

2018 VANCOUVER ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIP SCHEDULE

<b>Wednesday May 16 2018</b>		<b>Track Events</b>	
		<u>Events on Wednesday, could move up to 45 minutes ahead of schedule so please have your athletes at the meet early.</u> Events that have been crossed out have moved straight to Finals on Thursday. In past years, heats in some races have not been required on the first day. The schedule on Thursday will not move ahead of time.	
<b>Time</b>	<b>Event</b>	<b>Division</b>	
<b>9:30</b>	Coaches Meeting		
<b>9:45</b>	Race walk	All Girls	Timed Finals
	Race walk	All Boys	Timed Finals
<b>10:15</b>	110m 36" Hurdles	SB	Heats
10 min intervals	100m 36" Hurdles	JB	Timed Finals
	100m 33" Hurdles	SG	Heats
	100m 33" Hurdles	8B	Timed Finals
	80 m 30" Hurdles	JG	Timed Finals
5 min set up	80m 30" Hurdles	8G	Timed Finals
<b>11:15</b>	3000m	SG	Final
15 min intervals	3000m	SB	Final
	3000m	8G + 8B	Final
	3000m	JG	Final
7 min set up	3000m	JB	Final
<b>12:22</b>	4 x 100m	8G	Heats
	4 X100m	8B	Heats
10 min intervals	4 x 100m	JG	Heats
	4 x 100m	JB	Heats
	4 x 100m	SG	Heats
5 min set up	4 x 100m	SB	Heats
<b>1:22</b>	400 m	8G	Heats
	400 m	8B	Heats
10 min intervals	400 m	JG	Heats
	400 m	JB	Heats
	400 m	SG	Heats
	400 m	SB	Heats
<b>Time</b>	<b>Event</b>	<b>Division</b>	
<b>2:22</b>	100m	8G	Heats
10 min Intervals	100m	8B	Heats
	100m	JG	Heats
	100m	JB	Heats
	100m	SG	Heats
10 min set up	100m	SB	Heats
<b>3:22</b>	400m 36" Hurdles	SB	Heats
	300m 33" Hurdles	JB	Timed Finals
<b>3:53</b>	400m 30" Hurdles	SG	Heats
	300m Hurdles	JG	Timed Finals
<b>4:03</b>	200m Hurdles	8B	Timed Finals
5 min set up	200m Hurdles	8G	Timed Finals
<b>4:22</b>	800m	8G	Timed Finals
	800m	8B	Timed Finals
10 min intervals	800m	JG	Timed Finals
	800m	JB	Timed Finals
	800m	SG	Timed Finals
5 min set up	800m	SB	Timed Finals
<b>5:22</b>	200m	8G	Heats
	200m	8B	Heats
7 min intervals	200m	JG	Heats
	200m	JB	Heats
	200m	SG	Heats
	200m	SB	Heats
<b>6:00</b>	4 x 400m	SG	Heats
	4 x 400m	SB	Heats

2018 VANCOUVER ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIP SCHEDULE

<b>Thursday May 17 2018</b>		<b>Track Events</b> <u>The Thursday schedule will NOT move ahead of time.</u>					
<b>Time</b>	<b>Event</b>	<b>Division</b>		<b>Time</b>	<b>Event</b>	<b>Division</b>	
<b>9:15</b>	Coaches Meeting			<b>1:00</b>	36" 400 m Hurdles	SB	Final
<b>9:25</b>	110m 36" Hurdles	SB	Final	5 min Intervals	30" 400 m Hurdles	SG	Final
	100m 33" Hurdles	SG	Final				
<b>9:40</b>	1500m	SB	Timed Final	<b>1:15</b>	200m	SB	Final
	1500m	SG	Timed Final		200m	SG	Final
10 min intervals	1500m	JB	Timed Final	5 min intervals	200m	JB	Final
	1500m	JG	Timed Final		200m	JG	Final
	1500m	8B	Timed Final		200m	8B	Final
	1500m	8G	Timed Final		200m	8G	Final
5 min set up	1500m	8G	Timed Final	5 min set up	200m	8G	Final
<b>10:40</b>	4 x 100m	SB	Final				
5 min intervals	4 x 100m	SG	Final	<b>1:50</b>	30" 2000m Steeple	SB	Timed Final
	4 x 100m	JB	Final		30" 1500m Steeple	SG	Timed Final
	4 x 100m	JG	Final		30" 1500m Steeple	JB	Timed Final
	4 x 100m	8B	Final		30" 1500m Steeple	JG	Timed Final
	4 x 100m	8G	Final	No water jump 30"	1500m Steeple	8B	Timed Final
5 min set up				No water jump 30"	1500m Steeple	8G	Timed Final
<b>11:15</b>	400m	SB	Final				
	400m	SG	Final	5 min set up			
5 min intervals	400m	JB	Final				
	400m	JG	Final	<b>3:00</b>	4 x 400m	8G	Timed Final
	400m	8B	Final		4 x 400m	8B	Timed Final
	400m	8G	Final	10 min interval	4 x 400m	JG	Timed Final
	400m	Para A	Final B/G		4 x 400m	JB	Timed Final
	400m	Para W	Final B/G		4 x 400m	SG	Final
5 min set up	400m	SO	Final B/G		4 x 400m	SB	Final
<b>12:10</b>	100m	SB	Final				
	100m	SG	Final				
5 min intervals	100m	JB	Final				
	100m	JG	Final				
	100m	8B	Final				
	100m	8G	Final	<b>4:00</b>	AWARDS		
	100m	Para A	Final B/G				
	100m	Para W	Final B/G				
5 min set up	100m	SO	Final B/G				

2018 VANCOUVER ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIP SCHEDULE

<b>FIELD EVENTS - DAY 1 Wednesday May 16<sup>th</sup>, 2018</b>				
<b>9:30am</b>	<b>11:00am</b>	<b>1:00pm</b>	<b>1:45 pm</b>	<b>2:45pm</b>
Hammer Sr Girls	Pole vault - all girls	Hammer Jr Girls		Pole Vault - all boys
	Triple Jump Sr Girls	Triple Jump Sr Boys		Triple Jump Jr Girls
Shot Put SO Boys/Girls	Long jump Jr Girls	Long jump Gr 8 Girls		Long jump Gr 8 Boys
	High Jump Gr 8 Boys	High Jump Jr Boys		High Jump Gr 8 Girls
	Shot Put Gr 8 Girls	Shot Put Gr 8 Boys	Shot Put Para A B/G	Shot Put Jr Boys
	Discus Jr Boys	Discus Sr Boys		Discus Sr Girls
	Javelin Sr Boys	Javelin Jr Girls		Javelin Gr 8 Boys

<b>FIELD EVENTS - DAY 2 Thursday May 17<sup>th</sup>, 2018</b>				
	<b>9:45am</b>	<b>11:45am</b>	<b>12:45 pm</b>	<b>1:45pm</b>
	Triple Jump Gr 8 Boys	Triple jump Gr 8 Girls		Triple jump Jr Boys
	Long jump Sr Boys	Long jump Jr Boys		Long Jump Sr Girls
	High Jump Sr Girls	High Jump Jr Girls		High Jump Sr Boys
	Shot Put Sr Girls	Shot Put Jr Girls	Shot Put Para W B/G	Shot Put Sr Boys
	Discus Jr Girls	Discus Gr 8 Girls		Discus Gr 8 Boys
	Javelin Gr 8 Girls	Javelin Sr Girls		Javelin Jr Boys
	Hammer Sr Boys	Hammer Jr Boys		

2018 VANCOUVER ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIP SCHEDULE



**BC High School Track & Field - 2017 Technical Specifications**

<b><u>Girls</u></b>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1kg	600 g
Junior	3 kg	3 kg	1 kg	500g
Grade 8	3 kg	3 kg	1 kg	500g
<b><u>Boys</u></b>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

**Hurdle Specifications**

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b># Hurdles</b>	<b>S&gt;1<sup>st</sup> H</b>	<b>H&lt;&gt;H</b>	<b>H&gt;F</b>
Grade 8	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Junior	100m	36" (0.914m)	10	13.0m	8.50m	10.50m
<b>Senior</b>	<b>110m</b>	<b>36" (0.914m)</b>	<b>10</b>	<b>13.72m</b>	<b>9.14m</b>	<b>14.02m</b>
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	33" (0.84m)	7	50.0m	35.0m	40.0m
Senior	400m	33" (0.84m)	10	45.0m	35.0m	40.0m
<b>GIRLS</b>						
Grade 8	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Junior	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Senior	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	30" (0.762m)	7	50.0m	35.0m	40.0m
Senior	400m	30" (0.762m)	10	45.0m	35.0m	40.0m

**Steeplechase**

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b># Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
Junior	1500m	30" (0.762m)	13	3	16
Senior	2000m	33" (0.84m)	18	5	23
<b>GIRLS</b>					
Junior	1500m	30" (0.762m)	13	3	16
Senior	1500m	30" (0.762m)	13	3	16