

Meet Schedule

North Island Secondary Schools 2018 Track and Field Championships

Thursday May 3rd at Nanaimo Rotary Bowl.
Hosted by Nanaimo Track and Field Club

Meet Director: Bernie Katzberg
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SCHOOL DUTIES AND RESPONSIBILITIES

Your school is responsible to have enough workers to run your event properly.

***It is extremely important that the adult(s) running the event is familiar with the event. NTFC will provide all equipment to run events including throwing implements. Electronic Timing is what we are aiming for but if that falls through we will need 8 volunteers at the finish line to hand time.

FINISH LINE	Nanaimo Christian
PLACE JUDGES & BACK UP TIMERS	Brooks/Vanier
RESULTS & COMPUTERS	NTFC
ANNOUNCER	NTFC
Electronic Timing	BC Athletics
MARSHALL	Vanier
STARTER	NTFC
RELAY OFFICIALS	All
HURDLES	All
LONG JUMP	Carihi / CRCS
TRIPLE JUMP	Highlands / Gold River
HIGH JUMP	NDSS / Isfeld
JAVELIN	ADSS
SHOT PUT	Dover Bay / Timberline
DISCUS	Pheonix / Southgate
HAMMER/POLE VAULT	NTFC / John Barsby
RACE WALK	All knowledgeable volunteers
RIBBONS	Bellenas and Kwalikum

FIELD EVENT SCHEDULE

Coaches Meeting:

There will be a coaches meeting immediately before the start of the meet. Please make sure that each school has a representative there. Approx. 8:50am

TIME	EVENT	AGE		TIME	EVENT	AGE
9:00	Long Jump	JB		12:00	Long Jump	G8B
	Triple Jump	G8B			Triple Jump	JB
	High Jump	SB			High Jump	JG
	Shot	JG			Shot	SB
	Discus	SG			Discus	G8G
	Javelin	G8G			Javelin	SG
					Hammer	G8B/JB
10:00	Long Jump	SB		1:00	Long Jump	G8G
	Triple Jump	G8G			Triple Jump	SB
	High Jump	SG			High Jump	G8B
	Shot	JB			Shot	SG
	Discus	JG			Discus	JB
	Javelin	G8B			Javelin	JG
	**Pole Vault TBA – All ages				Hammer	SB
11:00	Long Jump	SG		2:00	Long Jump	JG
	Triple Jump	JG			Triple Jump	SG
	High Jump	G8G			High Jump	JB
	Shot	G8B			Shot	G8G
	Discus	SB			Discus	G8B
	Javelin	JB			Javelin	SB
	Hammer	G8G/JG			Hammer	SG

TRACK EVENT SCHEDULE

** NOTE THE SEQUENCE OF SPRINT AND DISTANCE HURDLES ARE NOT THE SAME.

- The 100m is the only race with heats and finals, unless there are 8 or less athletes, then the heat will become the final.
- 4X400m will be separated for results, although run together.

#	TIME	EVENT	AGE		#	TIME	EVENT	AGE	
1	9:00	1500 RW	9/Jr/Sr	Final	37	1:56	4X100m	JG	Timed Final
2	9:15	110m Hurdle	*SB*	Timed Final	38	2:04	4X100m	JB	Timed Final
3	9:20	100m Hurdle	*JB*	Timed Final	39	2:12	4X100m	G8G	Timed Final
4	9:25	100m Hurdle	*G8B*	Timed Final	40	2:20	4X100m	G8B	Timed Final
5	9:30	100m Hurdle	*SG*	Timed Final	41	2:30	400m	SG	Timed Final
6	9:35	80m Hurdle	*JG*	Timed Final	42	2:35	400m	SB	Timed Final
7	9:40	80m Hurdle	*G8G*	Timed Final	43	2:40	400m	JG	Timed Final
8	9:45	3000m	SG/SB	Final	44	2:45	400m	JB	Timed Final
9	10:00	3000m	JG/JB	Final	45	2:50	400m	G8G	Timed Final
10	10:15	3000m	G8G/B	Final	46	2:55	400m	G8B	Timed Final
11	10:30	100m	SG	Heats	47	3:05	100m	SG	Final
12	10:38	100m	SB	Heats	48	3:13	100m	SB	Final
13	10:46	100m	JG	Heats	49	3:21	100m	JG	Final
14	10:54	100m	JB	Heats	50	3:29	100m	JB	Final
15	11:02	100m	G8G	Heats	51	3:37	100m	G8G	Final
16	11:10	100m	G8B	Heats	52	3:45	100m	G8B	Final
17	11:18	400 Hurdle	*SB*	Timed Final	53	3:55	1500m	SG/SB	Final
18	11:23	400 Hurdle	*SG*	Timed Final	54	4:03	1500m	JG/JB	Final
19	11:28	300 Hurdle	*JB*	Timed Final	55	4:11	1500m	G8G/B	Final
20	11:33	200 Hurdle	*G8B*	Timed Final	56	4:20	4X400m	Girls	Timed Final
21	11:38	300 Hurdle	*JG*	Timed Final	57	4:30	4X400m	Boys	Timed Final
22	11:43	200 Hurdle	*G8G*	Timed Final					
Track Officials Lunch Break									
23	12:10	800m	SG	Timed Final					
24	12:16	800m	SB	Timed Final					
25	12:22	800m	JG	Timed Final					
26	12:28	800m	JB	Timed Final					
27	12:34	800m	G8G	Timed Final					
28	12:40	800m	G8B	Timed Final					
29	12:50	200m	SG	Timed Final					
30	12:58	200m	SB	Timed Final					
31	1:06	200m	JG	Timed Final					
32	1:14	200m	JB	Timed Final					
33	1:22	200m	G8G	Timed Final					
34	1:30	200m	G8B	Timed Final					
35	1:40	4X100m	SG	Timed Final					
36	1:48	4X100m	SB	Timed Final					

• HURDLE CHARTS FOR NORTH ISLANDS

AGE/GENDER	SPRINT HURDLES	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	110 metres	10	36"	13.72 m	9.14 m	14.02 m
Junior Boys	100 metres	10	36"	13 m	8.5 m	10.5 m
Grade 8 Boys	100 metres	10	33"	13.0m	8.5m	10.5m
Senior Girls	100 metres	10	33"	13 m	8.5 m	10.5 m
Junior Girls	80 metres	8	30"	12 m	8.0 m	12.0 m
Grade 8 Girls	80 metres	8	30"	12 m	8.0 m	12.0 m

AGE/GENDER	DISTANCE HURDLES	#	HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
Senior Boys	400 metres	10	33"	45 m	35 m	40 m
Senior Girls	400 metres	10	30"	45 m	35 m	40 m
Junior Boys	200 metres	7	33"	50 m	35 m	40 m
Grade 8 Boys	200 metres	5	30	20.0m	35.0m	40.0m
Junior Girls	300 metres	7	30"	50 m	35 m	40 m
Grade 8 Girls	200 metres	5	30	20 m	35 m	40 m

PROCEDURE FOR RUNNING EVENTS

EVENTS WILL BE CALLED 15 MINUTES BEFORE THEY ARE SCHEDULED TO BEGIN.
TRACK COMPETITION MUST THEN:

- a) Report to the Marshall in the Marshalling area
 - b) Report to the Starter
 - c) Run Race
 - d) All runners will stay in their lanes until they have been told their place of finish.
- The IAAF RULES governing Track & Field events will apply unless otherwise stated. The Area III Constitution for Track & Field meets shall be followed.
 - Change rooms and washrooms will be available. It is advised that competitors change before they come to the meet.
 - In the event of a small group of competitors in the distance runs, groups may be combined.
 - Ribbons will be supplied to the 1st through 5th place finishers.

PROCEDURE FOR FIELD EVENTS

COMPETITORS MUST REPORT TO THE AREA WHERE THE FIELD EVENT IS TO TAKE PLACE WHEN AN EVENT IS CALLED. COMPETITORS MAY BE EXCUSED FROM A FIELD EVENT FOR A TRACK EVENT. You must let someone go. If you miss your turn when you are gone, you do not make it up so get in as many as possible before leaving. Officials will not wait for you.

NOTE: If a field competitor returns after a track event:

1. To the High Jump - the bar will remain at the existing height it is currently at.
2. To a jumping or throwing event - if the round of the jump or throw is finished, that jump or throw is **forfeited!**

IN THE FOLLOWING EVENTS: **SHOT PUT, DISCUS, HAMMER, JAVELIN, LONG JUMP & TRIPLE JUMP:**

1. The competitors in the top eight (8) after the first three attempts will receive an additional three (3) throws or jumps (if time permits).
2. All six attempts will be considered in determining the final standings (and for hammer, if time permits).

Pole Vault – Start will be for all age groups and for Girls and boys at 10am. Starting height to be determined at that time. Event will be run according to the height of the bar until all competitors have finished.