



**62<sup>nd</sup> Annual\***  
**ISEA Track and Field Championships**  
**Monday May 12, 2025**

**INAUGURAL EVENT:**

**1963, with the Championship awarded to Cliffside.**

\*2020 & 2021 Championships cancelled due to COVID-19.

**LOCATION:**

**South Surrey Athletic Park, parking entrance at 14600 20 Avenue, Surrey.**

**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.**

Any notable first aid incidents should be logged with BC Athletics [here](#).

**SECURITY:**

**On-site security will be provided by 2 members from Imperial Security.**

**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@sjs.ca](mailto:ailkiw@sjs.ca))

**ENTRY DEADLINE: 11:00 pm - Wednesday May 7th 2025**

**'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 <a href="#">Long Jump</a>	Talmud Torah School	Please bring measuring tapes
Boys <a href="#">Long Jump</a>	Saint Georges' School	Please bring measuring tapes
Girls <a href="#">High Jump</a>	Crofton House School	Please bring measuring tapes
Boys <a href="#">High Jump</a>	Stratford Hall	Please bring measuring tapes
Girls <a href="#">Shot Put</a>	West Point Grey Academy	Please bring measuring tapes ISEA will supply 2 x 2kg, 2 x 3 kg shots
Boys <a href="#">Shot Put</a>	Meadowridge School	Please bring measuring tapes ISEA will supply 2 x 2kg, 2 x 3 kg shots
Girls <a href="#">Discus</a>	Southridge School	Please bring a measuring tape ISEA will supply 2 x 750g discus
Boys <a href="#">Discus</a>	Southpointe Academy	Please bring a measuring tape ISEA will supply 2 x 1kg discus
Marshaling	Collingwood School, York House School, Mulgrave (1) Urban Academy Kenneth Gordon (1) Fraser Academy (not attending)	Each school is asked to bring 2 marshalls.

## **BCAA Officials:**

### **Photo Timing**

**Ted de St. Croix (confirmed)**

**Sean Barber (confirmed)**

**Maureen de St. Croix**

### **Starter**

**Sharon Hann (confirmed)**

**Ian Fisher (confirmed)**

### **Starter's Assistant**

**Nancy Champagne**

**Sue Kydd**

### **Throws**

**Dawn Driver (Discus) (confirmed)**

**Rose Hare (Boys) (confirmed)**

**Betsy Rollins (Girls) (confirmed)**

### **Long Jump**

**Jake Madderom (confirmed)**

**John Cull (confirmed)**

### **High Jump**

**Carol Cull (confirmed)**

**Maureen de St. Croix**

### **Field Referee**

**N/A**

### **Brockton Grade 9 Sports Leaders**

**Announcers -**

**Runners & Lane Spotters -**

**Results Table & Postings -**

**Lunchtime Food Supervision -**

## **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, 200m, 200m) \*Note the new distances from 2024\*:

- 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.

**1<sup>st</sup> – 10 points**

**2<sup>nd</sup> – 8 points**

**3<sup>rd</sup> – 6 points**

**4<sup>th</sup> – 5 points**

**5<sup>th</sup> – 4 points**

**6<sup>th</sup> – 3 points**

**7<sup>th</sup> – 2 points**

**8<sup>th</sup> – 1 point**

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

**1<sup>st</sup> – 10 points**

**2<sup>nd</sup> – 8 points**

**3<sup>rd</sup> – 6 points**

**4<sup>th</sup> – 5 points**

**5<sup>th</sup> – 4 points**

**6<sup>th</sup> – 3 points**

**7<sup>th</sup> – 2 points**

**8<sup>th</sup> – 1 point**

**BC Athletics - Sanctioned Event Feedback Form**

[Click here.](#)