

**NORTH ISLAND SECONDARY SCHOOLS  
2010 TRACK AND FIELD CHAMPIONSHIPS  
in conjunction with the  
BOB DAILEY TRACK AND FIELD MEET**

Saturday and Sunday, April 24<sup>th</sup> and 25<sup>th</sup>, 2010  
Bob Dailey Stadium, Port Alberni, BC  
Version 4 (Revised April 9th)

**NORTH ISLAND SCHOOLS CONTACT AND MEET ORGANIZER**

Kathy Andrews  
Campbell River Christian School  
[www.crcs.bc.ca/northislands/](http://www.crcs.bc.ca/northislands/)  
Phone: 250-923-7882 or 250-287-4266  
E-Mail: [kathy\\_rung@hotmail.com](mailto:kathy_rung@hotmail.com)

**ENTRY INFORMATION**

All schools and athletes competing in this meet must be registered with BC School Sports.

**Entry Fees:** \$15.00 per athlete [one day] or \$20.00 per athlete [two days or full weekend]

**Entry Deadline:** Friday, April 16<sup>th</sup> at 6:00 pm by email to Kathy Andrews.

**Late Entry Fees:** An additional \$3.00 per athlete will be charged if entries are received or changed after Friday, April 16<sup>th</sup>.

**Schools Information:**

- Entry fees already include the Day of Event Membership fee for BC Athletics.
- Day of Event Membership fees apply to schools that do not have a BC Athletic School Club Membership or School District Club Membership.
- Day of Event membership is required for school athletes who are not registered members of a track and field club.
- School athletes will not be charged if they do not compete in the meet.
- School fee cap is \$300 per school. School late fee cap is \$400 per school.
- Cheques are to be made payable to the **Alberni Valley Track Club**.

**Required Information for Entry**

- Full name of school and city.
- Coach or School Coordinator's name, phone number and email address.
- List of all athletes who intend to compete along with their full names, gender, school abbreviation [maximum 4 letters] grade in which they compete and year of birth.
- Athletes do not have to be entered into individual events.
- Email all entries to [kathy\\_rung@hotmail.com](mailto:kathy_rung@hotmail.com)
- Payment is required when you pick up your school package.

## GENERAL SCHOOLS INFORMATION

### Selection to the Island Championships

- Athletes in Grades 8 and 9 (Bantam) and Grade 10 (Junior) must finish in the top 5 in their school events at the North Island Championships to advance to the Island Championships in Victoria on May 19<sup>th</sup> and 20<sup>th</sup>.
- Only 3 athletes per event and only 2 relay teams per classification from any one school may advance to the Island Championships.
- Grade 7 athletes are not eligible for the North Island Zone and Island Zone Meet as per BC School Sports rules.

### North Island Events at the Bob Dailey Meet

- **Bantam and junior school events will be run separately from all club events.**
- Bantam and Junior school athletes may only enter 3 school events and 2 school relays.
- Each school may enter an unlimited number of athletes in any one bantam or junior event and an unlimited number of school relay teams in each classification.
- Only 3 athletes per event and only 2 relay teams per classification from any one school may advance to the Island Championships.

### Race Numbers and Stickers

- Each school athlete will be given a race number which will identify Junior and Bantam school athletes.
- **School athletes will not be able to compete without a race number on their school singlet.** This is only for the school events. Race numbers will be in the school packages.
- Although Bantams and Juniors are only allowed 3 school events and 2 school relays, they can compete in other club events, but they must then use their club stickers [VIAA number] and compete as club athletes.

### Senior/Open Category (Grades 11 and 12)

- Grade 11 and 12 athletes do not have to qualify to the Island Championships, so they can just use North Islands as a prep meet.
- School athletes in Grades 11 and 12 (who are not club athletes) are able to enter as many events as they want at this meet.
- They will compete in the club event categories and will wear stickers for all events.
- These athletes must be pre-registered by their schools.
- They will compete as unattached if they are not a club/school club/or school district club athlete. (Please note that this is a new requirement from BC School Sports.)

### Meet Stickers

- The stickers are white (Avery Label - size 5/8" X 3 1/2" or 1.6 cm X 8.9 cm) on which you will print clearly or type the following information:
  - Last Name, First Name (exactly as registered)
  - Year of Birth
  - School Code (4 letter school abbreviation)
  - VIAA Competition Number (will be assigned when athletes register)

### **Special Notes About Events**

- Bantams and Juniors can move up to the senior/open category at the Islands to try to qualify in the senior/open category for provincials by placing in the top 3 at the Islands.
- If an athlete moves up to the Senior Category for an event, they are still able to compete in their own age category in other events.
- A Bantam can not move to the Junior category for a relay, only to the Open category.
- Hammer and steeplechase are the two events that are ONLY offered in the senior/open category at the Island Championships. Bantams and juniors wanting to compete in these events must move up to the senior/open category for those events.

### **School Responsibilities for Athletes going to Islands**

The list of bantam and junior athletes who qualify for the Island Championships in Victoria will be posted at [www.crcs.bc.ca/northislands/](http://www.crcs.bc.ca/northislands/). It is up to the individual schools to check this list and inform Kathy Andrews if an athlete is unable to compete. If an athlete is unable to compete then the next eligible athlete will be moved onto the list. Schools must continually check the posted results to make note of any changes to the entries.

### **North Island Championships**

Please check for any revisions for the North Island Championships information and schedule at [www.crcs.bc.ca/northislands/](http://www.crcs.bc.ca/northislands/)

### **Island Championships**

Information can be found at [www.sd61.bc.ca/athleticassoc/](http://www.sd61.bc.ca/athleticassoc/)

### **BC Secondary School Championships**

Information can be found at [www.bcsscctfa.bc.ca/](http://www.bcsscctfa.bc.ca/)

### **Coaches Meeting**

There will be a coaches meeting immediately before the start of the meet on Saturday. Please make sure that each school has a representative there.

### **Volunteer Requirements**

Each school attending must provide ONE responsible person [parent, teacher or senior student] to help officials at the meet for ONE day. Kathy Andrews will be assigning positions to each school as they register.

### **Number of Attempts**

Schools Athletes will have 3 attempts each plus 3 additional attempts for the top 8 athletes in the event.

**TECHNICAL INFORMATION FOR SCHOOL ATHLETES****SHOT PUT**

Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.135 m.

Junior Girls Grade 10	4 kg	Junior Boys Grade 10	4 kg
Bantam Girls Grades 8/9	4 kg	Bantam Boys Grades 8/9	4 kg

**DISCUS**

Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.5 m.

Junior Girls Grade 10	1 kg	Junior Boys Grade 10	1.6 kg
Bantam Girls Grades 8/9	1 kg	Bantam Boys Grades 8/9	1 kg

**JAVELIN**

Sector: 29 degrees

Junior Girls Grade 10	600 grams	Junior Boys Grade 10	800 grams
Bantam Girls Grades 8/9	600 grams	Bantam Boys Grades 8/9	600 grams

**HAMMER**

Sector 34.92 degrees from the centre of the circle. Diameter of the circle 2.135 m.

Open Girls All Grades	4 kg *	Open Boys	5.5 kg *
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\* Hammer is only an open event so all grades will use these weights.

**STEEPLECHASE**

Open Girls All Grades	1500 m Steeplechase	.76m (30") height
Open Boys All Grades	2000 m Steeplechase	.91m (36") height

## SCHOOL HURDLE HEIGHTS AND DISTANCES

Please note that distances are listed in the order in which the races will be run.

### Sprint Hurdles

Junior Boys Grade 10	100 m Hurdles	.91 m or 36" height
Bantam Boys Grades 8/9	100 m Hurdles	.84 m or 33" height
Junior Girls Grade 10	80 m Hurdles	.76 m or 30" height
Bantam Girls Grades 8/9	80 m Hurdles	.76 m or 30" height

### Distance Hurdles

Junior Boys Grade 10	300 m Hurdles	.84 m or 33" height
Bantam Boys Grade 8/9	300 m Hurdles	.76 m or 30" height
Junior Girls Grades 10	300 m Hurdles	.76 m or 30" height
Bantam Girls Grades 8/9	300 m Hurdles	.76 m or 30" height

### Questions and Information

Please contact Kathy Andrews with any school questions or information you need.

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