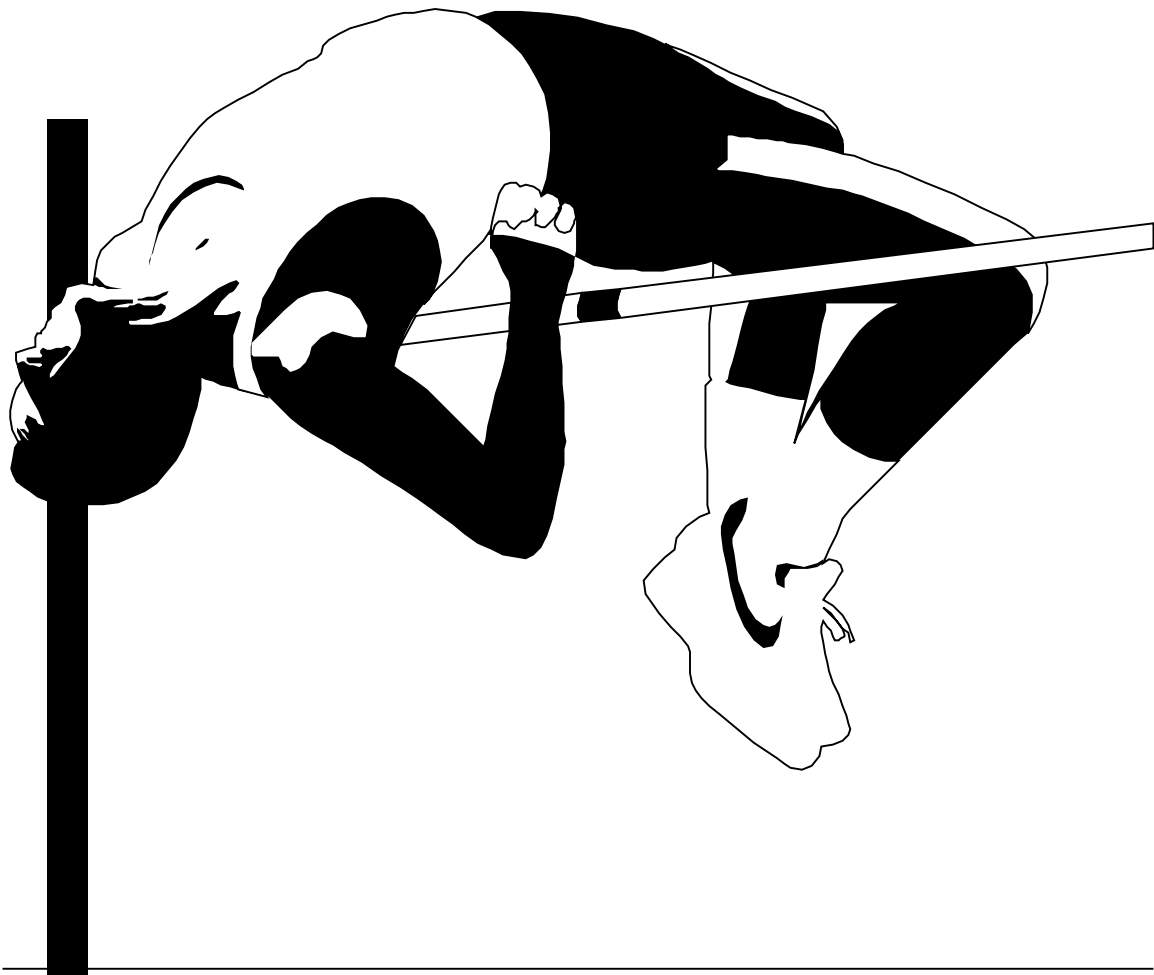


UPPER FRASER VALLEY TRACK AND FIELD CHAMPIONSHIPS 2019



Updated APRIL, 2019

UPPER FRASER VALLEY CHAMPIONSHIPS

ROTARY STADIUM

Wednesday May 1st & Thursday May 2nd, 2019

ENTRIES

1. Each school may enter as many athletes or relay teams per event as they wish. Except the 100m and long jump please try to reduce your number per category to speed up the meet.
2. Each athlete may enter a maximum of three individual events and two relays. Any athlete who competes in a fourth individual event or third relay will be disqualified from all events.
In order for an athlete to enter an event they must have a STICKER (supplied by coach) with their name, school and division clearly printed on it (the thin stickers work the best).
Avery Code #5566 THIS IS IMPORTANT BECAUSE THICK STICKERS DO NOT FIT ON OUR RESULTS SHEETS
3. Each school must pay \$5.00 per athlete or a maximum of \$350 per team. Make checks payable to CHILLIWACK S.S. And attach it to a team roster of athletes competing in this meet. Pay at the ribbon station when you pick up your registration package.
4. Please bring your B.C high school registration Stars Roster found on BC Schools Sports website.
5. All athletes are to register at the event sights with their **stickers** up to 15 minutes prior to the start of each event. Size of labels must fit into this space Avery Code #5066 or 15266 (30 per sheet 3 7/16th x 2/3rd)

SCORING

Individual Events

1st – 10 points
2nd – 8 points
3rd – 6 points
4th – 5 points
5th – 4 points
6th – 3 points
7th – 2 points
8th – 1 point

Relay Events

1st – 10 points
2nd – 8 points
3rd – 6 points
4th – 5 points
5th – 4points
6th – 3 points
7th – 2points
8th – 1 point

QUALIFICATIONS to THE FRASER VALLEY

CHAMPIONSHIP MEET

- Top 12 athletes in all individual events move on to the Fraser Valley Championships.
- Top 8 Relay teams move on to Fraser Valley Championships.
- To be eligible for the Fraser Valley Championships an athlete must qualify at this meet
- **REGISTRATION** for Fraser Valley registration is at Trackie.ca and coaches must submit the performance achieved at this meet from the finals of the athletes event.
- On-line entry deadline is May 8th 11:00pm, don't miss it!!!! You are responsible for the entries!

RESULTS: Will be posted on the Fraser Valley website: fraservalleytrack.net

CLEAN UP: Coaches bring 2 garbage bags and assign someone on the team to keep your area clean.

AWARDS

1. Ribbons for the top 6 finishers in each individual event. But Relays top 4 finishers receive a ribbon.
2. Medals for individual aggregates. Aggregates are based on the athlete's performance in his or her three individual events.(Grade 8 Girl, Grade 8 Boy, Junior Girl, Junior Boy, Senior Girl, Senior Boy)
3. Team trophies will be awarded to:
 - Grade 8 Team
 - Junior Team
 - Senior Team
 - Overall School Aggregate (Combined SR / JR not grade 8)

DISQUALIFICATIONS

1. Athletes must check into field events upon the first call or 15 minutes before event. Athletes may not check in after the event has officially started (the first athlete has registered a measurable attempt).
2. Athletes who have checked into a field event must complete their attempts before the next event at the event sight has started, if not they will forfeit all missed attempts.
3. Athletes in a track event must report to the marshalling area and sign in.
4. Starting blocks must be used in all laned events (100m, 200m, 400m, all hurdles, and relays).
5. Athletes must wear a uniform representing their school.
6. All schools must have at least one teacher in attendance to supervise their students the entire meet. If another teacher from a different school has agreed to supervise, written permission from the school's administration is required to be handed to the meet director.
7. The IAAF Rule Book will govern the meet.

APPEALS

1. All protests must be appealed in writing to the jury of appeal no later than 30 minutes after the event has concluded.

ELIGIBILITY

1. Students must compete in the grade they are registered in. A student who is in grade 11 must compete in the senior category even if his or her age allows him or her to be eligible for the junior category.
2. Now NO open events: reminder, you can only compete in one age category(gr8,Jr,Sr) in individual events

MEET STANDARDS

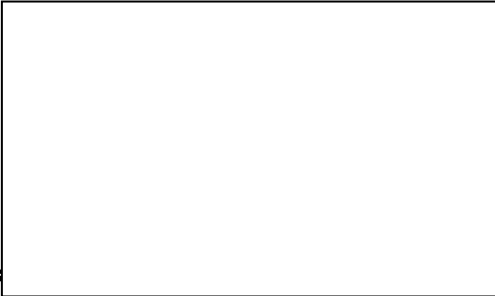
1. Starting heights for high jump will be:

Grade 8 Girls	1.10m	Grade 8 Boys	1.20m
Junior Girls	1.20m	Junior Boys	1.30m
Senior Girls	1.30m	Senior Boys	1.50m
2. Starting height for pole vault will be:

Girls & Grade 8 Boys	1.60 + 20 cm
Jr. Boys & Sr. Boys	2.20 + 20 cm

HURDLES

Grade 8 Girls, 80mH @ 30" / 76.2cm
 Junior Girls, 80mH @ 30" / 76.2 cm
 Grade 8 Boys 100mH 33"/83.6cm
 Senior Girls 100mH@33"/83.6cm
 Junior Boys 100mH @ 36" / 91.5 cm
 Senior Boys 110mH @ 36"
 Senior Girls 400mH 30" / 76.2 cm
 Senior Boys 400mH 36" / 91.5 cm
 Junior Girls 300mH 30" / 76.2 cm
 Junior Boys 300mH 33" / 83.8 cm
 Grade 8 girls and boys 200mH @ 30" / 76.2cm



The Events that have ** are events that can have a 1st place only one measured performance. After the first round the official will determine a measure for a minimum measurement (a cone or cones will be place there) and only performances past that cone measure mark (Every athlete will get at least one measurement so if they fault the first the second will be measured)

3. **Shot Put (3 attempts)
 Grade 8 Girls, Junior Girls 3kg
 Grade 8 Boys, Senior Girls 4 kg
 Junior Boys 5kg
 Senior Boys 6 kg
4. **Discus (3 attempts)
 All girls and Grade 8 Boys 1 kg
 Junior Boys 1.5 kg, Senior Boys 1.75kg
5. **Javelin (3 attempts)
 Senior Girls & Grade 8 Boys 600g, Junior Girls & Grade 8 Girls 500g
 Senior Boys 800g, Junior Boys 700g
6. **Hammer (3 attempts)
 Junior Boys 5 kg, Senior Girls 4kg
 Senior Boys 6 kg, Grade 8 Boys 4kg, Grade 8 Girls & Junior Girls 3kg
 Grade 8 boys hammer is not a BC event so if they want to move up an age category it must be in all events.
7. **Long Jump and **Triple Jump 3 attempts
8. Steeplechase – All Water
 Senior Boys 2000mSC Height 33"
 Junior Boys, Junior Girls & Senior Girls 1500mSC Height 30"

EQUIPMENT

****IT IS IMPORTANT THAT YOU PROVIDE THE EQUIPMENT STATED WHEN YOU ARE OFFICIATING AN EVENT. THE ABBY ROYALS TRACK & FIELD CLUB IS NOT RESPONSIBLE TO LEND US RAKES, MEASURING TAPES ETC. *****

1. Each school must bring their own baton for relays.
2. Schools officiating an event must supply the equipment and a clipboard.
3. Maximum length of spikes is 7mm.
4. Coaches make sure that athletes have **STICKERS** with their name and school on them
5. Walkie-Talkies are recommended

FIELD EVENT RESPONSIBILITIES

HAMMER THROW: CHILLIWACK SECONDARY SCHOOL(Harold Willers)

****supply a hammer (6, 5 kg for men and 3, 4 kg for women), measuring tape, and clipboard**

POLE VAULT: WJ MOUAT (Boys) + (Girls) (Coleen Fillian)

****mats and standards supplies, bring a crossbar, measuring tape and clipboard**

JR + SR BOYS TRIPLE JUMP: UNITY CHRISTIAN (Ryleigh Jacobs)

****supply measuring tape, rake, and clipboard**

JR + SR GIRLS TRIPLE JUMP: WESTVIEW

****supply measuring tape, rake, and clipboard**

GR 8 BOYS + GIRLS TRIPLE JUMP: G.W. GRAHAM (Erin Hartfield)

4X100m 2nd exchange zone

****supply measuring tape, rake, and clipboard**

JR + SR BOYS DISCUS: HOPE S.S. (Aaron Dodd)

**** Supply 1.75 kg and 1.5 kg discus, measuring tape, and clipboard, helpers**

JR + SR GIRLS DISCUS: A.D. RUNDLE (Sean Lightle) VEDDER M.S. (Cara Boerner)

****Supply 1 kg discus, measuring tape, and clipboard**

**GR 8 BOYS AND GIRLS DISCUS: POPPY, D.W/ SAMUEL ROBERTSON
TECHNICAL (HELPER)**

**** Supply 1 kg discus, measuring tape, clipboard**

**JR + SR BOYS SHOT PUT: MT. SLESSE (Katrina Shea) + HIGH ROAD ACADEMY
(Trevor Barkman))**

**** Supply 5 kg, and 6 kg shots, measuring tape, and clipboard**

JR + SR GIRLS SHOT PUT: R.E.MOUNTAIN S.S

****supply 3kg and 4 kg shots, measuring tape, clipboard**

GR 8 BOYS + GIRLS SHOT PUT: CREDO CHRISTIAN

****supply 3kg and 4 kg shots, measuring tape, clipboard**

JR + SR BOYS JAVELIN: PITT MEADOWS

****700g and 800g javelins, measuring tape, clipboard**

JR + SR GIRLS JAVELIN: GARIBALDI + LANGLEY SS

****supply 600g and a 500g javelins, measuring tape, clipboard**

GR 8 HIGH JUMP: SARDIS (Brad Geary)

Small Measuring tape, 30m measuring tape, clipboard

JR + SR BOYS HIGHJUMP: Abby Traditional School (Kim Hunt)

Small Measuring tape, 30m measuring tape, clipboard

JR + SR GIRLS HIGHJUMP: AGASSIZ (Denise Fitzsimmons)

Small Measuring tape, 30m measuring tape, clipboard

SR BOYS LONG JUMP: LANGLEY FUNDAMENTAL

****supply rake, measuring tape, clipboard**

JR BOYS LONG JUMP: H.D.STAFFORD + MEADOWRIDGE

****supply rake, measuring tape, clipboard**

JR + SR GIRLS LONG JUMP: ALDERGROVE S.S. + YORKSON CREEK

****supply rake, measuring tape, clipboard**

GR 8 GIRLS LONG JUMP: DASMESH PUNJABI SCHOOL(Danielle Booth)

****supply rake, measuring tape, clipboard**

GR 8 BOYS LONG JUMP: CHILLIWACK M.S.

GR 8 B+G JAVELIN: MISSION S.S. (Darryl Strange) & HATZIC S.S.

****500g and 600g javelins, measuring tape, clipboard**

TRACK EVENT RESPONSIBILITIES

MEET DIRECTOR: Susan Northey (Chilliwack S.S.)

ANNOUNCER: Susan Northey (Meet Director)

SCORERS: _____ Maple Ridge Sr.

RIBBONS: _____ Christa McAulay

ELECTRONIC RESULTS: _____ Rick Hansen (Graham Neufeld)

Walnut Grove (Gary Lutes)

COLLECTION OF TEAM FEES: Susan Northey (Meet Director)
(Checks payable to Chilliwack Senior)

STARTER: Ron Wichmann

FALSE STARTER: Brookwood, Betty Gilbert Middle, Thomas Haney

CLERK OF THE COURSE: Yale (Trevor Whyte) & St. John Brebeuf

HEAD PLACE JUDGE: MEI Middle

FINISH LINE JUDGES: MEI Middle / R. Bateman / Langley Christian

RUNNERS and TIMERS Rick Hansen (Graham Neufeld)

HURDLE CREW: Abby Christian, W.J. Mouat

STEEPLECHASE MOVEMENT Clean up: Abby Christian

TRACK REFEREE: Reg Wiebe (MEI Middle)

FIELD REFEREE: Harold Willers (Chilliwack Secondary)

RACE WALK OFFICIALS: (Abby Christian) (Poppy, D.W) (W.J. Mouat) and all race walk coaches

RELAY EXCHANGE ZONES: 1st exchange zone: _____ (Abby Christian) (R. Bateman)
2nd exchange zone: _____ (GWG) (Hatzic)
3rd exchange zone: _____ (Maple Ridge) (Thomas Haney)

FIRST AID – Coaches look after their team so they must be in attendance or a Principal designate.

PHOTOCOPIER: Walnut Grove

AWARDS PRESENTATION: Susan Northey (Meet Director)

JURY OF APPEALS: Meet Director & Field and Track Referees
Robert Lindsay, Graham Neufeld, Harold Willers,

LARGE TENTS (order), PREPARE JAVELIN FIELD (flags and lines): WJ Mouat + Rick Hanson