



58th Annual*
ISEA Track and Field Championships
Monday May 16, 2022

INAUGURAL EVENT:

1963, with the Championship awarded to Cliffside.

*2020 & 2021 Championship cancelled due to COVID-19.

LOCATION:

Bear Creek Park, 13750 88 Ave, Surrey, BC V3W 3L1.

ENTRY FEE:

To be finalized through the ISEA master payment schedule.

FIRST AID:

AAA First Aid Services will be on site for the duration of the competition.

ENTRIES:

Please use [Trackie](#) to complete your entries. Create your account and search for 'ISEA T&F Championships'. Any questions / changes regarding entries can be sent to Andrew Ilkiw (ailkiw@stjohns.bc.ca)

ENTRY DEADLINE: 8:00pm - Monday, Wed 11, 2022

'Day of Meet' changes may be made through the Meet Directors, Matt Dochniak or Andrew Ilkiw.

INFIELD:

Some relay events will be marshaled on the infield, but otherwise we ask that athletes please keep to the outside of the track.

COACHES MEETING:

8:45 am

OFFICIALS:

Each school is assigned an event to officiate. We will have some Lower Mainland Officials (John and Carol Cull) on hand to support our meet and answer any questions.

SCHOOL OFFICIATING DUTIES

As this is our association meet, all schools are expected to contribute to the successful organization and completion of the meet. Each school is asked to officiate an event. One of the volunteers must have good knowledge of the event.

Event	School	Equipment Details
Meet Hosts	Brockton School & St John's School	
Girls Long Jump	Talmud Torah School	Please bring measuring tapes
Boys Long Jump	Saint Georges' School	Please bring measuring tapes
Girls High Jump	Crofton House School	Please bring measuring tapes
Boys High Jump	Stratford Hall	Please bring measuring tapes
Girls Shot Put	West Point Grey Academy	Please bring measuring tapes ISEA will supply 2 x 2kg, 2 x 3 kg shots
Boys Shot Put	Meadowridge School	Please bring measuring tapes ISEA will supply 2 x 2kg, 2 x 3 kg shots
Girls Discus	Southridge School	Please bring a measuring tape ISEA will supply 2 x 750g discus
Boys Discus	Southpointe Academy	Please bring a measuring tape ISEA will supply 2 x 1kg discus
Marshaling	Fraser Academy (1) Collingwood School, York House School, Mulgrave (1) Urban Academy	Each school is asked to bring 2 marshalls.

REGISTRATION INFORMATION

AGE DIVISION FOR COMPETITION

Grade 4 Girls Grade 4 Boys

Grade 5 Girls Grade 5 Boys

Grade 6 Girls Grade 6 Boys

Grade 7 Girls Grade 7 Boys

****Overage athletes can compete in their current grade.**

****There is no provision for athletes to compete in individual events below their age division.**

ENTRIES

- Athletes may enter a maximum of 5 events (including relays).
- If you have any questions please contact the Meet Director.

TRACK EVENTS

60m, 200m, 600m, 1000m – Grades 4 and 5

100m, 200m, 800m, 1200m – Grades 6 and 7

- Schools may enter one athlete in each of the 'A' and 'B' events.
- The assumption is the 'A' runner is faster than the 'B'.
- If entering only 1 runner, schools must enter that athlete in the 'A' event.
- Both the 'A' and the 'B' events are scoring events.

FIELD EVENTS

Long Jump, High Jump, Shot Put, Discus:

- Schools may enter one athlete in each of the 'A' and 'B' events.
- The assumption is the 'A' competitor is stronger than the 'B'.
- If entering only 1 athlete, schools must enter that athlete in the 'A' event.
- Both the 'A' and the 'B' events are scoring events.

4x100m relay:

- Schools may enter one team in each of the 'A' and 'B' events.
- The assumption is the 'A' team is faster than the 'B'.
- If entering only 1 team, schools must enter that team in the 'A' event.
- Both the 'A' and the 'B' events are scoring events.

Medley relay (600m, 200m, 400m, 800m):

- Schools may only enter 1 team.
- The medley relay is a scoring event.

TECHNICAL INFORMATION

SIMULTANEOUS EVENTS

Track events will not be delayed. Check-in at your field event and your track event. Then return to your field event and continue competing. Have someone from your team monitor the progress of the races and then come back and get you in time for your race. After your race, immediately return to your field event.

- Long Jump: if you return before the end of the competition, at the Official's discretion, you may be allowed to complete all of your jumps.
- High Jump: if the bar has been raised in your absence from the competition, it will not be lowered upon your return. You will have to resume your competition at the current height.
- Shot Put: if you return before the end of the competition, at the Official's discretion, you may be allowed to complete all of your throws.
- Discus: if you return before the end of the competition, at the Official's discretion, you may be allowed to complete all of your throws.

If the event is over, the event is over.

SEEDING

There is no seeding in the sprint events. All lane assignments are done by lane draw.

RELAYS

For the 4x100m relays, please indicate an 'A' team and a 'B' team.

For the Medley relay, each school is permitted only 1 team ('A' event only).

CORRECT TECHNIQUE

For their own safety, it is strongly recommended that athletes know the correct technique before entering technically complex events like High Jump, Shot Put, or Discus.

COMPETITOR NUMBERS

Each athlete will be issued a competitor number. In all events (track and field) numbers must be worn on the front.

TRACK EVENT CHECK-IN

Athletes in track events will be marshaled near to the start of the race area. When the event is called, send your athlete to the marshaling area. Do not send them early, as they will be sent away. Sweats can be worn until the Starter gives the command "Sweats off". After a race, athletes should return immediately to claim their clothing.

FIELD EVENT CHECK IN

Athletes should report to their field event to check-in prior to the time posted on the schedule.

NUMBER OF ATTEMPTS IN FIELD EVENTS

Each event will have 3 rounds and each athlete will be given 1 attempt per round if they are present during that round. High Jump will follow standard BCA and IAAF rules.

HIGH JUMP

Starting Heights	Gr. 4	Gr. 5	Gr. 6	Gr. 7
Girls	.90m	1.00m	1.05m	1.10m
Boys	.95m	1.05m	1.10m	1.15m

SHOT PUT SPECIFICATIONS

- Grade 4 – 5 Boys & Girls 2 kg
- Grade 6 – 7 Boys & Girls 3 kg

DISCUS SPECIFICATIONS

- Grade 5 Girls and Boys 750g
- Grade 6 – 7 Girls 750g
- Grade 6 – 7 Boys 1kg

RESULTS INFORMATION

EVENT RESULTS

Results will be posted.

AWARDS

Ribbons to finishers 1st – 8th in both the 'A' and the 'B' events.

All school teams can pick up their accumulated awards at the end of the meet.

TEAMS AWARDS

Perpetual Championship Trophy for Girls Team Champion.

Perpetual Championship Trophy for Boys Team Champion.

SCORING

For all individual events the following points will be awarded to both the 'A' and 'B' 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

For all relay events the following points will be awarded to both the 'A' and 'B' 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