

Zone Championship
Meet Entry Process & Deadlines

- Track Events Maximum 3 people /gender/age category/event/school **NEW 2017**
- Field Events Maximum 2 people /gender/age category/event/school
- Maximum 2 relays /school/gender/age category - please specify A and B Team
- Each school can enter an additional C Team for relay events, non-scoring (all in same heat)
- Individual athletes can compete in up to 3 individual events and 2 relays, 5 events total.
- **Reminder: Athletes must compete at zone championships in the same age category they wish to compete at BC's.**
 - E.G. Gr. 8 Shot Put cannot enter Junior (Gr. 9/10) Discus
 - E.G. Gr. 9 (Junior) 1500m cannot enter Senior (Gr. 11/12) Steeplechase
 - Exception: A Junior athlete can "run up" on a Senior relay team, but is not allowed to compete in the same relay event at the lower age group. E.g. Junior 4x100m & Senior 4x400m.

ZONE CHAMPIONSHIP ENTRY DEADLINE: Wednesday May 3rd, 2017 10:00pm

Please use www.trackie.ca to submit your entries and/or email all entries to Shirley Young (chedro@telus.net) cc: Gillian Wright (gwright@wpga.ca), with subject: Meet Entries ISA Zone Championships. Please use Excel document '[SCHOOL NAME](#)' [LMISSTFA Zone Championships Team Registration 2016](#), sent by Gillian in weekly email.

Trackie Tutorial Video: <https://vimeo.com/163403902/67ff5422a7> for questions regarding trackie please email Shirley Young (chedro@telus.net), questions regarding entry process email Gillian Wright (gwright@wpga.ca)

Special Note:

Pole Vault & Hammer Zone Championship events will be taking place at St. George's School on Thursday May 4th.

Pole Vault - Event start time 12:45pm sharp.
Hammer - Event start time 4:00pm sharp.

Please email Gillian Wright (gwright@wpga.ca) by no later than Friday April 30th, to confirm how many athletes you will be bringing to this event.

LMISSFA Zone Championships

@ Swangard Stadium, Burnaby

May 9-10, 2017

ZONE CHAMPIONSHIP ENTRY DEADLINE: Wednesday May 3rd, 2017 10:00pm
Submit entries via [Trackie](#) or email entries (on excel) to Shirley Young chedro@telus.net

All athletes MUST compete in the same age category at Zone Championships as they wish to compete in at BC's.

Tuesday May 9, 2017

Coaches Meeting 8:40am (near finish line tent)
First Event Field 9:00am Track 9:20am

Track Event Schedule

EVENT	TIME	AGE	GENDER
800m	9:20am	Gr. 8	Girls
	9:30am	Gr. 8	Boys
	9:40am	Junior (Gr. 9/10)	Girls
	9:50am	Junior (Gr. 9/10)	Boys
	10:00am	Senior (Gr. 11/12)	Girls
	10:10am	Senior (Gr. 11/12)	Boys
200m	10:20am	Gr. 8	Girls
	10:25am	Gr. 8	Boys
	10:30am	Junior (Gr. 9/10)	Girls
	10:35am	Junior (Gr. 9/10)	Boys
	10:40am	Senior (Gr. 11/12)	Girls
	10:45am	Senior (Gr. 11/12)	Boys
3000m	10:50am	All Ages	Girls
	11:10am	All Ages	Boys
4x100m Relay	11:50am	Gr. 8	Girls
	12:00pm	Gr. 8	Boys

	12:10pm	Junior (Gr. 9/10)	Girls
	12:20pm	Junior (Gr. 9/10)	Boys
	12:30pm	Senior (Gr. 11/12)	Girls
	12:40pm	Senior (Gr. 11/12)	Boys
1500m Racewalk	1:15pm	Junior & Senior	Girls & Boys
400m Hurdles @33" @30"	1:40pm	Senior	Boys
	2:00pm	Senior	Girls
300m Hurdles @33" @30"	2:20pm	Junior	Boys
	2:45pm	Junior	Girls
200m Hurdles @30" @30"	2:55pm	Gr. 8	Boys
	3:15pm	Gr. 8	Girls

Field Event Schedule

EVENT	TIME	AGE	GENDER
Triple Jump	9:00am	Junior	Boys
	10:15am	Senior	Boys
	11:30am	Junior	Girls
	12:30pm	Senior	Girls
	1:30pm	Gr. 8	Boys
	2:30pm	Gr. 8	Girls
High Jump	9:30am	Gr. 8	Boys
	11:00am	Junior	Boys
	12:30pm	Senior	Boys
Discus	9:00am	Senior (1.75kg)	Boys
	10:00am	Gr. 8 (1kg)	Boys
	11:00am	Junior (1.5kg)	Boys
Javelin	9:30am	Gr. 8 (500g)	Girls
	10:30am	Junior (500g)	Girls
	11:30am	Senior (600g)	Girls

Shot Put	9:00am	Gr. 8 (4kg)	Boys
	10:00am	Junior (5kg)	Boys
	11:00am	Senior (6kg)	Boys

Wednesday May 10, 2017

Coaches Meeting 8:40am (near finish line tent)
 First Event Field 9:00am Track 9:10am

Track Event Schedule

EVENT	TIME	AGE	GENDER
110m Hurdles @36"	9:10am	Senior (Gr. 11/12)	Boys
100m Hurdles @36" @33" @33"	9:20am	Junior (Gr. 9/10)	Boys
	9:30am	Senior (Gr. 11/12)	Girls
	9:35am	Gr. 8	Boys
80m Hurdles @30" @30"	9:45am	Junior (Gr. 9/10)	Girls
	9:55am	Gr. 8	Girls
400m	10:05am	Gr. 8	Girls
	10:10am	Gr. 8	Boys
	10:25am	Junior (Gr. 9/10)	Girls
	10:30am	Junior (Gr. 9/10)	Boys
	10:35am	Senior (Gr. 11/12)	Girls
	10:40am	Senior (Gr. 11/12)	Boys
1500m	10:50am	Gr. 8	Girls
	11:00am	Gr. 8	Boys
	11:10am	Junior (Gr. 9/10)	Girls
	11:20am	Junior (Gr. 9/10)	Boys
	11:30am	Senior (Gr. 11/12)	Girls
	11:40am	Senior (Gr. 11/12)	Boys
100m	11:50am	Gr. 8	Girls

	11:55am	Gr. 8	Boys
	12:00pm	Junior (Gr. 9/10)	Girls
	12:05pm	Junior (Gr. 9/10)	Boys
	12:10pm	Senior (Gr. 11/12)	Girls
	12:15pm	Senior (Gr. 11/12)	Boys
4x400m Relay	12:25pm	Gr. 8	Girls
	12:45pm	Gr. 8	Boys
	12:55pm	Junior (Gr. 9/10)	Girls
	1:05pm	Junior (Gr. 9/10)	Boys
	1:15pm	Senior (Gr. 11/12)	Girls
	1:25pm	Senior (Gr. 11/12)	Boys
1500m Steeplechase	2:00pm	Junior & Senior @ 30"	Girls
	2:20pm	Junior @ 30"	Boys
2000m Steeplechase	2:40pm	Senior @ 33"	Boys

Field Event Schedule

EVENT	TIME	AGE	GENDER
Long Jump	9:00am	Gr. 8	Girls
	10:00am	Junior	Boys
	11:00am	Gr. 8	Boys
	12:00pm	Senior	Boys
	1:00pm	Junior	Girls
	2:00pm	Senior	Girls
High Jump	9:00am	Junior	Girls
	10:30am	Senior	Girls
	11:30am	Gr. 8	Girls
Discus	9:00am	Senior (1kg)	Girls
	10:00am	Gr. 8 (1kg)	Girls
	11:00am	Junior (1kg)	Girls

Javelin	9:00am	Gr. 8 (600g)	Boys
	10:00am	Junior (700g)	Boys
	11:30am	Senior (800g)	Boys
Shot Put	9:00am	Gr. 8 (3kg)	Girls
	10:00am	Junior (3kg)	Girls
	11:00am	Senior (4kg)	Girls