie Achtem, Robbie Veennhof
Finish Line Coordination	Oversee All Days	All Meets	Community Track Volunteers*	
Finish Line Timers	Timers (# to be determined)	All Meets	Monterey, Stubbs, Bayside, Shoreline, ROMS, Cedar Hill Athletic Leadership	Kelly Dodds, Charlotte Haley, Linda Ryall, Megan Peddie,
Finish Line Judges	Provide 3 Judges	Meet 2, Championship	Claremont Volunteers	
Finish Line Judges	Provide 3 Judges	Meet 1	Claremont Volunteers	
Relay Judges	Judges (4)	Meet 3, Championship	All Schools	
Hurdles	Put on track, adjust, and remove	Meet 2, Championship	ALL SCHOOLS, Cedar Hill Athletic Leadership	

Field Events:				
All schools will be responsible for providing a minimum of 2 adults and 2 student helpers for each field event, as well as any equipment needed to run that event. Become familiar with the rules, and come as early as possible to set up the competition area				
Girls High Jump	Tape Measure	Meet 2, Championship	Colquitz	Christine Crljenkovic
Girls High Jump 2	Tape Measure	Meet 2	St Margaret's	Travis Chater, Bev Waterfield
Boys High Jump	Tape Measure	Meet1, Championship	GNS	Paul O'Callaghan
Boys High Jump 2	Tape Measure	Meet1, Championship	Lansdowne	Brendon Restall, Patrick Carr
Girls Triple Jump	Tape Measure	Meet 2, Championship	Brodeur	Danièle Riendeau
Boys Triple Jump	Tape Measure	Meet 2 Championship	Glanford	Andrew Shires Vicky Seaberg
Girls Long Jump	Tape Measure	Meet 1, Championship	Rockheights	Dave Backhouse Roger Duval
Boys Long Jump	Tape Measure	Meet 1 Championship	North Saanich	Paul Pépin Harriet Wheatley
Girls Shot Put	4 lbs. Tape Measure	Meet 1, Championship	Journey	Laura Barnes, Randy Dunbar (please?)
Boys Shot Put	Gr 7/8 6lbs. Gr 6 4lbs. Tape Measure	Meet 2, Championship	Dunsmuir	Brian Hobson
Girls Discus	1kg. Tape Measure	Meet 2, Championship	Gordon Head	Shawn Edwards
Boys Discus	1kg. Tape Measure	Meet 1, Championship	SMU	Nancy Mollenhauer

## **5. Detailed League Meets Schedule**

\*\*\*No start times are listed beside events as entry numbers are impossible to predict. . Events will be called over the PA- this will give time for the athletes running first, to time their warm ups more accurately

Track events are run oldest to youngest in order listed below. Runners will be randomly assigned to heats, mixing schools as much as possible. Field events are run youngest to oldest.

## **League Meet #1 Monday May 11**

Events begin at 4 pm – estimate 6:30 finish  
Track events are run oldest to youngest in the order listed below.

800m all 6 groups – waterfall start may be used  
200 m  
2000 m

Field events are run youngest to oldest in the order listed below. Warm up time will be limited. Please check in with the field event official before you go to track events.

Long jump – girls ( pit 1)(Rockheights) athletes get 2 attempts each  
Long jump – boys (pit 2)(North Saanich) athletes get 2 attempts each  
High Jump – boys gr. 6 (pit 1)(GNS) max of 9 attempts / athlete  
High Jump – boys gr. 7/8 (pit 2)(Lansdowne) max of 9 attempts / athlete  
Discus – boys (SMUS)- 3 attempts  
Shot put ( 4lbs gr. 6/7/ 6 lbs- gr. 8)- girls (Journey) (outside stadium near 100 m start) 3 attempts

## **League Meet #2 Wednesday May 20th**

Events begin at 4 pm – estimate 6:30 finish  
Track events are run oldest to youngest in the order listed below.

Sprint hurdles in lanes 3 – 9  
1200 m – lanes 1-2  
100 m  
400 m -all 6 groups – waterfall start may be used  
4x100m – practice - no timers (self-time)

Field events are run youngest to oldest in the order listed below. Warm up time will be limited.

Triple jump – girls ( pit 1) (Brodeur) athletes get 2 attempts each  
Triple jump – boys (pit 2) (Rockheights) athletes get 2 attempts each  
High Jump – girls gr 6 (pit 1) (Colquitz) max of 9 attempts / athlete  
High Jump – girls gr 7/8 (pit 2) (St. Margs) max of 9 attempts / athlete  
Discus- girls (Gordon Head) –3 attempts  
Shot put- boys (Dunsmuir) (gr. 7/8 = 6lbs, gr 6 = 4 lbs- outside stadium near 100 m start)

## **League Meet #3 Monday May 25th**

Events begin at 4 pm – estimate 6:00 finish. Track events are run oldest to youngest in the order listed below.

2000m final\*\* check results from May 11 online to determine the top 16 runners for the 2000m. (top 16 plus 2 alternates should attend for boys and girls) If your athlete is NOT going to participate contact the Meet Director.

- 4X100 relay qualifying—all schools be prepared to provide workers as zone judges
- other track events as needed to complete
- 4x400 practice races follow if time permits (self-time)

## 6. Qualifying for the Championship from League Meets

**a) Track Events** :In the 80m hurdles, 100m, 200m, 800m, 4x100 , and 1500m 2 flights (A,B) will qualify for the Championship Meet: Top 8 times will be entered into A flight, next 8 times will enter B flight. 3 alternates will also be named that should consider attending the Championship. 3 alternates will be listed for all running events so that coaches can alert those athletes to the possibility that they may compete if a lane is empty at the Finals. Once an athlete is entered into a heat, they may not run in a different heat.

**b) Qualifiers for the 2000m** race on May 25 will be indicated on results that coaches have been sent after May 11, and can also be seen on the website.

**c) 4x400 relay** will be held as a timed final at the Championships only. Depending on the number of entries, age groups may be combined. Lanes will be randomly assigned.

**d) Field Events:** Top 12 qualify

### **e) School and individual Qualifying limits:**

-Relays – - there is a maximum of 2 teams per school per category (4x400 and 4x100)

-A maximum 3 athletes per school will be allowed to compete in any (all) individual events

-individual athletes may qualify in a max of 3 individual events + 2 relays

\*\* NOTE: it is poor practice to have students in 3 running events + relay (too physically demanding).

Many qualifiers have been dropping out (too many events?), so officials will enforce a rule: If an athlete “no shows” at an event for which they have been qualified for and entered into, they are cancelled from all other events.

If athletes wish to reduce their # of events on race day (sickness or other) they must start the race they are entered in, but they may chose not to finish it. This would not result in disqualification from future events that day.

## 7. Seeding Meeting Information:

**Date: Wednesday, May 27th 2015 - at Cedar Hill at 4pm**

It is compulsory for all coaches need to attend this meeting to compile event lists for the June 4 Championship Meet. Please meet with students before you attend the meeting in order to have a realistic tally of who is participating from your school.

### a. Prior to Seeding Meeting

- Coaches are review results from May 11 and May 20 carefully from the website prior to entry meeting for championships,
- Review and record qualifiers (can use attached form) and be aware of qualifying limits from above information
- Double check with students as to their intentions to participate and that transportation is lined up. Please be prepared.

**b. At Seeding Meeting:**

- Results will be reviewed event by event to see who qualifies and who is scratched and who will be moved up as a result. (coaches contribute their teams qualifying decisions)
- 16 qualifiers for track and 12 qualifiers for field
- listing alternates – 3 for track and \_2\_ for field and should show up to event
- Alternate takes the place of scratch. There is no movement up from 'B' flight to 'A' flight
- Alternates cannot exceed the limit of 3 participants per school ( or # of events per person)
- A list of qualifiers will be posted on the website, following the May 31 Meeting. They will be posted at the meet.
- declare ( register) 4x400 teams at this meeting
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c. If a coach is absent for this meeting (if a school is not represented) Athletes will not be entered into events.

d. 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.

8. Championship Schedule (June 3, 2015) – To be posted on LIMSSA website soon.