



BSSSCCTFA
BC Secondary Schools Cross Country
and
Track & Field Association



Grade 8-9 Division Entry Standards:

Event	Girls Standard	Boys Standard
Sprint Hurdles	14.60 (80m @ 2'6")	16.30 (100m @ 2'9")
100	13.70	12.40
200	28.50	25.60
400	1:06.0	58.00
800	2:35.0	2:18.0
1500	5:25.0	4:40.0
3000	12:00.0	10:30.0
4x100	55.20	49.5
4x400	4:32.0	3:56.0
Long Jump	4.40	5.10
High Jump	1.40	1.60
Shot Put	7.50 (4kg)	11.00 (4kg)
Discus	21.50 (1kg)	30.00(1kg)

ENTRIES are to be submitted through the **zone representative**.

ONLY the top 24 athletes who meet or beat the standard for the grade8-9 group (under 15 as of Dec 31/09) as of the entry deadline may have the opportunity to compete during the Senior Championships.

Athletes must declare whether they are grade 8/9 or senior division. They MAY NOT compete in both divisions. This includes the relays and relay alternates

SCHOOLS MUST BE REGISTERED WITH BC SCHOOL SPORTS for athletes to be eligible to participate. See www.bcschoolsports.ca/ for details.

1. The **grade 8/9 entries** and entry fees for the zone are to be submitted by the **ZONE REPRESENTATIVE**. The entry deadline in **Friday May 21 at 12PM noon**.
2. The top 24 athletes according to performance will be selected. Any published performance during the 2010 season may be submitted for consideration.
3. All heats will be seeded according to performance.
4. There are 3 TRIALS in the field events ONLY.
5. All applications MUST be accompanied by the **\$10 entry fee per athlete per event and \$25 per relay team**. No money, no entry.
6. This application **does NOT guarantee** entry into the meet,
7. There are **No Refunds** on non-accepted entries.
8. Successful entries will be posted on bcsscctfa.bc.ca by May 31 .