



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

Proudly sponsored by:



**BC High School Combined
Events**

**May 28-29, 2010
Jane and Gerry
Swan(Rotary) Stadium,
Abbotsford**

ELIGIBILITY OF CONTESTANTS

The meet will be open to any athlete meeting the B.C. Secondary School Cross Country and Track & Field requirements.

ENTRIES AND FEES

Entries must be submitted to Alex Reid by 12PM Wednesday, May 26th. Please try to indicate best or estimated times for the 100m (decathlon) and 100m Hurdles (heptathlon) to facilitate the seeding of initial flights.

Phone: (604)574-2021

E-mail: ajareid@telus.net

The entry fee is **\$25** per athlete.

SCRATCH MEETINGS

Friday, May 28th at 9:00am and Saturday, May 29th at 9:00am.

EQUIPMENT

1. Regulation starting blocks will be provided.

2. Official implements will be provided for the shot put, discus and javelin. An athlete may use their own discus or javelin provided it is weighted in and cleared for use. All athletes in the event will have the right to use any sanctioned implement.
3. Pole Vault competitors must provide their own pole(s).

Note: Athletes should have their own implements for warm-up purposes.

UNIFORMS

Competitors shall only wear the uniform of the school which they represent.

See track syllabus.

MEDALS & RIBBONS

Medals will be presented for 1st, 2nd and 3rd, and ribbons from 4th to 8th place.

FLIGHTS

1. All flights in the initial running events, 100m (decathlon) and 100m Hurdles (heptathlon), will be seeded on the basis of time submitted with the entries.
2. Subsequent seeding will be based on the results of these events.
3. Lanes for flights will be decided by draw.

THROWING EVENTS

Three (3) throws will be allowed in the shot put, discus and javelin events.

JUMPING EVENTS

- a) Three (3) attempts will be allowed in the long jump events.
- b) Starting heights (increments) are as follows:

High Jump
Heptathlon - 1.20m (3
cm)

High Jump Decathlon
- 1.40m (3 cm)

Pole Vault Decathlon
- 2.00m (10 cm)

SCHEDULE

Friday

Scratch Meeting
9:00am

1. 100 m (Dec)
10:00am
2. 100m Hurdles
(Hep)
3. Long Jump
(Dec)
4. High Jump
(Hep)
5. Shot Put (Dec)
6. Shot Put (Hep)
7. High Jump
(Dec)
8. 200m (Hep)
9. 400m (Dec)

Saturday

Scratch Meeting 9:00am

1. 110m Hurdles (Dec) 9:30am
2. Long Jump (Hep) 10:00am
3. Discus (Dec)
4. Javelin (Hep)
5. Pole Vault (Dec)
6. 800m (Hep)
7. Javelin (Dec)
8. 1500m (Dec)

ENTRY FORM

Please supply the following information for each athlete entered:

Name	
School:	School Phone:
Coach:	Home Phone and Email:
100m Time (Dec), 100m Hurdle time (Hept)	

Note: Coaches will be asked to assist with the officiating of one of the field events.

Please indicate on your entry your event preference.

Entries to Alex Reid: (604)574-2021 or [Click Here to Email Entries](#)