

**UPPER FRASER VALLEY
TRACK AND FIELD
CHAMPIONSHIPS
2011**



Updated February 2, 2011

UPPER FRASER VALLEY CHAMPIONSHIPS

ROTARY STADIUM

Wednesday May 4th & Thursday May 5th 2011

ENTRIES

1. Each school may enter as many athletes or relay teams per event as they wish.
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. In order for an athlete to enter an event they must have a STICKER (supplied by coach) with their name, school and division clearly printed on it (the thin stickers work the best).
3. Each school must pay \$4.00 per athlete or a maximum of \$200 per team. Make checks payable to CHILLIWACK S.S. and attach it to a team roster of athletes competing in this meet. Pay at the ribbon station.
4. All athletes are to register at the event sights with their **stickers** 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 – 16 points
2nd – 12 points
3rd – 10 points
4th – 8 points
5th – 6 points
6th – 4 points
7th – 2 points
8th – 1 point

QUALIFICATIONS to THE FRASER VALLEY

ELIMINATION MEET

- Top 12 athletes in all events move on to the Elimination Meet next week.
- To be eligible for the Elimination Meet an athlete must qualify at this meet

RESULTS: Will not be sent to you, assign someone to keep your team results

FIRST AID: Each year we attempt to have Saint John Ambulance, but it depends upon availability. Bring a cooler with ice and your own First Aid Kit

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. But Relays top 4 finish
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 Team
 Junior Team
 Senior Team
 Overall School Aggregate

DISQUALIFICATIONS

1. Athletes must check into field events upon the first call or 15 minutes before 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 sight 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.

APPEALS

1. All protest must be appealed in writing to the jury of appeal no later than 30 minutes after the event has concluded.

ELIGIBILITY

1. Student 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.
2. A student can move up into the next age category, but once this is done, the student must stay in that age category for all of their events. The only exceptions are relays and the events designated OPEN. However, a student cannot compete on two 4x100m in 4x400m relay teams in different categories.
3. Open events count as one of the athletes' three individual events. Open events will have ribbons, **Scoring Open Events:** Open senior events points will go to Senior Division point total.
Open Junior events points will go to Junior Division point total.

MEET STANDARDS

1. Starting heights for high jump will be:

Grade 8 Girls	1.10m	Grade 8 Boys	1.20m
Junior Girls	1.20m	Junior Boys	1.30m
Senior Girls	1.30m	Senior Boys	1.50m

2. Starting height for pole vault will be:

Girls & Grade 8 Boys	1.60 + 20 cm
Jr. Boys & Sr. Boys	2.20 + 20 cm

3. Hurdles:

Grade 8 Girls, Junior Girls, 80mH @ 30"/ 76.2 cm
Grade 8 Boys, Senior Girls 100mH@33"/83.6cm
Junior Boys 100mH @ 36" / 91.5 cm
Senior Boys 110mH @ 39" / 99.06 cm
Open Girls 400mH 30" / 76.2 cm
Open Boys 400mH 36" / 91.5 cm
Junior Girls 300mH 30"/ 76.2 cm
Junior Boys 300mH 33" / 83.8 cm

4. Shot Put (3 attempts)

Grade 8 Girls	4kg
Grade 8 Boys, Junior Girls, Senior Girls, Junior Boys	4 kg
Senior Boys	12 lbs.

5. Discus (3 attempts)

All girls and Grade 8 Boys	1 kg
Junior Boys, Senior Boys	1.6 kg

6. Javelin (3 attempts)

All girls & Gr. 8 boys	600g
Jr. & Sr. boys	800g

7. Hammer (3 attempts)

All girls, Grade 8 Boys, Junior Boys	4 kg
Senior Boys	12 lbs.

8. Long Jump and Triple Jump 3 attempts

EQUIPMENT

*****IT IS REALLY IMPORTANT THAT YOU PROVIDE THE EQUIPMENT STATED WHEN YOU ARE OFFICIATING AN EVENT. THE ABBY 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 **STICKERS** with their name and school on them
5. Walkie-Talkies are recommended

FIELD EVENT RESPONSIBILITIES

HAMMER THROW: CHILLIWACK SECONDARY SCHOOL

****supply a hammer (12lb for men and 4 kg for women), measuring tape, and clipboard + Rosedale Middle School**

POLE VAULT: ASIA (Boys) + (Girls)

****mats and standards supplies, bring a crossbar, measuring tape and clipboard**

JR + SR BOYS TRIPLE JUMP: UNITY CHRISTIAN

****supply measuring tape, rake, and clipboard**

JR + SR GIRLS TRIPLE JUMP: WILLIAM FRASER+ Chief Dan George

****supply measuring tape, rake, and clipboard**

GR 8 BOYS + GIRLS TRIPLE JUMP: G.W. GRAHAM

****supply measuring tape, rake, and clipboard**

JR + SR BOYS DISCUS: (set-up cage: W.J. Mouat) HOPE S.S./ATM(helper)

**** Supply 1.6 kg discus, measuring tape, and clipboard**

JR + SR GIRLS DISCUS: A.D. RUNDLE

****Supply 1 kg discus, measuring tape, and clipboard**

GR 8 BOYS AND GIRLS DISCUS: YALE S.S.

**** Supply 1 kg discus, measuring tape, clipboard**

JR + SR BOYS SHOT PUT: MT. SLESSE + MEI SR.?

**** Supply 4 kg, 12 lbs shots, measuring tape, and clipboard**

JR + SR GIRLS SHOT PUT: BROOKSWOOD

****supply 4 kg shots, measuring tape, clipboard**

GR 8 BOYS + GIRLS SHOT PUT: CREDO CHRISTIAN

****supply 4 kg shots, measuring tape, clipboard**

JR + SR BOYS JAVELIN: ABBY COLLEGIATE

**** 800g javelins, measuring tape, clipboard**

**JR + SR GIRLS JAVELIN: ROSEDALE MIDDLE + GARIBALDI
(HELPER)**

****supply 600g javelins, measuring tape, clipboard**

GR 8 BOYS + GIRLS JAVELIN: WJ MOUAT

****supply 600g javelin, measuring tape, clipboard**

GR 8 boys 600g javelin

JR + SR BOYS HIGHJUMP: ATS

****supply cross bar, measuring tape, clipboard**

JR + SR GIRLS HIGHJUMP: AGASSIZ

****supply cross bar, measuring tape, clipboard**

GR 8 BOYS + GIRLS HIGH JUMP: W.J. MOUAT

****supply cross bar, measuring tape, clipboard**

JR + SR BOYS LONG JUMP: PITT MEADOWS

****supply rake, measuring tape, clipboard**

**JR + SR GIRLS LONG JUMP: HATZIC SECONDARY + MISSION
(HELPER)**

****supply rake, measuring tape, clipboard**

GR 8 B + G LONG JUMP: SARDIS SECONDARY SCHOOL

**** supply rake, measuring tape, clipboard**

TRACK EVENT RESPONSIBILITIES

MEET DIRECTOR: Robert Lindsay (Chilliwack S.S.)

ANNOUNCER: Robert Lindsay (Meet Director)

SCORERS: _____ Maple Ridge Sr.
RIBBONS: _____ Vedder (Sue Northey)
ELECTRONIC RESULTS: _____ Rick Hansen (Graham Neufeld)
Walnut Grove (Gary Lutes)

COLLECTION OF TEAM FEES: Robert Lindsay (Meet Director)
(Checks payable to Chilliwack Senior)

STARTER: Howard Brandt

FALSE STARTER: Langley Christian, Langley SS

CLERK OF THE COURSE: Yale (Trevor Whyte) & St. John Brebeuf

HEAD PLACE JUDGE: MEI Middle

FINISH LINE JUDGES: MEI Middle / Fraser Middle / Hatzic / Langley Christian

RUNNERS and TIMERS Rick Hansen (Graham Neufeld)

HURDLE CREW: Abby Christian, W.J. Mouat
STEEPLECHASE MOVEMENT Clean up: Abby Christian

TRACK REFEREE: Reg Wiebe (MEI Middle)

FIELD REFEREE: Harold Willers (Chilliwack Secondary)

RACE WALK OFFICIALS: Sue Northey (Vedder Middle) (Abby Christian) (MEI) (Yale)
Cameron Smith (W.J. Mouat) and all race walk coaches

RELAY EXCHANGE ZONES: 1st exchange zone: _____ (Abby Christian) (R. Bateman)
2nd exchange zone: _____ (GWG) (Hatzic)
3rd exchange zone: _____ (Maple Ridge) (Thomas Haney)

FIRST AID – ST. JOHN AMBULANCE: SJB

PHOTOCOPIER: Walnut Grove

AWARDS PRESENTATION: Robert Lindsay (Meet Director)

JURY OF APPEALS: Meet Director & Field and Track Referees
Robert Lindsay, Graham Neufeld, Harold Willers,

LARGE TENTS (order), PREPARE JAVELIN FIELD (flags and lines): WJ Mouat + Rick Hanson