

## 2015 LVISSAA Track and Field Coaches' Handbook – League Track Meets

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Information updated on February 4, 2015.

### Summary of 2015 Track and Field Dates

LEAGUE MEET DATES AT UVIC:	<b>March 25, April 1, 8, 15, 22, 29</b>
COACHES SEEDING MEETING ON MONDAY,	MAY 4th AT 5:30 pm AT LAMBRICK (food provided)
HAMMER FINALS	MONDAY, MAY 4 AT 4PM AT LAMBRICK PARK
LOWER ISLAND CHAMPIONSHIPS	<b>WED MAY 6 AT UVIC</b>
ISLAND CHAMPIONSHIPS	<b>May 13 - 14 at UVIC</b>
BC COMBINED EVENTS CHAMPIONSHIPS	<b>May 22 &amp; 23</b>
BC CHAMPIONSHIPS (LANGLEY)	<b>June 4,5,6</b>

**1 B.C. Registration-** Player registration forms for all Boys' and Girls' Track and Field teams must be submitted to B.C. School Sports, (on line) no later than April 13. Additional names may be added to registrations no later than April 27 Athletes may not compete unless registered with BCSS.

**2. Lower Island Championships** (May 6) - Participants qualify for the Lower Islands through Track League 2015. A copy of the BCSS registration will be required by the Meet Director. Coaches will confirm entries for their schools based on the result of the league and of the coaches "seeding" meeting on May 4 at 5:30 pm at Lambrick Park. Light dinner will be provided. (See also #7 - INFORMATION WILL BE SENT OUT SEPARATELY).

**3. Island Championships** (May 13 & 14)- INFORMATION WILL BE SENT OUT SEPARATELY. Grade 9 competitors *qualify* through the Lower Island Meet on May 6. JUNIOR AND SENIOR events (qualifying for BC championships) require a separate entry process. These athletes must be entered through Direct Athletics.

Eligibility Rule: All athletes entering the JUNIOR AND SENIOR category must have competed at their respective Area Meet in at least one event. Athletes who do not compete in their Area Meet due to sickness or injury must have represented their school in at least one Track Meet prior to the area Meet in 2015.

Athletes should be told that if they finish in the top 3 at "Islands" they qualify to go to BCs. They should be ready to confirm whether or not they will attend the BC Championship, as if they cannot, **the next qualifying athlete needs to be informed immediately.**

**4. B.C. Championships-** Thursday June 4, to Saturday June 6. The top three athletes from each of the SENIOR and JUNIOR events are automatic qualifiers from the Vancouver Island Senior High Championships. Athletes that compete at the island zone Meet (May 13/14) and achieve the open zone standard are also eligible to apply for the BC Championships. (more detail with the Island Meet package)

#### 4. B.C. Championships cont'd

- Note: Coaches of qualifying athletes must inform Vancouver Island zone rep Angela McLeish if athlete **CAN NOT** compete at BC's (deadline 8 pm May 14) Contact Vancouver Island Zone Rep. Angela McLeish, St Andrews for more info.
- A school must be a member of the B.C. Schools' Track and Field Association in order to enter competitors in the B.C. meet
- For more details on the B.C. Championships, refer to the B.C. Secondary Schools' Track and Field web site at <http://www.bctfa.ca/#/>

#### 5. League format - One league meet per week- See detailed schedule attached for event list and times. THREE qualifying opportunities in all events .

**A) Track events** will have timed heats only. Laned events (100m, 200m, 400m, sprint hurdles,+distance hurdles ) will have separate races for each age division although some age groups will be combined to keep the meet moving.

Distance events (800m, 1500m, 1500m race walk and 3000m) will have separate races for each age division, or combined races involving more than one age division, or a single race involving all age divs. (depends on entry #'s)

1500m steeplechase will be offered for Grade 9s ( no water) and Juniors (with water)

**B) Open event:** - Hammer (Tuesdays March 24, April 14, April 28)

**C)Relays** - league events are exhibition only. Register relay teams by April 22nd. Qualifications races April 29 if needed.

**D) Field events** - DEPENDING ON THE NUMBER OF ATHLETES, will be held one age division at a time OR, two or more age divisions may compete at the same time. The final decision on which method is to be used will be made by the Head official of the particular event.

**NOTE:** Field event officials will establish minimum standards for each event. Jumps or throws falling short of the standard will NOT be measured. 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.

- Throws and horizontal jumps (triple and long) officials have the right to organize the competitors into groups of three so that they take their three trials in a timely manner. (best attempt only to be measured). New: Note Grade 9 and Jr. Girls shot put is now 3 kg
- High jump - competitors may have no more than 9 attempts and must use their discretion as to the height(s) at which they make their attempts .

#### **E) Event order for League Meets**

The first track event listed each day begins at 4:00 followed by the other track events in order. See the attached schedule for a detailed list of events.

Field events will be organized to make the most efficient use of time. The decision as to how to organize the athletes will be made by the Official in charge based on the number of athletes that show up, conflicting events on the schedule etc. Remember the philosophy is to allow the athletes to compete on the day. We don't want to penalize them for being late due to competing in another event. Field events must remain open at least 5:30 pm.

## 6. 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

## 7. Entry Information

### A. League Meets

An athlete may enter up to three individual events in each League Meet

An athlete should enter their appropriate age division but grade 9s may move up a category if they plan to enter the BC championships.

The only events where schools are restricted as to the number of athletes that can take part are the 100m and 200m. Schools are restricted to no more than 15 athletes per age group.

**Track Events:** Athletes sign in with the Starting Clerks just prior to the start of the event. Field: Athlete sign in with the Head Official of the particular event at the start time of the event. SIGN IN AT LEAST 15 MIN. PRIOR TO THE PUBLISHED START TIME USING STICKER SYSTEM (with their: school name ( abbreviation), category, and event.). Encourage Field event athletes to sign in by 4 pm.

Coaches to get own stickers - see sample below ( Avery 5160 works best) For relay teams, only the last runner will need a sticker

School: Mt Pleasant	category Bantam Girls
name: Suzie Que	100m

### B. Lower Island Championship ( May 6, 2015)

Entries for Lower Island Championship qualify as follows:- more information , including a detailed schedule, will be sent separately. (or see link above)

1. Entries are determined by ranking the best performances (i.e. times and distances) in a particular event during the League Meets. The top 8 performances in each event qualify for the city championships & the top 12 in the 1500m , Steeplechase, 1500 racewalk and 3000m qualify .

**IMPORTANT:** 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) will be moved into the Final.

2. The exact list of entries for the Lower Island Finals will be determined at the Entries Meeting 5:30 pm on May 4 (directly following the Hammer finals at Lambrick ), and will include dinner for coaches.

3. 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.

4. Athletes may be entered in the Lower Islands in no more than 3 individual events + 2 relays. An athlete should enter their appropriate age division but may move up a category if they plan to enter the BC championships.

**NOTE:** 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. However, an athlete whose relay team does not make the final in his/her event does not count the relay as one of their events.

5. An athlete may not be on both an "A" and "B" relay team in the same event.

6. A school is limited to three entries in the Final of each individual events. ( If a school has qualified more than three athletes in an event where there is not a full field for the final then more than three athletes from a school can compete. These athletes would not score team points.)

7. A school is limited TWO entries in each of the boys' and girls' 4x400 and 4x100 relay events

8. Lane Assignment (Track Events) and Order of Competition (Field Events)- are randomly assigned during League Meets.

9. Substitutions and Scratches: League Meets - As there is unlimited entry in these meets ( except in the 100m and 200m), there are no substitution or scratch restrictions.

#### 10. Reporting to Events

a) All competitors and officials must be ready to begin at 3:45 p.m. during League Meets.

b) It is the competitor's responsibility to know when and where his event is taking place. Field events – competitors please check in at 4 pm. Track events – report to starting line AT LEAST 15 MINUTES PRIOR TO THE PUBLISHED START TIME. Events will be called on the public address system but a competitor's name will not be called.

c). 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.

(The following will not be strictly adhered to for League Meets – but will be for the Lower Islands)

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

e) 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.

f). A competitor who returns from a track event or another field event to a field event (without delay and after vault and high jump) 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 a 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.

## 11. Equipment

- Throwing implements will be provided
- Athletes may bring their own starting blocks, measuring tapes and javelins, and must bring their own batons.
- Javelins may be required to be weighed by the Javelin officials prior to use in event.
- Competitors must bring their own poles for the pole vault.
- Starting Blocks: Competitors may bring their own starting blocks, although blocks with the proper spikes will be provided by the Association .
- Batons: Competitors must bring their own relay batons for practice, but only batons provided by the Association are to be used in competition.
- Uniforms - All athletes are required to wear school uniform ( or unmarked white T- Shirt)

**8. .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

These responsibilities are determined at the League Organization Meeting each year. ( see attachment)

**\*\*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.

## TRACK AND FIELD LEAGUE MEETS SCHEDULE 2015

- All meets at UVic's Centennial Stadium
- League Meets start at 4:00pm Sharp
- Track events are run oldest to youngest athletes in the order listed. Athletes will be called over the PA. This will allow older athletes to time their warm-ups more accurately
- Usually, no start times are listed as entries for each event, as this is impossible to predict
- Field events are run in the order indicated

**MEET #1---WEDNESDAY MARCH 25 at U Vic**

4 pm	300/400 HURDLES IN LANES 4 - 8	400 hurdles is an open event 300 hurdles run separately for Gr 9 and Juniors
	1500M RACE WALK IN LANES 1-2	
followed by	4x 100 RELAY EXHIBITION	
	800 m	
	200 m	
	3000 m	
4 pm	GIRLS TRIPLE JUMP-- PIT 1	YOUNGEST TO OLDEST 3 ATTEMPTS EA
4 pm	BOYS TRIPLE JUMP-- PIT 2	OLDEST TO YOUNGEST 3 ATTEMPTS EA
4 pm	BOYS HIGH JUMP	3 ATTEMPTS PER HEIGHT/ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION
4 pm	BOYS DISCUS	OLDEST TO YOUNGEST
4 pm	GIRL JAVELIN	YOUNGEST TO OLDEST
4 pm	GIRLS SHOT PUT	OLDEST TO YOUNGEST - HELD OUTSIDE THE STADIUM NEAR 100 M START
4pm	Boys and Girls Hammer at Lambrick Park on Tues March 24-Participating schools officiate	

**MEET #2 WEDNESDAY APRIL 1 AT U VIC**

4 pm	SPRINT <b>HURDLES</b> IN LANES 3-9	+	<b>1500M</b> IN LANES 1-2
followed by	100 m		
	400m		
	STEEPLECHASE (boys then girls)	Gr 9 run 1500m steeplechase with no water jump. All other categories run 1500m with water jump except Senior Boys who run 2km with water jump.	
4 pm	GIRLS LONG JUMP-	Pit 1 --OLDEST TO YOUNGEST - 3ATTEMPTS EA	
start for	BOYS LONG JUMP--	Pit 2 -- YOUNGEST TO OLDEST - 3 ATTEMPTS EA.	
all field	GIRLS HIGH JUMP - PIT#1	Pit 1 --3 ATTEMPTS PER HEIGHT/ ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION	
	BOYS SHOT PUT	OLDEST TO YOUNGEST OUTSIDE THE STADIUM NEAR 100 M START	
	GIRLS DISCUS	OLDEST TO YOUNGEST	
	BOYS JAVELIN	YOUNGEST TO OLDEST	

**MEET #3 WEDNESDAY APRIL 8 at U Vic**

4 pm	300 / 400 HURDLES IN LANES 4 - 8	400 hurdles is an open event 300 hurdles run separately for Gr 9 and Juniors
	3000 m	
followed by	4x 100 RELAY EXHIBITION	
	800 m	
	200 m	
	1500M RACE WALK IN LANES 1-2	
4 pm	GIRLS TRIPLE JUMP-- PIT 1	YOUNGEST TO OLDEST 3 ATTEMPTS EA
4 pm	BOYS TRIPLE JUMP-- PIT 2	OLDEST TO YOUNGEST 3 ATTEMPTS EA
4 pm	BOYS HIGH JUMP	3 ATTEMPTS PER HEIGH/ ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION
4 pm	BOYS DISCUS	OLDEST TO YOUNGEST
4 pm	GIRL JAVELIN	YOUNGEST TO OLDEST
4 pm	GIRLS SHOT PUT	OLDEST TO YOUNGEST - HELD OUTSIDE THE STADIUM NEAR 100 M START
4pm	POLE VAULT (COMPETITION)- ALL BOYS AND GIRLS	

**MEET #4 WEDNESDAY APRIL 15 at U Vic**

4 pm	SPRINT <b>HURDLES</b> IN LANES 3-9 + <b>1500M</b> IN LANES 1-2	
followed by	100 m	
	400m	
	STEEPLECHASE (BOYS THEN GIRLS)	Gr 9 run 1500m steeplechase with no water jump. All other categories run 1500m with water jump except Senior Boys who run 2km with water jump.
4 pm	GIRLS LONG JUMP	PIT 1---OLDEST TO YOUNGEST 3 ATTEMPTS EA
start for	BOYS LONG JUMP	PIT 2---YOUNGEST TO OLDEST 3 ATTEMPTS EA
all field	GIRLS HIGH JUMP	3 ATTEMPTS PER HEIGHT /ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION
events	BOYS SHOT PUT	OLDEST TO YOUNGEST OUTSIDE THE STADIUM NEAR 100 M START
	GIRLS DISCUS	OLDEST TO YOUNGEST
	BOYS JAVELIN	YOUNGEST TO OLDEST
	HAMMER IS April 14	(Tuesday) at LAMBRICK AT 4PM officials from participating schools
	POLE VAULT (COMPETITION)- ALL BOYS AND GIRLS	

**MEET #5 WEDNESDAY APRIL 22 at U Vic**

4 pm	300/400 HURDLES IN LANES 4 - 8	400 hurdles is an open event 300 hurdles run separately for Juniors
	1500M IN LANES 1-2	12 qualify in the 3000M, 1500 + 1500 rw
	800 m	
	200 m	
***	STEEPLECHASE (BOYS THEN GIRLS )	Grade 9 run 1500m steeplechase with no water jump. All other categories run 1500m with water jump except Senior Boys who run 2km with water jump.
4 pm	GIRLS TRIPLE JUMP-- PIT 1	YOUNGEST TO OLDEST 3 ATTEMPTS EA
4 pm	BOYS TRIPLE JUMP-- PIT 2	OLDEST TO YOUNGEST 3 ATTEMPTS EA
4 pm	BOYS HIGH JUMP	3 ATTEMPTS PER HEIGHT / ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION
4 pm	BOYS DISCUS	OLDEST TO YOUNGEST
4 pm	GIRL JAVELIN	YOUNGEST TO OLDEST
4 pm	GIRLS SHOT PUT	OLDEST TO YOUNGEST - HELD OUTSIDE THE STADIUM NEAR 100 M START
4pm	POLE VAULT (COMPETITION) - ALL BOYS AND GIRLS	
<b>RELAY ENTRIES DUE TO ANGELA MCLEISH TODAY</b>		



**MEET #6 WEDNESDAY April 29 at U Vic**

4 pm	SPRINT HURDLES IN LANES 3-9	
4 pm***	3000 m FINAL	ALL ENTRIES WELCOME FOR THE 3000 M FINALS
followed by	100 m	
followed by	4x 100 RELAY	** any relays requiring heats for the Lower Island Finals will be run at this time – others are exhibition
	400m	
	1500M RACE WALK IN LANES 1-2	
4 pm	GIRLS LONG JUMP-- PIT 1	OLDEST TO YOUNGEST 3 ATTEMPTS EA
start for	BOYS LONG JUMP-- PIT 2	YOUNGEST TO OLDEST 3 ATTEMPTS EA
all field	GIRLS HIGH JUMP	3 ATTEMPTS PER HEIGHT /ATHLETE TO A MAX OF 9 ATTEMPTS TOTAL FOR THE COMPETITION
events	BOYS SHOT PUT	OLDEST TO YOUNGEST OUTSIDE THE STADIUM NEAR 100 M START
	GIRLS DISCUS	OLDEST TO YOUNGEST
	BOYS JAVELIN	YOUNGEST TO OLDEST
**	POLE VAULT COMPETITION - LOWER ISLAND FINAL FOR BOYS AND GIRLS IN THE TOP 8 IN THEIR AGE CATEGORY	
	HAMMER IS TUES APRIL 28TH (BOYS AND GIRLS)	AT LAMBRICK AT 4PM - PARTICPATING SCHOOLS OFFICIATE
	POLE VAULT (COMPETITION) - ALL BOYS AND GIRLS	

NOTE: \*\* 12 QUALIFY IN THE 1500, SR STEEPLECHASE AND 1500 RACE WALK ( TOP 8 IN ALL OTHER EVENTS-- JR STEEPLECHASE HAS 8 QUALIFIERS TO FINALS)

NOTES:\*\*RELAY ENTRIES ARE DUE **APRIL 22** to ANGELA McLEISH.

RELAY TEAMS MUST BE COMPRISED OF THE SAME AGE CATEGORY.( IE GR 9 RUNNERS CANNOT MOVE UP TO COMPETE IN A JUNIOR RELAY, WHEN COMPETING AS A GR 9 IN INDIVIDUAL EVENTS ) RELAYS THAT REQUIRE HEATS WILL BE RUN ON APRIL 29. TEAMS THAT QUALIFY MUST RUN AS A GROUP IN FINALS ON THE 6th. SUBSTITUTIONS ARE PERMITTED IN THE CITY FINALS DUE TO INJURY BUT THE SUBSTITUTE MUST BE IN THE SAME CATEGORY, DID NOT RUN ON A B TEAM IN THE QUALIFYING HEATS .

## League Officiating Responsibilities—2015

SCHOOL	TEACHER IN CHARGE	OFFICIALS FOR:
St Andrews	Angela McLeish	STARTING CLERKS/REGISTRATION/STARTERS
	Dave Weicker et al	PHOTO FINISH
	Joe Piercy SAS	Head Judge
<ul style="list-style-type: none"> <li>SCHOOLS BELOW NEED TO PROVIDE ONE PERSON EACH WEEK .LEADERSHIP STUDENTS LOOKING FOR HOURS ARE WELCOME</li> <li>ALL SCHOOLS ARE TO PROVIDE A FINISH LINE PERSON FOR DAYS THAT THEY ARE NOT OFFICIATING A FIELD EVENT</li> </ul>		
St Andrews	Angela McLeish	Results, Starters, Marshals
COMMUNITY OFFICIALS	K Newell J Little, E Lingwood Gerard Dumas	Grounds and equipment jumps & throws  Pole Vault
MT DOUGLAS	Al Niezen Owen Clements	Grounds and equipment HURDLE MOVERS for 400/300 and set up all hurdles + POLE VAULT
All Participating schools		STEEPLECHASE SET UP
REYNOLDS	Ken Christianson	HIGH JUMP Pit #1
BELMONT	TBA	GIRLS TRIPLE JUMP
STELLY'S	Kevin Smyth	GIRLS JAVELIN
OAK BAY	Mike Sheffer	BOYS DISCUS
LAMBRICK PARK	Tom Turnbull	GIRLS DISCUS
CLAREMONT	Lorna Lundeen	BOYS JAVELIN
SMUS	Judy Tobacco	BOYS TRIPLE JUMP
SPECTRUM/ESQUIMALT	TBA	BOYS SHOT PUT
PARKLAND	Tamara Willock	GIRLS SHOT PUT
PCS	John Stewart – To be confirmed.	BOYS LONG JUMP
DUNSMUIR/SPENCER	Daniel Mussell	GIRLS LONG JUMP
GNS, /ED MILNE	Paul O'Callaghan	Finish and start line
TBA		RESULTS +ENTRIES TABULATION CREW

## Event Specifications for Hurdles

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Girls	100 m	10	33"	13.0 metre	8.5 metres	12.0 m
Senior Girls	400 m	10	30"	45 metres	35 metres	40 metres
Senior Girls 1500m Steeplechase		Miss first 3 barriers	30"	Start near 200m start line <b>with water</b>		
Gr 9 Girls and Junior Girls	80 metres	8	30"	12.0 metres	8.0 metres	12.0 metre
Junior Girls	300 metres	7	30"	45 metre	35 metres	45 metres
Junior Girls 1500m Steeplechase		Miss first 3 barriers	30"	Start near 200m start line <b>with water</b>		
Grade 9 Girls 1500m Steeplechase		Miss first 3 barriers	30"	Start near 200m start line <b>NO water</b>		
Senior Boys	110 m	10	39"	13.72 m	9.14 m	14.02 m
Senior Boys	400 m	10	36"	45 metres	35 metres	40 metres
Senior Boys 2000m Steeplechase			33"	Start at 1500m mark with water		
Junior Boys	300 m	7	33"	45 metres	35 metres	45 metres
Junior Boys	100 metres	10	36"	13.0 metres	8.5 metres	10.5 metre
Grade 9 Boys	100 metres	10	33"	13.0 metres	8.5 metres	10.5 metre
Gr 9 Boys	300 metres	7	30"	45 metre	35 metres	45 metre
Jr Boys 1500m Steeplechase		Miss first 3 barriers	30"	Start near 200m start line <b>w water</b>		
Grade 9 Boys 1500m Steeplechase		Miss first 3 barriers	30"	Start near 200m start line <b>NO water</b>		

## IMPLEMENT CHART - JUNIOR AND SENIOR SECONDARY THROWS

	<b>DISCUS</b> sector is 34.92 degrees	<b>JAVELIN</b> sector is 29.0 degrees	<b>SHOT PUT</b> sector is 34.92 degrees	<b>HAMMER</b> 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
Jr Girls + Gr 9 Girls	1 kg	500 gram	3 kg	3 kg
Junior Boys	1.5 kg	700 gram	5 kg	5 kg
Grade 9 Boys	1 kg	600 gram	4 kg	4 kg