**2016 LVISSAA Track and Field Coaches’ Handbook – League Track Meets**

**League Commissioner**: Angela McLeish of St. Andrew’s. [angelamcleish@gmail.com](mailto:angelamcleish@gmail.com)  
Information updated on February 7, 2016, March 30, 2016.

Summary of 2016 Track and Field Dates

|  |  |  |
| --- | --- | --- |
| LEAGUE MEET DATES AT UVIC: | | **March 30, April 6, 13, 20, 27, May 4** |
| COACHES SEEDING MEETING ON MONDAY, MAY 9th AT 5:30 pm AT LAMBRICK (food provided) | | |
| HAMMER FINALS |  | MONDAY, MAY 9 AT 4PM AT LAMBRICK PARK |
| LOWER ISLAND CHAMPIONSHIPS |  | **WED MAY 11 AT UVIC** |
| ISLAND CHAMPIONSHIPS | | **May 18 – 19 at UVIC** |
| BC COMBINED EVENTS CHAMPIONSHIPS | | **May 27 & 28** |
| BC CHAMPIONSHIPS (Nanaimo) | | **June 2-4** |

**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 18. Additional names may be added to registrations no later than May 2 Athletes may not compete unless registered with BCSS.

**2. Lower Island Championships** (May 11) - Participants qualify for the Lower Islands through Track League 2016.  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 9 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 18 & 19)- INFORMATION WILL BE SENT OUT SEPARATELY.  Grade 9 competitors *qualify* through the Lower Island Meet on May 11.  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 2016.

Athletes should be told that if they finish in the top 5 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 2,to Saturday June 4.The top 5 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 18/19) 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 (deadilne 10:30 am May 21) 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 April 5, April 19, May 3)

**C)Relays** - league events are exhibition only. Register relay teams by April 27th. Qualifications races   
May 4 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 2000 or later, (15 years + under as of Dec 31, 2015) and in Year 1,2, of eligibility   
Junior : Born 1999 or later, (16 years + under as of Dec 31, 2015) and in Year 1,2, or 3 of eligibility  
Senior Born 1997 or later, (18 years + under as of Dec 31, 2015 )–Year 1,2,3,4, 0r 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 11, 2016)**

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 being 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 2016

* 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 30 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 |  |
|  | ~~4x 100 RELAY EXHIBITION~~ |  |
| followed by | 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. April 5 -Participating schools officiate | |

**MEET #2 WEDNESDAY APRIL 6 AT U VIC**

|  |  |  |
| --- | --- | --- |
| 4 pm | SPRINT **HURDLES** IN LANES 3-9 + **1500M** 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 x 100M RELAY EXHIBITION |  |
| 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 13 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 |  |
|  | ~~4x 100 RELAY EXHIBITION~~ |  |
| followed by | 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 20 at U Vic**

|  |  |  |
| --- | --- | --- |
| 4 pm | SPRINT **HURDLES** IN LANES 3-9 + **1500M** 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 x 100M RELAY EXHIBITION | |
| 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 19 | (Tuesday) at LAMBRICK AT 4PM officials from participating schools |
|  | POLE VAULT (COMPETITION)- ALL BOYS AND GIRLS | |

**MEET #5 WEDNESDAY APRIL 27 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 | |
| **RELAY ENTRIES DUE TO ANGELA MCLEISH TODAY** | | |

**MEET #6 WEDNESDAY May 4 at U Vic**

|  |  |  |
| --- | --- | --- |
| 4 pm | SPRINT HURDLES IN LANES 3-9 | |
| 4 pm\*\*\* | 3000 m LI FINALS | 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 May 3 (BOYS AND GIRLS) | AT LAMBRICK AT 4PM -  PARTICPATING SCHOOLS OFFICIATE |
|  | POLE VAULT (LI FINALS) - 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 27 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 MAY 3. 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 AND NOT PREVIOUSLY RUN ON A B TEAM IN THE QUALIFYING HEATS.

League Officiating Responsibilities—2016

|  |  |  |  |
| --- | --- | --- | --- |
| **SCHOOL** | **TEACHER IN CHARGE** | **OFFICIALS FOR:** | |
| St Andrews | Angela McLeish | STARTING CLERKS/REGISTRATION/STARTERS | |
|  | Dave Weicker et al | PHOTO FINISH | |
|  |  | Head Judge | |
| * SCHOOLS BELOW NEED TO PROVIDE ONE PERSON EACH WEEK .LEADERSHIP STUDENTS LOOKING FOR HOURS ARE WELCOME | | | |
| * ALL SCHOOLS ARE TO PROVIDE A FINISH LINE PERSON FOR DAYS THAT THEY ARE NOT OFFICIATING A FIELD EVENT | | | |
| 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/Josh Cloutier 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 |
| GNS | Paul O’Callaghan | | 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 |
| SPECTRUM | Jon Cain | | BOYS TRIPLE JUMP |
| ROYAL BAY | Dante DiPonio | | BOYS SHOT PUT |
| PARKLAND | Colleen McNamee | | GIRLS SHOT PUT |
| PCS | John Stewart | | BOYS LONG JUMP |
| SMUS | Judy Tobacco | | GIRLS LONG JUMP |
| St. Andrew’s & other schools |  | | 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 metres | | 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 **with water** | | | |
| Gr 9 Girls and  Junior Girls | 80 metres | 8 | | 30" | 12.0 metres | | 8.0 metres | 12.0 metres |
| Junior Girls | 300 metres | 7 | | 30″ | 45 metres | | 35 metres | 45 metres |
| Junior Girls 1500m Steeplechase | | Miss first 3 barriers | | 30" | Start near 200m start line **with water** | | | |
| Grade 9 Girls 1500m Steeplechase | | Miss first 3 barriers | | 30" | Start near 200m start line NO water | | | |
|  | | | | | | | | |
| 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 **w water** | | |
| Grade 9 Boys 1500m Steeplechase | | Miss first 3 barriers | 30" | Start near 200m start line NO water | | |

IMPLEMENT CHART - JUNIOR AND SENIOR SECONDARY THROWS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **DISCUS**  sector is 34.92 degrees | **JAVELIN** sector is 29.0 degrees | **SHOT PUT** sector is 34.92 degrees | **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 |
| 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 |