

**2022 Island Track & Field Championship Information**  
**May 18 / May 19**  
**Rotary Bowl, Nanaimo, BC**

**2022 Island Track & Field Meet Director**

Wanda Urbanowicz + Tyler Heisterman – Nanaimo Track + Field Club

**Entry Chair**

Keith Butler - lvissaa\_treasurer@sd61.bc.ca

**Track & Field Island Zone Rep**

Sue DeSchiffart – Nanaimo Christian School  
sue.deschiffart@ncsnanaimo.com

Thank you for taking the time to read this information in full.

**[SCHEDULE](#) (google doc) (full schedule included below)**

**1. MEET TIMES AND LOCATION**

DATES / TIMES:            Wednesday, May 18, 2022 from 9:00 am to 5:30 pm for eliminations and finals.  
   Thursday, May 19, 2022 from 9:00 am to 4:30 pm for finals.:  
LOCATION:                     Rotary Bowl, Nanaimo

**2. ATHLETE ELIGIBILITY**

**Age Categories**

Senior: Born 2004 or later (18 years & under as of December 31, 2019) and in Year 1,2,3,4 or 5 of eligibility (Grade 11 & 12).  
Junior: Born 2006 or later (16 years & under as of December 31, 2019) and in Year 1,2 or 3 of eligibility (Grade 9 & 10).  
Grade 8: Born 2008 (14 years & under as of December 31, 2019) and in Year 1 or 2 of eligibility.

This meet is open to Vancouver Island Secondary Schools registered for Track and Field with BCSS. This means that students must be eligible as per current BCSS regulations for Track and Field participation - this includes registration with BC School Sports (STARS). Do NOT enter this Meet unless your school has registered a Track & Field Team with BC School Sports. One athlete is a team. School authorization is part of the BCSS registration process.

All athletes must have competed at their respective Area Meet in at least one event. Athletes who do not compete in their Area Meet due to sickness or injury must have represented their school in at least one Track Meet prior to the Area Meet in the current year.

**BCSS (STARS) Team Declaration: Wednesday, April 6, 2022**

**BCSS (STARS) Roster Deadline: Wednesday, April 27, 2022**

Please note that Grade 7 athletes are NOT eligible for the Track & Field Island Championship as per BC School Sports Rules.

### 3. ISLAND TRACK & FIELD ENTRY PROCESS

The online entry process will be through TrackieReg.

a) **PLEASE** view this TrackieReg video before starting the entry process. This video has detailed instructions regarding the online entry process. Copy and paste in browser. <https://vimeo.com/163403902/67ff5422a7>

b) Please click on the following link to complete the online entry process through TrackieReg. Click on the “REGISTER FOR EVENT” button to complete the online entry process ([TRACKIE LINK](#))

**The online entry process through TrackieReg will close at 6:00 PM on Thursday, May 14, 2022**

Please plan ahead to meet the above deadline. Changes can be made on your registration right up until that deadline. We expect that this will allow you to make all needed changes and the team that arrives at the Island Championship will be the same as the one you have registered and the one for which your school will be billed.

c) **MEET DAY** - Coaches must report to the registration desk to **PICK UP ENTRY PACKAGE** and to **PAY THEIR ENTRY FEES**. **The registration desk will be open between 9:00am - 10:00 am on Wednesday, May 18.**

**Scratch Meeting** - To handle any changes to the online entries including entry errors and substitutions, all coaches need to attend the **COACHES SCRATCH MEETING at 9:30 AM on the first day of the Meet at the registration tent**. Coaches must get authorization from the Meet Director or designate for any additions and/or changes to athlete entries.

**We are hoping to minimize scratches and changes once the final entries have been submitted. Please ensure that you have checked your entry list carefully. We will not be making additions to the entry list. Please tell your students that scratches must be an exception. This greatly impacts seeding, and negatively impacts other athletes from the opportunity to compete with adequate competition. It also greatly slows down the efficiency and timeliness of the meet.**

Grade 8 events: substitutions shall be permitted in case of illness or injury, **ONLY** if the alternate has qualified at their Area Meet. The names of the alternate **must appear on results previously forwarded to the Island Meet Director**. If you know one of your Grade 8 athletes will not compete, please give ample notice to the school of the athlete who would be the next highest qualifier (or on the alternate list).

### 4. MORE ENTRY INFORMATION

Athletes from all age groups must be entered into their events through TrackieReg.

#### a) **Entry Rules for Grade 8 Events**

Grade 8's can **only** qualify for the Island Championship through their Area Meets. Once athletes have qualified for Islands, each school must then enter them online via TrackieReg in order to participate in the Island Championship.

**\*\*VERY IMPORTANT NOTE for registering athletes to the Grade 8 category for the Island Championship.**

If a qualified athlete from a Grade 8 event is not able to participate at the Island Championship OR is moving up to a higher age group for the Island Championship, schools have the responsibility of communicating with the coach of the next qualifier from their Area Meet, to inform them of the opportunity to participate at the Island Championship.

**North Area Contact:** Anna Jack (Port Alberni) [ajack@sd70.bc.ca](mailto:ajack@sd70.bc.ca)

The 2022 North Island T+F Meet is being hosted by Alberni District Secondary at Bob Dailey Stadium on May 4/ 5, 2022. Top **5 finishers** from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship. Refer to this website <https://annjack.wixsite.com/northislands-track/islands> for more information on the North Island Track Meet.

**Mid Area Contact:** Marlene Donaldson [mdonaldson@qms.bc.ca](mailto:mdonaldson@qms.bc.ca)

The 2022 CVIAA Meet is being hosted by Queen Margaret's at the Cowichan Sportsplex on Tuesday/Wednesday, April 30/May 1. Top **4 finishers** from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship.

**South Area Contacts:** Angela McLeish - [angelamcleish@gmail.com](mailto:angelamcleish@gmail.com), John Stewart - [johnstewart@pacificchristian.ca](mailto:johnstewart@pacificchristian.ca)

The 2022 LVISSAA Meet is being hosted by Royal Bay at UVIC on Wednesday, May 8. The Entry Chair is Keith Butler

[kbutler@sd61.bc.ca](mailto:kbutler@sd61.bc.ca). Top 7 **finishers** from each Grade 8 event qualify and must be registered via TrackieReg to confirm participation for the Island Championship. Once registered, it is expected that they will be attending the Island Championship.

#### b) Entry Rules for Junior & Senior Events

**Reminder** - All athletes must have competed at their respective Area Meet in at least one event. Island results in Junior and Senior events determine qualification to the BC High School T & F Championship. The first 5 finishers in each event at the Island T & F Championship qualify for the BC High School T & F Championship.

#### **EACH SCHOOL MAY ENTER:**

- 3 athletes in any one field event
- 3 athletes in any one track event.
- 2 relay teams in each age category. Relay teams may have a substitute but this athlete must also participate in one other event during the meet.

Entries must be signed by an authorized Track & Field Coach.

#### **INDIVIDUAL EVENTS**

Athletes may enter a total of 3 individual events (track or field or a combination). Athletes must compete in the same age category for all individual events. For example, if a Junior athlete chooses to compete as a Senior athlete in one individual event, then the athlete must compete as a Senior in all other individual events entered.

Athletes must stay within their age category for **all individual events from the point of the Island Zone Meet and forward**. That is, if a Junior athlete competes in the Senior 200m then the athlete must compete as a Senior in all other individual events entered. Similarly, a Grade 8 athlete that enters a Junior event must compete as a Junior in all other individual events entered. To be clear, an athlete may not compete as a Junior at the Island Zone Meet and then enter the BC High School T & F Championship in the Invitational Grade 8 Category. This conforms with general BCSS Rules and BCHSTFA Rules. BCSS Rule 32.4.0 - Once the player has participated in playoffs, the player must stay up with the more senior team and a Moving Player to a Higher Age-Group Team form must be completed. Once approved, the student will be registered with the more senior team for the remainder of that season.

BCHSTFA - A Grade 8 athlete cannot compete in individual events at both the Grade 8 level and the Junior level (that is, an athlete cannot do Grade 8 Shot Put and Junior Discus).

#### **RELAY EVENTS**

Athletes may enter a total of 2 relay events (4×100, 4×400) but have the option to compete in either their age category or a higher age category for EACH of the 4×100 and 4×400 relays. For example, if a Junior athlete chooses to compete for a 4×100 Senior relay team, then the athlete is ineligible to compete for a 4×100 Junior relay team but could compete in the 4×400 Junior relay team. Specific Example - Susie Q. can enter JG Long Jump, JG 100m, JG Hammer, JG 4×400 and SG 4×100.

#### **INTEGRITY**

Coaches are asked to be as realistic as possible and only enter athletes who are committed to participating. In past years, in events that are not full (ie. race walk, steeplechase and Junior 400m), coaches have been permitted to run additional athletes. These athletes did not receive points. Because of changes at the BCHS Championship, this will no longer be allowed.

#### **5. ENTRY FEES**

**The entry fee is \$20 per athlete to a maximum of \$600 per school.**

A fee of \$10.00/athlete must be paid at the Scratch Meeting for any addition and/or changes.

Cheques are to be made payable to Nanaimo Christian School. Please arrange to pay at registration desk BEFORE the Meet begins.

**Reminder: Fees are payable for everyone registered, if any registered athlete does not “show”, schools are still responsible to pay for that person.**

## 6. SUPERVISION:

The school approved coach and/or teacher sponsor must be in attendance at the track at all times a member of his/her school team is participating. The school approved coach and/or teacher sponsor is responsible for track procedure, scratches, protests, etc. and are not to delegate this responsibility to students. Only this person may communicate with Meet officials. Other supporters or coaches are expected to stay in the stands.

Teacher sponsors are to check that competitors are wearing team (school) tops. Jeans and cutoffs are not permitted.

## 7. SCHOOL OFFICIATING RESPONSIBILITIES

Track and Field is volunteer-intensive! All Meet officials are volunteers. For this reason, **EACH SCHOOL must provide at least one volunteer to help at an event area.** There will be no opting out option with surcharge.

Designated officials must report to the registration desk for their assignment (may request an event when the name is submitted and this will be accommodated as best we can). **We need the volunteer help more than the \$\$\$.**

## 8. SCHEDULE OF EVENTS:

Events will proceed as stated on the schedule unless the number of entries causes cancellation of a heat. This will be finalized at the Coaches Meeting at 9:30am on Day 1 and at 9:15am on Day 2 at the registration tent. **Plan to attend this meeting each morning.**

## 9. TRACK ELIMINATIONS (Heats)

Eliminations (heats) for track events will take place where required.

Heats will be held for the following track events: 100m, 200m, 400m, 4 x 100m, and 4 x 400m relays. Eight (8) qualifiers will advance to the finals. For the sprint events (100m and 200m), the heat winners plus the next fastest times will qualify for the finals unless there are more than 4 heats in a particular event. Coaches must submit seed times for heats to be seeded accurately. All races over 800m in length do not require eliminations unless the registration makes them necessary.

## 10. REPORTING FOR EVENTS

Events will be announced 10 minutes before their scheduled start time. All track competitors must report to the marshalling area at first call and they must be checked in within 5 minutes of the scheduled event time. Athletes reporting late will be disqualified as track events must run on time and will not be held for late arrivals.

Athletes must check in for field events at the event site and may be excused for a track event after the check in has been completed. Any athlete excused from a field event must return immediately to that field event when the track event is completed. Upon returning and checking in with the Official they will join in at that point in the competition.

If the field event has been completed, then the returning athlete will not be allowed to complete his or her jumps or throws. **It is suggested that athletes leaving field events for the track try and complete one jump or throw before they leave to ensure that they have some record of participation in the field event.**

### Conflicting Event Times:

A. If a competitor is competing in a field event and a track event is scheduled at the same time, the competitor must report to the field event judge first, explain that he is in a track event, try to fit in at least one attempt, and then report to the track event immediately. Upon completion of the track event, the competitor must return to the field event without delay and must immediately inform the person in charge of the event that he has returned. **Failure to report to one of the judges may result in disqualification.** Officials can place an athlete anywhere in a round to try and accommodate their conflicting schedules. Don't be afraid to ask for this concession.

**B. Competitors arriving late for a track event (after the race has been run) are out of that competition.**


**C. Competitors arriving late for a field event (after the event has started) may join the competition and receive attempts for each round not yet completed** (provided the third round is not completed and the top eight finalists selected). A round is considered to have begun when the first person in the round is called to make his attempt. In a final the competitor who returns, without delay, from a track event or another field event to a field event, may take their turn, but only if: the 3rd round has not ended to qualify; or 6th round ended if already qualified for the final. A round is considered to have begun when the first person in the round is called to make his attempt. These attempts must be taken alternately so that no competitor has two consecutive attempts. If the last round has begun, then the competitor may have his last attempt, but only if the last listed competitor has not completed his last attempt.

In the vertical jumps, pole vault and high jump, the bar may not be lowered at any time for any competitor who has been away at another event, and the event must progress at a reasonably normal pace. When a competitor returns, he may have attempts at the height not yet completed. These attempts must be taken alternately so that no competitor has consecutive jumps unless all other competitors clear the height and thus force the remaining competitor to take consecutive jumps.

### 11. RESTRICTED AREAS

No one is allowed on the track or the infield unless they are competing in an event. Competitors will report directly from the marshalling area to their event and then return to the stands when the event is completed. Please stay clear of the finish line area.

### 12. MEET RECORDS

Click for PDF 

[Click for Google Doc](#)

### 13. RESULTS

Copy and paste link in browser.

Results will be available on the Island Website:  
Copy and paste.

<https://vancouverislandschoolsports.ca/spring/track-and-field/results/>

LVISSAA Website:

Copy and paste.

<https://lowerislandschoolsports.ca/high-school/lvissaa-spring-sports/lvissaa-track/lower-island-championships-2/>

North Island Athletics Website:

<https://annjack.wixsite.com/northislands-track/islands>

These will hopefully be available a few days after the Meet.

| <b>Island Track &amp; Field</b>                              |           |
|--|-----------|
| <b>Point Scoring System</b> for individual and relay events. |           |
| 1st  | 10 points |
| 2nd  | 8         |
| 3rd  | 6         |
| 4th  | 5         |
| 5th  | 4         |
| 6th  | 3         |
| 7th  | 2         |
| 8th  | 1         |

#### 14. EVENT SPECIFICATIONS

| <b>EVENT SPECIFICATIONS - Implement Chart</b> |                 |               |               |                |
|---|-----------------|---------------|---------------|----------------|
| <b>AGE CATEGORY</b>                           | <b>SHOT PUT</b> | <b>HAMMER</b> | <b>DISCUS</b> | <b>JAVELIN</b> |
| Senior Boys                                   | 6kg             | 6kg           | 1.75 kg       | 800 gram       |
| Junior Boys                                   | 5kg             | 5kg           | 1.5 kg        | 700 gram       |
| Grade 8 Boys                                  | 4kg             |               | 1 kg          | 600 gram       |
|   |                 |               |               |                |
| Senior Girls                                  | 4kg             | 4kg           | 1 kg          | 600 gram       |
| Junior Girls                                  | 3kg             | 3kg           | 1 kg          | 500 gram       |
| Grade 8 Girls                                 | 3kg             |               | 1 kg          | 500 gram       |

| <b>EVENT SPECIFICATIONS - Hurdles Chart</b> |                     |                       |                      |                          |                         |                           |
|---|---------------------|-----------------------|----------------------|--------------------------|-------------------------|---------------------------|
| <b>AGE CATEGORY</b>                         | <b>DISTANCE RUN</b> | <b>NO. OF HURDLES</b> | <b>HURDLE HEIGHT</b> | <b>DISTANCE TO FIRST</b> | <b>DISTANCE BETWEEN</b> | <b>DISTANCE TO FINISH</b> |
| Senior Boys                                 | 110m                | 10                    | 36" (0.914m)         | 13.72m                   | 9.14m                   | 14.02m                    |
| Junior Boys                                 | 100m                | 10                    | 36" (0.914m)         | 13m                      | 8.5m                    | 10.5m                     |
| Grade 8 Boys                                | 100m                | 10                    | 33" (0.84m)          | 13m                      | 8.5m                    | 10.5m                     |
|   |                     |                       |                      |                          |                         |                           |
| Senior Girls                                | 100m                | 10                    | 33" (0.84m)          | 13m                      | 8.5m                    | 10.5m                     |
| Junior Girls                                | 80m                 | 8                     | 30" (0.762m)         | 12m                      | 8m                      | 12m                       |
| Grade 8 Girls                               | 80m                 | 8                     | 30" (0.762m)         | 12m                      | 8m                      | 12m                       |
|   |                     |                       |                      |                          |                         |                           |
| Senior Boys                                 | 400m                | 10                    | 36" (0.914m)         | 45m                      | 35m                     | 40m                       |
| Junior Boys                                 | 300m                | 7                     | 33" (0.84m)          | 50m                      | 35m                     | 40m                       |
| Grade 8 Boys                                | 200m                | 5                     | 30" (0.762m)         | 20m                      | 35m                     | 40m                       |
|   |                     |                       |                      |                          |                         |                           |
| Senior Girls                                | 400m                | 10                    | 30" (0.762m)         | 45m                      | 35m                     | 40m                       |
| Junior Girls                                | 300m                | 7                     | 30" (0.762m)         | 50m                      | 35m                     | 40m                       |
| Grade 8 Girls                               | 200m                | 5                     | 30" (0.762m)         | 20m                      | 35m                     | 40m                       |

| <b>EVENT SPECIFICATIONS - Steeplechase Chart</b> |                     |                      |                 |                    |              |
|--|---------------------|----------------------|-----------------|--------------------|--------------|
| <b>AGE CATEGORY</b>                              | <b>DISTANCE RUN</b> | <b>HURDLE HEIGHT</b> | <b>BARRIERS</b> | <b>WATER JUMPS</b> | <b>TOTAL</b> |
| Senior Boys                                      | 2000m with water    | 33" (0.84m)          | 18              | 5                  | 23           |
| Junior Boys                                      | 1500m with water    | 30" (0.762m)         | 13              | 3                  | 16           |
|  |                     |                      |                 |                    |              |
| Senior Girls                                     | 1500m with water    | 30" (0.762m)         | 13              | 3                  | 16           |
| Junior Girls                                     | 1500m with water    | 30" (0.762m)         | 13              | 3                  | 16           |

# 2022 Vancouver Island Championship Schedule

## WEDNESDAY, MAY 18, 2022

| Wednesday<br>May 20, 2020                                |                        | Track Events<br>Events on Wednesday could move up to 45 minutes ahead of schedule so please have your athletes at the meet early. Events that have been crossed out have moved straight to Finals on Thursday. In past years, heats in some races have not been required on the first day. The schedule on Thursday will not move ahead of time. |              |  |             |              |              |
|--|------------------------|--|--------------|--|-------------|--------------|--------------|
| Time   | Event                  | Division   |              | Time                                     | Event       | Division     |              |
| <b>9:30</b>  | <b>Coaches Meeting</b> |  |              | <b>1:35</b>                              | 100m        | 8G           | Heats        |
| <b>9:45</b><br>10 min<br>Intervals<br><br>5 min set up   | 110m 36"H              | SB   | Timed Finals | 10 min<br>Intervals<br><br>10 min set up | 100m        | 8B           | Heats        |
|  | 100m 36"H              | JB   | Timed Finals |  | 100m        | JG           | Heats        |
|  | 100m 33"H              | SG   | Timed Finals |  | 100m        | JB           | Heats        |
|  | 100m 33"H              | 8B   | Timed Finals |  | 100m        | SG           | Heats        |
|  | 80 m 30"H              | JG   | Timed Finals |  | 100m        | SB           | Heats        |
|  | 80m 30"H               | 8G   | Timed Finals |  | <b>2:35</b> | 400m 36"H    | SB           |
| <b>10:45</b><br>15 min<br>intervals<br><br>10 min set up | 3000m                  | SG   | Final        |  | 300m 33"H   | JB           | Timed Finals |
|  | 3000m                  | SB   | Final        | <b>3:05</b>                              | 400m 30"H   | SG           | Timed Finals |
|  | 3000m                  | 8G + 8B  | Final        |  | 300m 30"H   | JG           | Timed Finals |
|  | 3000m                  | JG   | Final        | <b>3:15</b>                              | 200m 30"H   | 8B           | Timed Finals |
|  | 3000m                  | JB   | Final        |  | 200m 30"H   | 8G           | Timed Finals |
| <b>11:55</b><br>10 min<br>Intervals<br><br>5 min set up  | 4 x 100m               | 8G   | Heats        | 5 min set up                             |             |              |              |
|  | 4 X100m                | 8B   | Heats        | <b>3:30</b><br>10 min intervals          | 800m        | 8G           | Timed Finals |
|  | 4 x 100m               | JG   | Heats        |  | 800m        | 8B           | Timed Finals |
|  | 4 x 100m               | JB   | Heats        |  | 800m        | JG           | Timed Finals |
|  | 4 x 100m               | SG   | Heats        |  | 800m        | JB           | Timed Finals |
|  | 4 x 100m               | SB   | Heats        |  | 800m        | SG           | Timed Finals |
| 4 x 100m   | SB                     | Heats  | 800m         |  | SB          | Timed Finals |              |
| <b>12:45</b><br>10 min<br>intervals                      | 400 m                  | 8G   | Heats        | 5 min set up                             | 800m        | SB           | Timed Finals |
|  | 400 m                  | 8B   | Heats        | <b>4:30</b><br>10 min intervals          | 200m        | 8G           | Heats        |
|  | 400 m                  | JG   | Heats        |  | 200m        | 8B           | Heats        |
|  | 400 m                  | JB   | Heats        |  | 200m        | JG           | Heats        |
|  | 400 m                  | SG   | Heats        |  | 200m        | JB           | Heats        |
|  | 400 m                  | SB   | Heats        |  | 200m        | SG           | Heats        |
|  |                        |  |              |  | 200m        | SB           | Heats        |
|  |                        |  | 200m         |  | SB          | Heats        |              |

## THURSDAY, MAY 19, 2022

| Thursday<br>May 21, 2020                                |                        | Track Events<br><u>The Thursday schedule will NOT move ahead of time.</u> |           |  |   |           |             |
|---|------------------------|---|-----------|--|---|-----------|-------------|
| Time  | Event                  | Division  |           | Time   | Event   | Division  |             |
| <b>9:15</b>   | <b>Coaches Meeting</b> |   |           | <b>12:20</b><br>10 min intervals<br>5 min set up | 1500m RW  | All boys  | final       |
|   |                        |   |           |  | 1500m RW  | All girls | final       |
| <b>9:30</b><br><br>5 min intervals<br><br>5min set up   | 4x100m                 | SB  | Final     | <b>12:45</b><br>"<br>5 min intervals             | 200m  | SB        | Final       |
|   | 4x100m                 | SG  | Final     |  | 200m  | SG        | Final       |
|   | 4x100m                 | JB  | Final     |  | 200m  | SB        | Final       |
|   | 4x100m                 | JG  | Final     |  | 200m  | SG        | Final       |
|   | 4x100m                 | 8B  | Final     |  | 200m  | JB        | Final       |
|   | 4x100m                 | 8B  | Final     |  | 200m  | JG        | Final       |
|   | 4x100m                 | 8G  | Final     |  | 200m  | 8B        | Final       |
| <b>10:00</b><br><br>5 min intervals<br><br>5 min set up | 400m                   | SB  | Final     | <b>1:35</b><br>10 min intervals                  | 200m  | 8G        | Final       |
|   | 400m                   | SG  | Final     |  | 2000m Steeple                                       | SB 30"    | Timed Final |
|   | 400m                   | JB  | Final     |  | 1500m Steeple                                       | SG 30"    | Timed Final |
|   | 400m                   | JG  | Final     |  | 1500m Steeple                                       | JB 30"    | Timed Final |
|   | 400m                   | 8B  | Final     |  | 1500m Steeple                                       | JG 30"    | Timed Final |
|   | 400m                   | SO  | Final B/G |  | <b>2:10</b><br>10 min intervals<br><br>5 min set up | 4 x 400m  | 8G          |
| <b>10:40</b><br><br>10 min intervals                    | 1500m                  | SB  | Final     | 4 x 400m   |   | 8B        | Timed Final |
|   | 1500m                  | SG  | Final     | 4 x 400m   |   | JG        | Timed Final |
|   | 1500m                  | JB  | Final     | 4 x 400m   |   | JB        | Timed Final |
|   | 1500m                  | JG  | Final     | 4 x 400m   |   | SG        | Final       |
|   | 1500m                  | 8B  | Final     | 4 x 400m   |   | SB        | Final       |
|   | 1500m                  | 8G  | Final     |  |   |           |             |
| <b>11:35</b><br><br>5 min intervals<br><br>5 min set up | 100m                   | SB  | Final     | <b>3:00</b>                                      | <b>AWARDS</b>                                       |           |             |
|   | 100m                   | SG  | Final     |  |   |           |             |
|   | 100m                   | JB  | Final     |  |   |           |             |
|   | 100m                   | JG  | Final     |  |   |           |             |
|   | 100m                   | 8B  | Final     |  |   |           |             |
|   | 100m                   | 8G  | Final     |  |   |           |             |
|   | 100m                   | Para A  | Final B/G |  |   |           |             |
|   | 100m                   | Para W  | Final B/G |  |   |           |             |
|   | 100m                   | SO  | Final B/G |  |   |           |             |



| FIELD EVENTS - DAY 1 Wednesday May 18, 2022 |                        |                      |                     |                       |
|---|------------------------|----------------------|---------------------|-----------------------|
| 9:30am                                      | 11:00am                | 1:00pm               | 1:45 pm             | 2:45pm                |
| Hammer Sr Girls                             | Pole vault - all girls | Hammer Jr Girls      |                     | Pole Vault - all boys |
|   | Triple Jump Sr Girls   | Triple Jump Sr Boys  |                     | Triple Jump Jr Girls  |
| Shot Put SO Boys/Girls                      | Long jump Jr Girls     | Long jump Gr 8 Girls |                     | Long jump Gr 8 Boys   |
|   | High Jump Gr 8 Boys    | High Jump Jr Boys    |                     | High Jump Gr 8 Girls  |
|   | Shot Put Gr 8 Girls    | Shot Put Gr 8 Boys   | Shot Put Para A B/G | Shot Put Jr Boys      |
|   | Discus Jr Boys         | Discus Sr Boys       |                     | Discus Sr Girls       |
|   | Javelin Sr Boys        | Javelin Jr Girls     |                     | Javelin Gr 8 Boys     |

| FIELD EVENTS - DAY 2 Thursday, May 19, 2022 |                       |                        |                     |                              |
|---|-----------------------|------------------------|---------------------|------------------------------|
|   | 9:45am                | 11:30am                | 12:45 pm            | 1:15pm                       |
|   | Triple Jump Gr 8 Boys | Triple jump Gr 8 Girls |                     | Triple jump Jr Boys          |
|   | Long jump Sr Boys     | Long jump Jr Boys      |                     | Long Jump Sr Girls           |
|   | High Jump Sr Girls    | High Jump Jr Girls     |                     | High Jump Sr Boys            |
|   | Shot Put Sr Girls     | Shot Put Jr Girls      | Shot Put Para W B/G | <b>1:30</b> Shot Put Sr Boys |
|   | Discus Jr Girls       | Discus Gr 8 Girls      |                     | Discus Gr 8 Boys             |
|   | Javelin Gr 8 Girls    | Javelin Sr Girls       |                     | Javelin Jr Boys              |
|   | Hammer Sr Boys        | Hammer Jr Boys         |                     |                              |