

B.C.C.S.S.A.A. TRACK AND FIELD SCHEDULE

Rotary Park - Friday, April 23rd, 2009

9:10 a.m. Coaches Meeting at announcer's booth. All field event leaders must pick up their clipboards with event entries as well as their envelopes with ribbons from the announcer's booth. **All field event ribbons will be handed out right after the event by the event leader. *** These persons should then prepare their event sites. Schools should bring along throwing and jumping equipment for their athletes to practice with. F.V.C. will supply official implements for competition.

9:30 a.m. Official Opening - all athletes on the bleachers.

10:00 a.m. All Track Events run in the following order (except for hurdles which is shown below:

Grade 8 G., Grade 8 B., Junior G., Junior B., Senior G., and Senior B.

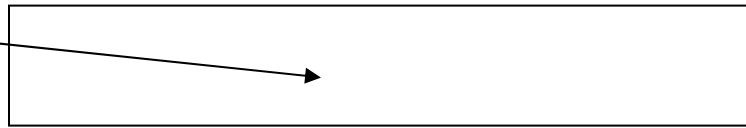
EVENT NUMBER	TIME	EVENT
1-6	10:00	Hurdles (Sr. B, Jr. B, Sr. G, Gr. 8 B, Jr. G, Gr. 8 G)
7-12	10:40	100 m Heats
13-19	11:30 11:40	Race-walk 1500m Finals
20-25	12:20	4 X 100 m Final
26-31	1:00	400 m Final
32-37	2:00	100 m Final
38-43	2:45	800 m Final
44-49	3:15	200 m Final
50-55	3:45	4 X 400 m Final
56-61	4:10	Closing and Presentations

EVENT NUMBER	FIELD EVENT	TIME
1	Grade 8 Girls Shot (8 lbs.)	10:00
2	Senior Girls Long Jump	
3	Jr. Girls Discus (1 kg.)	
4	Grade 8 Boys High Jump	
5	Junior Boys Triple Jump	
6	Senior Boys Javelin (800 g.)	
7	Grade 8 Girls Discus (1 kg.)	11:00
8	Senior Girls Shot (4 kg.)	
9	Jr. Girls Long Jump	
10	Grade 8 Boys Javelin (800 g.)	
11	Junior Boys High Jump	
12	Senior Boys Triple Jump	
BOYS AND GIRLS OPEN HAMMER THROW		11:40
13	Grade 8 Girls Long Jump	12:00
14	Senior Girls Discus (1 kg.) (12:15)	
15	Jr. Girls Shot (4 kg.)	
16	Grade 8 Boys Triple Jump	
17	Junior Boys Javelin (800 g.)	
18	Senior Boys High Jump	
19	Grade 8 Girls High Jump	1:00
20	Junior Girls Javelin (600 g.)	
21	Senior Girls Triple Jump	
22	Grade 8 Boys Shot (8 lb.)	
23	Junior Boys Long Jump	
24	Senior Boys Discus (1.6 kg.)	
25	Grade 8 Girls Triple Jump	2:00
26	Junior Girls High Jump	
27	Senior Girls Javelin (600 g.)	
28	Grade 8 Boys Discus (1 kg.)	
29	Junior Boys Shot (4 kg.)	
30	Senior Boys Long Jump	
31	Grade 8 Girls Javelin (600 g.)	3:00
32	Junior Girls Triple Jump	
33	Senior Girls High Jump	
34	Grade 8 Boys Long Jump	
35	Junior Boys Discus (1.62 kg.)	
36	Senior Boys Shot (5.5 kg.)	

Once again, we are all looking forward to Friday April 23rd Track and Field Meet. It promises to be a fun, competitive and hopefully uplifting time for all. Our kids are once again anticipating the great tradition!!! Above all, my prayer is that we may honor our Maker with our actions, attitudes and thoughts. See you soon and enjoy the meet!

On meet day, coaches will give students their sticky-tabs for each of their events. Athletes will take their sticky-tabs to the event and register there with the official. This process will eliminate the need for substitutions. Grade 8 athletes need to use yellow tabs, juniors use blue tabs, and seniors use red tabs. Sticky-tabs need to be written in ink. I recommend that coaches bring their own sticky-tabs (please remember the colors) and write out the school name, athlete name, and age category (i.e. Gr. 8, Junior, Senior). **NO BIGGER THAN THE SAMPLE STICKY TAB.**

Sample sticky tab
Available at Office Depot,
Staples...



- *****Coaches please remind your athletes that they are only allowed to participate in three individual events plus the two relays. Any athlete that competes in more than three individual events shall have their team points forfeited...***
- ***No student may compete in two different age categories for any reason except relay where a student may move up but not down in division but have then lost the right to compete in age category relay.***
- ***Students can only participate in Hammer throw if they have competed in a regulation meet.***

Field event information: participants will be given three attempts in an open pit format in the following events: shot put, discus, long jump, triple jump, and javelin. Each competitor will be allowed one practice attempt in all field events.

POINTS:

	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual Events	10	8	6	5	4	3	2	1
Relays	16	12	10	8	6	4	2	1

Just a reminder of a number important things:

Please bring: - **\$3.00 per athlete above 17 athletes (you all paid for 17 already)**

- your own stopwatches
- 2 batons
- tape measures
- any trophies from last year
- team banners
- review your officiating duties and equipment
- uniforms, especially for track athletes
- starting blocks
- first aid equipment