

2010 ABBOTSFORD/MISSION TRACK & FIELD CHAMPIONSHIPS

April 28/29, at Rotary Stadium

MEET DIRECTOR: **Graham Neufeld, Rick Hansen Secondary**

ENTRIES

1. All schools must submit their BC School Sports athlete registration forms to Frank Ehrenreich (RHSS) in order for an athlete to compete in the Abbotsford-Mission Championships. No form means the athlete/school will not be allowed to compete.
2. Each school may enter as many athletes or relay teams per event as they wish. However, 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.
3. In order for an athlete to enter an event, he or she will be required to have a STICKER (supplied by coach) with their name, school and division. Please use ball point pen to guard from smudging. They will need one for each event and only one for each relay team.
4. All athletes are to register at the event sights with their stickers up to 15 minutes prior to the start of each event.

5. SCORING (FV scoring system)

Individual events:

1 st	10 points
2 nd	8 points
3 rd	6 points
4 th	5 points
5 th	4 points
6 th	3 points
7 th	2 points
8 th	1 point

Relay events:

1 st	16 points
2 nd	12 points
3 rd	10 points
4 th	8 points
5 th	6 points
6 th	4 points
7 th	2 points
8 th	1 point

AWARDS

1. Ribbons for the top eight finishers in each event including relays.
2. Rosettes for individual aggregates. Aggregates are based on the athlete's performances in his or her three individual events.

Grade 8 Girls	Grade 8 Boys
Junior Girls	Junior Boys
Senior Girls	Senior Boys

3. Team trophies (10) will be awarded to:

Grade 8 - GIRLS ,BOYS & OVERALL Team
Junior - GIRLS ,BOYS & OVERALL Team
Senior - GIRLS ,BOYS & OVERALL Team
Overall School Aggregate

DISQUALIFICATIONS

1. Athletes must check into field events upon the first call or 10 minutes before event. Athletes may not check in after the event has officially started.
 - Track events - the finish of the 1st heat.
 - Field events - the conclusion of the first round of jumps or throws.
2. Athletes in a track event must report to the marshaling area and sign in.
3. Starting blocks must be used in all laned events (100m, 200m, 400m, all hurdles, and relays).
4. Athletes must wear a uniform representing their school in order to compete.
5. 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, a written permission from the school's administration is required to be handed in to the meet directors.
6. The IAAF Rule Book will govern the meet.

APPEALS

ALL PROTESTS MUST BE APPEALED IN WRITING TO THE JURY OF APPEAL NO LATER THAN 30 MINUTES AFTER THE EVENT HAS CONCLUDED.

The Abbotsford/Mission Championships is NOT a qualification meet.

MEET STANDARDS

1. Starting heights for **high jump** will be:

GR 8 GIRLS: 1.10m	GR 8 BOYS: 1.20 m
JR GIRLS: 1.25m	JR BOYS: 1.30 m
SR GIRLS: 1.35m	SR BOYS: 1.50 m

2. Starting height for **pole vault** will be:

JR BOYS - 2.20m + 20cm
OPEN GIRLS & GR 8 BOYS - 1.60m + 20cm

3. **Hurdles:**

GR 8 BOYS = 100m @ 33"
JR GIRLS and GR 8 GIRLS = 80 @ 30"
SR GIRLS = 100m @ 33"
JR BOYS = 110m @ 36"
SR BOYS = 110m @ 39"
JR GIRLS = 300m @ 30"
JR BOYS 300m @ 33"
OPEN GIRLS 400m @ 30"
OPEN BOYS 400m @ 36"

4. **Shot put** (3 attempts)

GR 8 boys, GR 8 girls, JR girls and boys, SR girls = 4 kg
SR boys = 12 lbs.

5. **Discus** (3 attempts)

All girls and GR 8 boys = 1kg
JR and SR boys = 1.6kg

6. **Javelin** (3 attempts)

all girls = 600g all boys = 800g

7. **Hammer** (3 attempts)

Open JR boys and all girls = 4 kg Open boys = 12lb

8. **Long jump and triple jump** = 3 attempts.

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 category, but once this is done, the student must stay in that category for the rest of the meet. The only exceptions are relays and the events designated OPEN. However, a student cannot compete on two 4x100 or 4x400 relay teams in different categories (ie. Jr and Sr. 4 x 400 teams).

Open events count as one of the athlete's three individual events.

Here is a revised A/M Championship Schedule:

There are a few important changes/reminders to note:

- All athletes must wear a school uniform representing their school in order to compete.
- In order for an athlete to enter an event, they must have a sticker indicating their name, school and division. They will need one sticker for each event and only one for each relay team.
- All schools must have at least one teacher in attendance to supervise their students the entire meet.
- There will be no GR. 7's allowed to compete at the A/M Championships in individual or relay events.
- This will NOT be a rolling schedule. The meet will not move ahead of the posted times.
- Coaches are reminded to hand in their BC School Sports Team roster to Frank Ehrenreich at the beginning of the meet at the tower.
- Schools are asked to bring last year's trophies that they won. (8G, 8B, 8G+8B Combined, JRG, JRB, JRG+JRB Combined, SRG, SRB, SRG+SRB combined, Overall Team aggregate)
- Ribbons for athletes will be placed in packages and distributed to coaches the next week.

2010 ABBOTSFORD/MISSION TRACK & FIELD CHAMPIONSHIPS

TRACK Wednesday, APRIL 28

Coaches Meeting: before 3:00 (if possible) at finish line.

TIME	EVENT	CATEGORY
3:00	1500m RACEWALK	(ALL AGE GROUPS)
3:15	110M HURDLES	OPEN SR BOYS (39")
	110M HURDLES	OPEN JR BOYS (36")
	100M HURDLES	OPEN SR GIRLS (33")
	100M HURDLES	G8 BOYS (33")
	80M HURDLES	JR GIRLS (30")
	80M HURDLES	G8 GIRLS (30")
3:45	3000M	SR BOYS/SR GIRLS/JR BOYS
	3000M	JR GIRLS/G8 BOYS/G8 GIRLS
4:15	400M HURDLES	OPEN BOYS (36")
	400M HURDLES	OPEN GIRLS (30")
	300M HURDLES	OPEN JR GIRLS (30")
	300M HURDLES	OPEN JR BOYS (33")
4:45	4 X 100M RELAY	SR BOYS
	4 X 100M RELAY	SR GIRLS
	4 X 100M RELAY	JR BOYS
	4 X 100M RELAY	JR GIRLS
	4 X 100M RELAY	G8 BOYS
	4 X 100M RELAY	G8 GIRLS
5:15	800M	SR BOYS/SR GIRLS
	800M	JR BOYS/JR. GIRLS
	800M	G8 BOYS/G8 GIRLS
5:30	200M	SR BOYS
	200M	SR GIRLS
	200M	JR BOYS
	200M	JR GIRLS
	200M	G8 BOYS
	200M	G8 GIRLS

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TRACK Thursday, APRIL 29

TIME	EVENT	CATEGORY
3:00	1500M	SR BOYS/SR GIRLS
	1500M	JR BOYS/ JR GIRLS
	1500M	G8 BOYS/ G8 GIRLS
3:20	400M	SR BOYS
	400M	SR GIRLS
	400m	JR BOYS
	400M	JR GIRLS
	400M	G8 BOYS
	400M	G8 GIRLS
3:45	2000M STEEEPLECHASE	OPEN BOYS
3:55	1500M STEEEPLECHASE	OPEN JR BOYS / OPEN GIRLS
4:00	100M	SR BOYS
	100M	SR GIRLS
	100M	JR BOYS
	100M	JR GIRLS
	100M	G8 BOYS
	100M	G8 GIRLS
4:30	4 X 400M RELAY	SR BOYS
	4 X 400M RELAY	SR GIRLS
	4 X 400M RELAY	JR BOYS
	4 X 400M RELAY	JR GIRLS
	4 X 400M RELAY	G8 BOYS
	4 X 400M RELAY	G8 GIRLS

AWARDS CEREMONIES

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FIELD Wednesday, APRIL 28

TIME	EVENT	CATEGORY
3:00	DISCUS	SR GIRLS and JR GIRLS at cage.
	SHOT PUT	OPEN SR BOYS
	JAVELIN	G8 GIRLS
	LONG JUMP	JR GIRLS
	TRIPLE JUMP	JR BOYS
	HIGH JUMP	SR BOYS
	POLE VAULT	G8 BOYS & OPEN GIRLS & JR/SR BOYS
3:45	DISCUS	G8 BOYS at cage.
	SHOT PUT	JR BOYS
	JAVELIN	SR BOYS
	LONG JUMP	G8 GIRLS
	TRIPLE JUMP	G8 BOYS
	HIGH JUMP	SR GIRLS
4:30	DISCUS	G8 GIRLS at cage.
	SHOT PUT	G8 BOYS
	JAVELIN	JR GIRLS
	LONG JUMP	SR GIRLS
	TRIPLE JUMP	SR BOYS
	HIGH JUMP	G8 BOYS
5:15	DISCUS	JR BOYS & SR BOYS at cage.
	SHOT PUT	JR GIRLS
	JAVELIN	SR GIRLS
	LONG JUMP	G8 BOYS
	TRIPLE JUMP	G8 GIRLS
	HIGH JUMP	JR BOYS

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FIELD Thursday, APRIL 29

TIME	EVENT	CATEGORY
3:00	SHOT PUT	SR GIRLS
	JAVELIN	G8 BOYS
	LONG JUMP	JR BOYS
	TRIPLE JUMP	SR GIRLS
	HIGH JUMP	JR GIRLS
	HAMMER THROW	OPEN JR BOYS & SR BOYS at cage.
3:45	SHOT PUT	G8 GIRLS
	JAVELIN	JR BOYS
	LONG JUMP	SR BOYS
	TRIPLE JUMP	JR GIRLS
	HIGH JUMP	G8 GIRLS
	HAMMER THROW	SR GIRLS & OPEN JR GIRLS at cage.