



**BC SECONDARY  
SCHOOL CROSS  
COUNTRY AND TRACK  
& FIELD ASSOCIATION**

[bcsscctfa.bc.ca](http://bcsscctfa.bc.ca)



Proud Sponsor

## **BC High School Track & Field Championship Handbook**

### **ELIGIBILITY OF CONTESTANTS**

See BC School Sports Handbook for Eligibility Rules

Junior High and Middle Schools must be members of BCSS and compete in the Senior division if they wish to compete in the BCHS Track & Field Championships.

Individuals do not play up in Cross Country/Track & Field. Athletes compete for the school which they attend. An individual athlete constitutes a team of one.

Students enrolled in grade 7 BCSS member schools are NOT eligible to compete in the Provincial High School Championships.

Students can only compete for the member school at which they are registered.

Athletes from all schools must be accompanied at the meet by a teacher/sponsor. If accompanied by the Zone Representative or coach of another school, the designated person must be **APPROVED IN WRITING** by the school principal prior to the meet. *A letter from the school principal is required.*

\* If an athlete does not have a teacher/sponsor then the athlete **WILL NOT BE ALLOWED TO COMPETE** and will be sent home immediately!

### **RESPONSIBILITIES OF THE ZONE REPRESENTATIVES**

1. He is to be a member of the Committee hosting the Zone Meet.
2. He is to see that the Zone Meet is run in a manner that will allow eligible contestants to qualify for the Provincial Meet.
3. He is to see that all coaches and qualifying athletes are fully informed about pertinent instructions and information concerning the Provincial Meet.
4. He will be responsible for his zone's entries and will mail this information and all other necessary forms directly to the entry clerk for the Provincial Meet.
5. He shall be responsible for making any changes in his zone's entry, subject to any restrictions in this syllabus.

## **FEE STRUCTURE**

Competitor Fee: The entry fee for competitors is at a rate of FIFTEEN Dollars (\$15.00) per athlete per event and THIRTY-FIVE Dollars (\$35.00) per relay team and must accompany the entries. Combined Events entry is TWENTY-FIVE (\$25.00) Dollars.

Please send fees to: Mr. Bill McNulty, Entry Chairman, 3271 Williams Road, Richmond, B.C. V7E 1H8. Phone: 277-2176 (h) 277-2176 (hf).

## **ENTRIES**

1. Official entry forms will be supplied to each Zone Chair.
2. All **entries must** be made through the Zone Representatives. Check with your Zone Rep. at the conclusion of your Zone Meet to see that your entries have been properly recorded. Proper recording includes both, and times or distances for all qualifiers
3. Forms must be typed, and must be received by **May 25th, 2011 at 12pm**. Please send EMAIL or fax entries in. LATE ENTRIES WILL NOT BE ACCEPTED.
4. All entries and PAYMENT must be mailed to the Entry Chairman, Mr. Bill McNulty, 3271 Williams Road, Richmond, BC V7E 1H8. 277-2176(h)
5. Entries are frozen as of the entry deadline.

## **QUALIFICATIONS**

1. Qualification for the Provincial Meet will be gained by a contestant through one of the following 10 zones:  
Vancouver  
North West  
North Shore-Howe Sound  
Vancouver Island  
Fraser Valley  
Kootenays  
Okanagan  
North Central  
Burnaby-New Westminster-Richmond  
Independent Schools
2. In case of all members, except Independent Schools, the geographical location of the school will determine its zone.
3. A Parochial or Private School that enters a geographical zone meet, must qualify it's contestants through this meet and therefore will not be able to qualify contestants through entry in the Parochial or Private School Zone.
4. The Board of Directors will make the final decision in any dispute as to what Zone the school belongs.

5. The top two competitors in each zone, as determined by the zone representative, qualify for the Provincial Meet except for the North Shore, Okanagan, Kootenays, and Vancouver Island Zones where the top three qualify. The Fraser Valley is divided into 4 berths for the Upper Valley and 4 berths for the Lower Valley.
6. A school may qualify a maximum of two scoring contestants in any one event, and a maximum of two scoring relay teams in any one event
7. Entry through the Open Zone may be gained by an athlete in the following ways only:
  - a. Providing that an athlete competes in his Zone Meet and exceeds a minimum standard established as the median of the sixth place time, height or distance in the last three Provincial Meets.
  - b. Providing that the contestant was injured or sick or there were extenuating circumstances and therefore did not compete in the Zone Meet, and that this contestant has achieved the minimum standard in (a), and that his standard was achieved since May 1st of the current school year, in either a championship school meet and its trials, or a meet sanctioned by the B.C. Athletics.
  - c. Application for qualification through the Alternate List with full particulars must be made by the Zone Representative to the Entry Chairperson.
  - d. No school may have more than two scoring contestants in any one event.
8. An individual athlete is only allowed to enter 3 individual events and 2 relays in the B.C. High School Track & Field Championships.

### **SCRATCH MEETING**

1. A scratch meeting will be arranged by the Meet Director to take place 30 minutes before the first event on Friday and Saturday before the Meet commences.
2. Each Zone Representative or Host Official Delegate will be responsible for making any necessary scratches, and for making any authorized changes in the entry of his Zone.
3. Any contestant that is entered in an event after closing of the scratch meeting **MUST** compete in the event in good faith. Failure to do so result in that contestant being disqualified from all other events in the Meet

### **AWARDS**

1. Medals will be presented to three place winners in each event and ribbons from fourth to eighth place.

2. A perpetual team trophy will be awarded to the first three teams scoring the most points in the Meet.
3. Rosettes will be presented to the teams placing first through tenth in the aggregate division.
4. Plaques will be awarded to the top male performer and the top female performer and the most inspirational performer. These awards will be made on the basis of the best single performance as listed, whenever possible, in the international scoring table.

## **SCORING**

Eight places shall be counted in each event, including relays, and awarded the following points: 10-8-6-5-4-3-2-1.

## **RECORDS**

Only records established in the preliminaries or finals in the Provincial Meet shall count as Provincial High School Track Meet Records. Records will only be accepted if they are made under the guidelines of IAAF rules.

## **RULES AND REGULATIONS**

With the exception of those special rules which may have been adopted by the Association, the IAAF Rule Book will govern the Meet. Any problems that arise before or during the Meet should be brought to the attention of the Meet Referee.

## **HEATS**

1. All heats will be seeded as to the times recorded in the Zone Meets. Alternate List contestants will be seeded as to their time in a Championship Secondary School Meet or a Meet sanctioned by B.C. Athletics.
2. Lanes for heats will be decided by draws made in advance by the program meet manager (4,5,6,1,2,7,8).

## **FINALS**

1. Whenever possible in any event that has a preliminary or preliminaries, eight contestants will qualify for the final.
2. On a six line track for those events run in lanes, six contestants shall qualify for the final.
3. Finalists for these events (100m, 200m, 100mh, 110mh) will be decided in the following way:
  - a. If two heats and six to qualify, the first three places in heat will qualify for the finals.

- b. If two heats and eight to qualify, the first four places in each heat will qualify for the final.*
  - c. If three heats and six to qualify, the first two places in each heat will qualify for the final.
  - d. If three heats and eight to qualify, the first two places in each heat will qualify for the final plus the next two fastest times.
  - e. If four heats and six to qualify, the first place in each heat will qualify for the final plus the next two fastest times.
  - f. If four heats and eight to qualify, first place in each heat and the next four fastest times will qualify for the final.*
4. Finalists for these events (400m, 400mh, 4x100 and 4x400 Relays, 800m on an eight lane facility) will be decided in the following way: As per 3 (a) to (f) above.
5. Finalists for the 1500m will be decided in the following way: The 1500m will be decided by the first four places in the heats going to the finals plus the next four fastest times. Heats will be seeded by Zone performances.
6. In the case of events run in lanes, if there is a tie in times for sixth or eighth place, the tie will be broken as follows:
  - a. The contestant placing highest in his heat will qualify for the final.
  - b. If they are still tied, the contestant with the best time in the slowest heat will qualify for the final.
  - c. If they are still tied, then the contestant with the best time in his Zone Meet will qualify for the final.
7. There will be no heats in the 3000m.
8. The 2000m Steeplechase may be run as a timed final in two heats if more than 16 competitors are entered in the event. If the heats are to be run, they will be seeded with the fastest runners in one heat and the slower runners in the other. The decision to do this rests with the Meet Director.
9. Finalists for the following events (shot put, javelin, discus, hammer, long jump, triple jump) will be decided as follows:
  - a. Three trials will be given to each contestant. The leading eight contestants after these three trials will be given an additional three trials.
  - b. If a tie exists for eighth place, the contestant with the next best trial of the three will qualify for the final. If a tie still exists then the third best trial of the three will qualify for the final.

- c. The preliminaries of the above events will be staged in flights of eight contestants.

### **STARTING HEIGHTS FOR VERTICAL EVENTS**

1. Girls High Jump - The starting height will be 1.48cm (4'10"). This is the height the bar will be set at for warm up jumps. The bar will be raised 5cm at a time until 1.58 metres (5'2 1/4"), after which it will be raised 3 cm at a time until there is only one competitor left in the event.
2. Boys High Jump - The starting height will be 1.77 (5'10"). This is the height the bar will be set at for warm up jumps. The bar will be raised 5cm at a time until 1.88 metres (6'2"), after which it will be raised 3cm at a time until there is only one competitor left in the event.
3. Boys Pole Vault - The starting height will be 2.50 (8'2"1/2). The bar will be raised 15cm at a time until there is only one competitor left in the event. Starting heights to be reassessed upon receipt of entries and adjusted if necessary.
4. Girls Pole Vault - The starting height will be 2.00 (6'0' 3/4). The bar will be raised 15cm at a time until there is only one competitor left in the event. Starting heights to be reassessed upon receipt of entries and adjusted if necessary.

### **WARM-UP PROCEDURE FOR FIELD EVENTS**

1. Prior to the Competition After check-in and procedural information (check-in of implements, competitive order, safety information, retrieving, run-up requirements and other event rules) have been given, athletes will be provided at least 30 minutes of event specific warm-up at the event site. The event judge needs to be at the event site in sufficient time to supervise these warm-ups. Event specific warm-up encompasses: measuring out approaches, doing run throughs, practicing footwork within the throwing circle, and taking 2-3 preliminary practice efforts in the throws or jumps. Some athletes, who are seeded to throw or jump in a later flight, may pass on this warm-up until immediately prior to their flight.
2. During to the Competition Athletes, who are in the second and succeeding flights, or who are advancing to the event final, will be provided the following warm-up time between flights: a) 10 minutes for flights of 8-10 competitors b) 15 minutes for flights of 11-16 competitors These athletes should be generally warmed up and prepared prior to make use of runway and throwing area availability. Their general warm-up should occur while other athletes in the preceding flight are taking their competitive attempts. At the conclusion of this timed interval next flight or final shall commence.
3. Simultaneous Events Athletes, who are competing in events occurring simultaneously, are required to: a) inform the head judges of the events concerned prior to their start b) inform the judge of the reason for departure when they leave the event site c) return immediately to the event upon completing their effort in

their other event, and report to the event judge. NB. These athletes must return prior to the competition of the qualifying round in the event if they wish to receive all of their preliminary competitive attempts. Once the finalists have been determined no further preliminary efforts will be granted. Athletes who follow these requirements will be provided with all of their absence, the bar has been raised to a new height. This policy sanctions judges to allow athletes to compete out of their normal competitive turn in order to complete their attempts.

## **EQUIPMENT**

1. The Meet will provide official implements for the shot put, discus and hammer events. All athletes will be allowed to use these Official Meet implements.
2. The Meet will provide regulation starting blocks of good quality. All athletes will be required to use these Official Meet blocks.
3. The Meet will provide regulation javelins. However, the athlete may use his own javelin providing he has it weighed in not less than one hour before the start of the event. All athletes in the event will have the right to use any javelin sanctioned for the event.

## **WEIGH IN**

4. Student wishing to use their own implements must weigh them in at the station under the stands opposite the First-Aid Room.
5. Implements must be weighed in 1 hour prior to the announced starting time of the event.
6. Implements after being weighed in become part of the Meet equipment and may be used by all. Competitors should bring a practice implement with them.

## **UNIFORMS**

Contestants shall wear only the uniforms, singlets and running shorts, of the school which they represent. If the school issues no uniform, then the contestant must wear a white shirt and running shorts.

\* Spandex/lycra shorts are allowed given that they are of IDENTICAL school colours or black (ie. no fluorescents, no nonmatching, no body suits allowed) (AGM 93). Athletes must wear athletic shorts over the spandex.

Relay members must have IDENTICAL UNIFORMS (including spandex) Uniform rules will be strictly enforced. Failure to wear the prescribed uniform will result in disqualification.

## **NUMBERS**

Each contestant will be issued two numbers. These numbers are to be prominently displayed on both the front and back of his shirt. Failure to wear numbers will result in disqualification.

NOTE: Pole Vaulters and High Jumpers are required only to wear one number and this can be placed on either the front or the back of the shirt. The athlete may use his own discretion in this regard.

\* Competitors numbers will be available until 9:30 AM FRIDAY ONLY. ONLY DESIGNATED SCHOOL COACHES will be able to sign for these numbers. No numbers will be given out after 10am FRIDAY. No numbers will be given out on Saturday.

## **NOTICE OF MOTION**

Any motion that will affect the rules and regulations of a cross country or track & field championship must be circulated by the commissioner to the membership 30 days prior to the AGM. Thirty days notice is acknowledged to have occurred when the motion has been sent to all the zone representatives and post marked at least 30 days prior to the AGM.

AGM 7AM- Sat June 5, 2010- Swangard Stadium

## **SCRATCH MEETING**

Friday June 3, 2010 - 8:00am, Swangard Stadium, Burnaby, B.C.  
Saturday June 4, 2010 - 8:00am, Swangard Stadium, Burnaby, BC