**2013 GVISAA Track and Field Championships**

We are very excited to welcome you to the 2013 GVISAA Track and Field Championships. This year’s meet will again be dominated by relays on the track which will emphasis the team aspect of Track & Field. Track events will take precedent over field events. **Athletes will be asked to check-in to field events 30 minutes before the event start (1st call), again 15 minutes before the event (2nd call), and finally at the time of the event (final call). Athletes should report to their field event and then go to the track for their event.** They may return to their field events to get their jumps/throws in after their races. In high jump, athletes will have to jump at the height they enter into the competition at as the bar will not be lowered. Athletes competing in throwing and long-jump events will get 2 measured throws/jumps each and the areas should be open for practice prior to the beginning of the event.

In relays, teams must be declared ‘A,’ ‘B,’ ‘C,’ for scoring purposes. For field events teams are limited to 4 competitors per team and again they must declare what team (A, B, C, etc) they are on for scoring purposes. Athletes will be asked to “check-in” for their events as either A, B, C, et cetera and in the relays the last runners will give this information to the marshals at the finish line.

Scoring for the meet will be as follows:

**Relays:** 15pts for 1st, 12pts for 2nd, 9pts for 3rd, 6pts for 4th, 3pts for 5th

**Field events:** 5pts for 1st, 4pts for 2nd, 3pts for 3rd, 2pts for 4th, 1pt for 5th

All races are timed finals, meaning that the fastest times from each heat will be ranked from fastest down and scored accordingly. Therefore athletes are running for time, not placing.

There will be a female team and a male team of the trophy presented. Also, there will be ribbons for 1st – 3rd placing for each event.

**Track Events**

10:00 a.m. J.R. Girls 4x100m

10:15 a.m. J.R. Boys 4x100m

10:35 a.m. S.R. Girls 4x100m  
10:50 a.m. S.R. Boys 4x100m

11:10 a.m. J.R. Girls 4x400m

11:25 a.m. J.R. Boys 4x400m

11:40 a.m. S.R. Girls 4x400m

11:55 a.m. S.R. Boys 4x400m

LUNCH BREAK 12:00 – 12:30

12:40 p.m. Jr. Girls Medley Relay (600-200-400-800)

12:55 p.m. Jr. Boys Medley Relay (600-200-400-800)

1:10 p.m. Sr. Girls Medley Relay (600-200-400-800)

1:25 p.m. Sr. Boys Medley Relay (600-200-400-800)

**Field Events**

|  |  |  |  |
| --- | --- | --- | --- |
|  | SP | LJ | HJ |
| 10:00 am | Jr. Boys | Sr. Boys | Sr. Girls |
| 10:45 am | Sr. Girls | Jr. Girls | Sr. Boys |
| 11:30 pm | Sr. Boys | Jr. Boys | Jr. Girls |
| 12:15 pm | Jr. Girls | Sr. Girls | Jr. Boys |

**School Responsibilities and Equipment**

*Fraser Academy*: Hosting meet *Fraser Academy*: Finish line and results (Clip Board, whistle,)

*Meadowridge/SJS*: Marshaling/Starting/Relay Exchanges

(Gun, ear plugs, Walkie Talkies 1 set, clip board, pen)

*Carver/Deer Lake*: High Jump (Measuring tape, whistle, clipboard, vertical jump scoring sheets)

*Southpointe/Waldorf*: Long Jump (Clipboard, whistle, scoring sheets)

*TLA*: Shot put

(Measuring tape, clipboard, shot puts, scoring sheets)

Check BC athletics website for proper weights and sizes of shot puts

With the throwing events safety is critical. In general, a person throws, officials measure it, in-the-hole person retrieves the implement and on-deck person is ready to throw next.

Please **make sure nobody is throwing when athletes are retrieving implements or are within throwing distance. All people should be behind the screens.** Each event group will get the list of athletes and schools that have entered in that event. We will attempt to send out a list of heat sheets prior to the meet.

Awards will take place at approximately 1:30 PM with clean-up starting immediately after.

Please remember that track meets may run ahead or behind schedule, so please listen to the announcements.

Field Events

Starting height for vertical jump will be at the discretion of the people running the events. Please choose an appropriate starting height. Each athlete gets 2 attempts at each height, not including warm-ups.

Long Jump: There will be a warm-up time enough to find marks, and then each athlete will get 2 measured jumps.

Shot put: There will be a warm-up time, and then each athlete gets 2 measured throws.

Relays

We will need assistance from people to monitor the relay exchange zones and help organizing athletes to make sure the relays run on time.

Results

When the schools running events are completed each section, please return the results sheet to the finish line. We will tally up the team scores and send out the official results via email or fax after the meet.

Awards

Ribbons will be given out for 1st 2nd and 3rd in each event. A girls’ team trophy and a boys’ team trophy will also be given out.