

**EASTERN VALLEY
TRACK AND FIELD
CHAMPIONSHIPS
2022**



Updated April 28/22

ENTRIES

1. Each school may enter as many athletes or relay teams per event as they wish. This can be done at <https://www.trackie.com/online-registration/find-event/>
2. Each athlete may enter a maximum of three individual events and two relays. Any athlete who competes in a fourth individual event or third relay will be disqualified from all events.
3. This meet is paid for by your EVAA registration fee.
4. Coaches can get their entry packages with athlete bib numbers at a table near the timing tower. Please bring your B.C high school registration roster.
5. All athletes are to register at the event sites up to 15 minutes prior to the start of each event.

SCORING

Individual Events

- 1st – 10 points
- 2nd – 8 points
- 3rd – 6 points
- 4th – 5 points
- 5th – 4 points
- 6th – 3 points
- 7th – 2 points
- 8th – 1 point

Relay Events

- 1st – 10 points
- 2nd – 8 points
- 3rd – 6 points
- 4th – 5 points
- 5th – 4points
- 6th – 3 points
- 7th – 2points
- 8th – 1 point

QUALIFYING FOR THE BC HIGH SCHOOL CHAMPIONSHIP MEET

- Top 3 athletes in all individual events move on to the BCHS Championships.
- Top 3 relay teams move on to BCHS Championships.
- To be eligible for the BCHS Championships an athlete must qualify at this meet.
- Zone Qualifiers will be forwarded automatically by your Zone Rep.
- OPEN ZONE & Gr. 8 entries must be entered by 5:00 pm PST May 28, 2022. Open Zone entries is done at www.trackie.com

RESULTS: Will be posted on the EVAA website:

<https://www.evathletics.ca/page/show/5188206-track-and-field-2022->

FIRST AID: There is a qualified First Aider in attendance but please bring a cooler with ice and your own first aid kit. You are in charge of your athletes. That is why each school is legally responsible for having a coach present.

CLEAN UP: Coaches bring 2 garbage bags and assign someone on the team to keep your area clean.

AWARDS

1. Ribbons for the top 8 finishers in each individual event. Relays top 3 finishers receive a ribbon.
2. Rosettes for individual aggregates. Aggregates are based on the athlete's performance in his or her three individual events (Grade 8 Girl, Grade 8 Boy, Junior Girl, Junior Boy, Senior Girl, Senior Boy)
3. Team trophies will be awarded to:
Grade 8 Boys/Girls/Team
Junior Boys/Girls/Team
Senior Boys/Girls/Team
Overall School Aggregate (combined SR and JR not grade 8)

DISQUALIFICATIONS

1. Athletes must check into field events upon the first call or 15 minutes before the event. Athletes may not check in after the event has officially started (the first athlete has registered a measurable attempt).
2. Athletes who have checked into a field event must complete their attempts before the next event at the event site has started, if not they will forfeit all missed attempts.
3. Athletes in a track event must report to the marshalling area and sign in.
4. Starting blocks must be used in all laned events (100m, 200m, 400m, all hurdles, and relays).
5. Athletes must wear a uniform representing their school.
6. All schools must have at least one teacher in attendance to supervise their students the entire meet. If another teacher from a different school has agreed to supervise, written permission from the school's administration is required to be handed to the meet director.
7. The IAAF Rule Book will govern the meet.
8. Competition Numbers: Competition numbers must be worn on the front for all track events, and front or back for field events. Athletes must have a competition bib number to compete. Charge of \$5 for lost/reissue of athlete number

APPEALS

1. All protests must be appealed in writing to the jury of appeal (Graham Neufeld, Gary Lutes, Sheila) no later than 30 minutes after the event has concluded.

ELIGIBILITY

1. Students must compete in the grade they are registered in. A student who is in grade 11 must compete in the senior category even if his or her age allows him or her to be eligible for the junior category.

MEET STANDARDS

1. Starting heights for **high jump** will be:

GR 8 GIRLS:	1.10m	GR 8 BOYS:	1.20 m
JR GIRLS:	1.25m	JR BOYS:	1.30 m
SR GIRLS:	1.35m	SR BOYS:	1.50 m

2. **Hurdles:**

GR 8 BOYS 100m @ 33"
JR GIRLS and GR 8 GIRLS 80m @ 30"
SR GIRLS 100m @ 33"
JR BOYS 100m @ 36"
SR BOYS 110m @ 36"
Gr. 8 BOYS/Girls 200mH @30"
JR GIRLS 300m @ 30"
JR BOYS 300m @ 33"
Sr. GIRLS 400m @ 30"
Sr. BOYS 400m @ 36"

3. **Shot put** (3 attempts)

GR 8 girls, JR girls 3kg
SR girls, Gr. 8 boys 4 kg
JR. boys 5kg
SR boys 6kg

4. **Discus** (3 attempts)

All girls and GR 8 boys 1kg
JR boys 1.5kg Sr. Boys 1.75kg

5. **Javelin** (3 attempts)

Gr8 G/Jr. G 500g	Sr. G/Gr. 8 boys 600g
Jr. boys 700g	Sr. Boys 800g

6. **Hammer** (3 attempts)

Jr Girls 3 kg Sr. Girls 4kg

Jr. Boys 5kg

Sr. Boys 6kg

7. **Long jump and triple jump** 3 attempts.

EQUIPMENT

IT IS IMPORTANT THAT YOU PROVIDE THE EQUIPMENT STATED WHEN YOU ARE OFFICIATING AN EVENT. THE VALLEY ROYALS TRACK & FIELD CLUB IS NOT RESPONSIBLE TO LEND US RAKES, MEASURING TAPES ETC.

1. Each school must bring their own baton for relays.
2. Schools officiating an event must supply the equipment and a clipboard.
3. Maximum length of spikes is 7mm.
4. Coaches make sure that athletes have competition bibs properly attached
5. Walkie-Talkies are recommended

OFFICIATING

1. All competing schools are required to provide an official or volunteer to help run an event.
2. Please see the duty roster on the EVAA website at
<https://www.evathletics.ca/page/show/5188206-track-and-field-2022->