



**BSSSCCTFA**  
BC Secondary Schools Cross  
Country  
and  
Track & Field Association



## **BC High School Combined Events**

***May 27-28, 2011***  
***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 25<sup>th</sup>. 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](mailto:ajareid@telus.net)

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

Payment must be submitted to Alex Reid or Christine McNulty prior to the competition.

### **SCRATCH MEETINGS**

Friday, May 27<sup>th</sup> at 9:00am and Saturday, May 28<sup>th</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, and ribbons from 4<sup>th</sup> to 8<sup>th</sup> 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	Saturday
Scratch Meeting 9:00am	Scratch Meeting 9:00am
1. 100 m (Dec) 10:00am	1. 110m Hurdles (Dec) 9:30am
2. 100m Hurdles (Hep)	2. Long Jump (Hep) 10:00am
3. Long Jump (Dec)	3. Discus (Dec)
4. High Jump (Hep)	4. Javelin (Hep)
5. Shot Put (Dec)	5. Pole Vault (Dec)
6. Shot Put (Hep)	6. 800m (Hep)
7. High Jump (Dec)	7. Javelin (Dec)
8. 200m (Hep)	8. 1500m (Dec)
9. 400m (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](#)