Meet Schedule

North Island Secondary Schools

2022 Track and Field Championships

Wednesday / Thursday May 4th & 5th

Bob Dailey Stadium, Port Alberni

**Meet Manager / Director:** Anna Jack – ajack@sd70.bc.ca /

 Darren Willis – darren1willis@gmail.com

**Facilities:** Rubberized 8 lane track - maximum 6mm spike except Javelin 9mm. There is covered stands with washroom facilities in Glenwood Centre and the Multiplex. The grass areas around the track are open for team tents to be set up. The infield is closed except for athletes in throwing events. Concession on site. The site and is a no smoking facility and no dogs are permitted. Enforced by the City of Port Alberni.

**Registration: \*\*\*This is not a sticker meet \*\*\***

Registration is through Trackie.com

http://www.trackiereg.com/2020NorthIslands

- Teams must register through Trackie.com except for relays (Register at the meet for relays)

- Maximum of 3 events per athlete plus relays

**Meet Fees:**

a. $80 if 3 or less athletes

b. $200 if more than 3 athletes

c. Extra $100 it NOT running an event and/or providing volunteers (these cannot be temporary but

must commit to the entire event where they are assigned.)

Team cheques are payable to: ADSS Track & Field

**This is not a sticker meet!!** Athletes will compete wearing assigned numbers. Numbers must be worn on the front except for throwing events athletes can choose to wear their number on the front or back.

\*\*\*\*\*\*Number packages will be available at undercover area of Glenwood and will be released after 10am upon with receipt of payment.

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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. ADSS will supply stop watches, rakes, shovels, and tape measures. You can bring extra if you wish. The remaining equipment will be provided for throws, hurdles, and high jump.

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| FINISH LINE  | ADSS |
| PLACE JUDGES &BACK UP TIMERS | ADSS |
| RESULTS & COMPUTERS | ADSS / James / Michelle Butt |
| ANNOUNCER | ADSS |
| P.A. SYSTEM | ADSS |
| Electronic Timing | Rod Mundie / Vince  |
| MARSHALL | ADSS  |
| STARTER |  |
| RELAY OFFICIALS |  |
| HURDLES  |  |
| LONG JUMP |  |
| TRIPLE JUMP |  |
| HIGH JUMP |  |
| JAVELIN | ADSS |
| SHOT PUT |  |
| DISCUS |  |
| HAMMER | Nanaimo  |
| RACE WALK | Randy and Kim |
| REGISTRATION/RIBBONS | ADSS  |

Coaches Meeting:

There will be a coach’s meeting immediately before the start of the meet. Please make sure that each school has a representative there. Approx 11:00am

HURDLE CHARTS FOR NORTH ISLANDS

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| **AGE/GENDER** | **SPRINT HURDLES** | **COLOUR** | **#** | **HEIGHT** | **DISTANCE****TO FIRST** | **DISTANCE****BETWEEN** | **DISTANCE** **TO FINISH** |
| Senior Boys | 110 metres | blue | 10 | 39” | 13.72 m | 9.14 m | 14.02 m |
| Junior Boys | 100 metres | yellow | 10 | 36” | 13 m | 8.5 m | 10.5 m |
| Grade 8 Boys |  |  |  |  |  |  |  |
| Senior Girls | 100 metres | yellow | 10 | 33” | 13 m | 8.5 m | 10.5 m |
| Junior Girls | 80 metres | white | 8 | 30” | 12 m | 8.0 m | 12.0 m |
| Grade 8 Girls | 80 metres | white | 8 | 30” | 12 m | 8.0 m | 12.0 m |

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| **AGE/GENDER** | **DISTANCE HURDLES** | **COLOUR** | **#** | **HEIGHT** | **DISTANCE****TO FIRST** | **DISTANCE****BETWEEN** | **DISTANCE** **TO FINISH** |
| Senior Boys | 400 metres | green | 10 | 36” | 45 m | 35 m | 40 m |
| Senior Girls | 400 metres | green | 10 | 30” | 45 m | 35 m | 40 m |
| Junior Boys | 200 metres | green | 7 | 33” | 50 m | 35 m | 40 m |
| Grade 8 Boys | 300 metres |  |  |  |  |  |  |
| Junior Girls | 300 metres | green | 7 | 30” | 50 m | 35 m | 40 m |
| Grade 8 Girls | 200 metres |  |  |  |  |  |  |

**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).

**QUESTIONS AND INFORMATION**

Anna Jack – ajack@sd70.bc.ca

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| **Wednesday****May 4th, 2022** | **Track Events**Events on Wednesday, could move up to 45 minutes ahead of schedule so please have your athletes at the meet early.  |
| **Time** | **Event** | **Division** |  | **Time** | **Event** | **Division** |  |
| **11:00** | Coaches Meeting |  | **3:50** | 100m | 8G | Final |
| **11:15** | Race walk | All Girls | Timed Finals | 10 minIntervals | 100m | 8B | Final |
|  | Race walk | All Boys | Timed Finals | 100m | JG | Final |
| **11:45** | 110m 36”Hurdles | SB | Timed Finals | 100m | JB | Final |
| 10 minintervals | 100m 36”Hurdles | JB | Timed Finals | 100m | SG | Final |
| 100m 33”Hurdles | SG | Timed Finals | 10 min set up | 100m | SB | Final |
| 100m 33”Hurdles | 8B | Timed Finals | **4:50** | 800m | 8G | Final |
| 80 m 30”Hurdles | JG | Timed Finals |  | 800m | 8B | Final |
| 5 min set up | 80m 30”Hurdles | 8G | Timed Finals |  | 800m | JG | Final |
| **12:45** | 3000m | 8G/8B | Final |  | 800m | JB | Final |
| 15 min intervals | 3000m | JG | Final |  | 800m | SG | Final |
| 3000m  | JB | Final |  | 800m | SB | Final |
| 3000m | SG | Final | **5:50**  | **END DAY #1** |
| 7 min set up | 3000m | SB | Final |  |
| **1:52** | 4 x 100m  | 8G | Final |
|  | 4 X100m | 8B | Final |
| 10 minintervals | 4 x 100m  | JG | Final |
| 4 x 100m | JB | Final |
|  | 4 x 100m | SG | Final |
|  | 4 x 100m | SB | Final |
| **2:50** | 400 m  | 8G | Final |
|  | 400 m | 8B | Final |
| 10 minintervals | 400 m | JG | Final |
| 400 m | JB | Final |
| 400 m | SG | Final |
| 400 m | SB | Final |
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| **Thursday****May 5th, 2022** | **Track Events**The Thursday schedule will only move ahead of time by up to 15mins |
| **Time** | **Event** | **Division** |  |  |
| **10:00** | Coaches Meeting |  |
| **10:10** | 400m36” Hurdles | SB | Final |
|  | 300m33” Hurdles | JB | Final |
|  | 400m30” Hurdles | SG | Final |
|  | 300m 30” Hurdles | JG | Final |
|  | 200m30” Hurdles | 8B | Final |
|  | 200m30” Hurdles | 8G | Final |
| **11:00** | 1500m | 8G | Timed Final |
| 10 min intervals | 1500m | 8B | Timed Final |
| 1500m | JG | Timed Final |
| 1500m  | JB | Timed Final |
| 1500m | SG | Timed Final |
| 5 min set up | 1500m  | SB | Timed Final |
| **12:00** | 200m | 8G | Final |
| 5 min intervals | 200m | 8B | Final |
|  200m | JG | Final |
| 200m | JB | Final |
| 200m | SG | Final |
| 200m | SB | Final |
| 5 min set up |  |  |  |
| **12:45**  | 2000m Steeple | SB | Final |
|  | 1500m Steeple | SG | Final |
|  | 1500m Steeple | JB | Final |
|  | 1500m Steeple | JG | Final |
| No water | 1500m Steeple | 8B | Final |
| No water | 1500m Steeple | 8G | Final |
| 5 min set up |  |  |  |
| **1:50** | 4x400m | 8G | Final |
|  | 4x400m  | 8B | Final |
| 10 min intervals | 4x400m | JG | Final |
| 4x400m  | JB | Final |
| 4x400m | SG | Final |
|  | 4x400m | SB | Final |
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| **2:50** | **Day #2 Done** |

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| **Field Events: Wednesday May 4th, 2022** |
|  | **11:30am** | **1:00****:00pm** | **2:30pm** |
|  | Hammer Jr. Girls |  Hammer Sr. Girls |  |
|  | Triple Jump Sr Girls | Triple Jump Sr Boys  | Triple Jump Jr 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 Jr Boys |
|  | Discus Jr Boys | Discus Sr Boys | Discus Sr Girls |
|  | Javelin Sr Boys | Javelin Jr Girls | Javelin Gr 8 Boys |

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| **Field Events: Thursday May 5th, 2022** |
|  | **10:00am** | **11:30am** | **1:00pm** |
|  | 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 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 |  |