**NORTH CENTRAL DISTRICT ZONE TRACK & FIELD CHAMPIONSHIPS**

Wednesday, May 18 & Thursday, May 19, 2022

**MASICH STADIUM, PRINCE GEORGE, BC**

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**SANCTIONED BY:**  British Columbia Athletics

**FACILITY:**

* 400 Metre Polyurethane curbed and guttered 8 lane track
* Dual run-ups for long and triple jump and pole vault.
* Synthetic infield turf with a built-in shock pad and markings for FIFA and Canadian Football League (CFL) regulation-sized fields.
* Adjacent sports fields that include two natural grass, full-sized fields, and one practise-sized field.
* Consolidated areas for high jump, triple jump, and pole vaulting.
* Permanent, all-weather surfaced throwing areas with cages for shot put, hammer, discus, and javelin.
* A restored and repainted grandstand that includes improved change facilities. Accessible seating and bucket seats with back support.

**ENTRIES AND INQUIRIES**

* **Becky Whitehouse** – Meet Director/Manager
	+ 250-983-3300
	+ beckywhitehouse@sd28.bc.ca

**TO ALL COACHES**

Coaches meeting @ 2:30 p.m.WEDNESDAY; Meet start time @ 3:00 p.m.

1) **AGE CLASSES:**

 BANTAM Grade 8 Born 2008

 JUNIOR Grade 9/10 Born 2007, 2006

 SENIOR Grade 11/12 Born 2005, 2004, 2003

2) **BC SCHOOL SPORTS REGISTRATION:**

 Any school not registered with North Central Athletic Association is not eligible for participation in our Zone meet. Any athlete not registered with BC School Sports is not eligible for participation in the Provincial meet.

3) **ENTRIES: Entries need to be done using Trackie.com \*\*Link added in soon\*\***

**Registration closes on MAY 13th 2022 at 11:59pm**

**Scratch Deadline May 16th 4:00pm**

4) **ENTRY FEES:**

 $25.00 per competitor.

 No refunds for late scratches.

Please make cheques payable to **Correlieu Secondary School.**

5) **AWARDS:**

 Medals for First, Second, and Third place, ribbons for Fourth to Eighth place. If the event has less than three competitors, just ribbons will be awarded.

 Ribbons only for relays.

6) **COACHES/SCHOOL RESPONSIBILITY:**

 Race packages will only be given to Coach, Teacher Sponsor or assigned delegate of the school. Athletes must have one of the above to compete in the meet. Those athletes who have a delegate or coach from a different school will be required to have a letter from their principal showing who the designated volunteer or coach is.

7) **OFFICIATING**

Each school is **required** to assist with the officiating at field events. Those schools with small teams will be asked to cover one session or event. Those with larger teams will be asked to officiate for more than one session. Please see the attached volunteer sign up for the positions needed. We suggest that you advise your athletes that you may not be available to them at all times.

8) **SCHEDULE:**

As always the schedule is not set in stone. Any changes will be made at the scratch meeting. As in the Provincial Meet, track events may go as much as 30 minutes ahead of schedule – be prepared. Field events may be combined with two or more age groups participating simultaneously if event registrations are low. Every effort will be made to keep the meet running smoothly and on time.

Athletes will be required to be in Marshalling Zone no later than 10 minutes prior to start of event. Those athletes not in marshalling Zone at final call will be scratched.

9) **PROVINCIAL CHAMPIONSHIPS:**

Team selection will be made immediately following the Zone meet. At this point in time we do not know if the North Central Zone has one or two berths to the Provincial Championships. Athletes may compete in no more than 3 events at the Provincial Champsionships.

Any athlete not registered with BC School Sports is not eligible for participation in the Provincial meet.

To qualify for Provincial championships for throwing events athletes must use the appropriate age class (Junior Division or Senior Division) weights (javelin, shot, hammer, discus). See the attached Technical Specifications sheet.

For the Provincial Championship, June 9-11 in Langley. Ms.Whitehouse and Mrs. Barker, our zone reps, are working on a charter bus to take all students who have qualified. Students will be leaving on June 8th and coming back June 11th. This will be dependent on COVID restrictions.  Costs and more information will be sent out as soon as possible.

10) **GRADE 8 INVITATIONAL MEET AT PROVINCIALS**

Provincial Championships are considered an invitational for Grade 8. Coaches need to register individual athletes into events using Trackie. Use the best time/distance of the season from any meet. Top 24 across the province qualify to go.

11) **SPECIAL OLYMPIC ATHLETES**

 Special Olympic Athletes will compete with the generic athletes in their appropriate age category. We don’t have any information yet as to what Special Olympics events will be offered at the High School Provincial Championships.

12) **BC SUMMER GAMES**

This meet is the Zone 8 qualifying meet for BC Summer Games, which will be held in Prince George from July 21-24.

Those athletes born in either 2007 or 2008 are eligible for the Summer Games. Please have athletes who are interested in competing at Summer Games fill out the attached form. Please submit this form to Becky Whitehouse at the Zones meet.

\*\*NOTE – Vanderhoof and communities further west are part of Zone 7. Becky Whitehouse will forward the results from the Zones meet to the BC Summer Games Zone 7 Rep.

11**) QUESTIONS/CONCERNS**

 Becky Whitehouse – Zone Rep – 250-983-3300 (cell); 250-992-7007 (school)

 Janet Barker- Assistant Zone Rep – 250-255-9838 (cell); 250-992-7007 (school)

**FIELD EVENTS SCHEDULE – NORTH CENTRAL ZONE CHAMPIONSHIP**

***Times are approximate*** – please listen for marshalling.

**Wednesday:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Long Jump** | **Triple Jump** | **Shot Put** | **Javelin** | **Discus** |
|  |  |  |  |  |  |
| 3:00 pm | Junior Males | Bantam Females | Senior Males | Bantam Males | Senior Females |
| 4:00 pm | Senior Males | Junior Females | Junior Males | Bantam Females |  |
| 5:00 pm | Bantam Males | Senior Females | Bantam Males | Senior Males | Junior and Bantam Females |
| 6:00 pm | **\*\*\*\* HAMMER THROW – ALL MALE AGE GROUPS \*\*\*\*** |

**Thursday:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Long Jump** | **Triple Jump** | **High Jump** | **Shot Put** | **Javelin** | **Discus** |
| 9:00 am | **\*\*\*\* HAMMER THROW – ALL FEMALE AGE GROUPS \*\*\*\*** |
| 9:00 am | Bantam Females | Bantam Males |  |  | Junior Males |  |
| 10:00 am | Junior Females | Junior Males | Bantam Females | Bantam Females |  | Senior Males |
| 11:00 am | Senior Females | Senior Males | Junior Males |  | Junior Females | Bantam Males |
| 12:00 pm |  |  | Bantam Males | Junior Females | Senior Females | Junior Males |
| 1:00 pm |  |  | Junior and Senior Females | Senior Females |  |  |
| 2:00 pm |  |  | Senior Males |  |  |  |

**Field Events**

* Where flights are necessary, each athlete will have 3 attempts. Final places will be determined by combining the flights.

# Where there are low numbers, age groups will be combined, eg. All girls throw hammer at the same time

* Special Olympic Athletes will compete in their age category

**TRACK SCHEDULE - NORTH CENTRAL ZONE HIGH SCHOOL CHAMPIONSHIP**

**ALL TIMES ARE APPROXIMATE. LISTEN FOR THE ANNOUNCEMENTS.**

**\*\* All Track events will run Bantam to Senior - Females to Males, unless noted otherwise.\*\***

**Wednesday, May 18th**

**Time Event Notes**

3:00 pm 1500m Timed Finals

3:45 pm 200, 300, 400m Hurdles Timed Finals Females all at 30”,

Males at 30”, 33” and 36”

4:30 pm 100m Heats 8 or fewer entries will be run as finals

5:30 pm 1500m Racewalk 1 Race, all competitors

5:45 pm 400m Timed Finals

6:45 pm 100m Finals

7:00 pm 3000m Timed Finals Races will be combined as necessary

7:30 pm 4x100m Relays

**Thursday, May 19th**

**Time Event Notes**

9:00 am 200m Heats

10:00 am 1500m Steeplechase Timed Finals Bantam – Jr. Males Race #1 and all

 Females Race #2

10:20 am 2000m Steeplechase Timed Finals Senior Males

10:40 am 80m Hurdle Timed Finals Bantam and Junior Females at 30”

10:50 am 100m Hurdle Timed Finals Senior Females at 33”

11:00 am 100m Hurdle Timed Finals Bantam Males at 33”

11:10 am 100 m Hurdle Timed Finals Junior Males at 36”

11:20 am 110m Hurdle Timed Finals Senior Males at 36”

11:30 am 800m Timed Finals

12:10 pm 200m Finals

12:30 pm 4 x 400m Relay Finals

# TRACK EVENTS

Heats:

* Where heats are necessary the top eight (8) times will go to the final.
* Where there are not enough athletes for heats the **FINAL will be run at the time of the heat.**
* Special Olympic Athletes will compete with their age category.

Distance Events:

* Where possible events will be combined, eg. Junior and Senior Boys 1500m