

2022 VANCOUVER ISLAND SECONDARY SCHOOLS
TRACK & FIELD CHAMPIONSHIP SCHEDULE

WEDNESDAY, MAY 18, 2022

Wednesday May 20, 2020		Track Events 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	
9:30	Coaches Meeting			1:35	100m	8G	Heats
9:45 10 min Intervals	110m 36"H	SB	Timed Finals	10 min Intervals	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		10 min set up	100m	SB
5 min set up	80m 30"H	8G	Timed Finals	2:35	400m 36"H	SB	Timed Finals
10:45 15 min intervals	3000m	SG	Final		300m 33"H	JB	Timed Finals
	3000m	SB	Final	3:05	400m 30"H	SG	Timed Finals
	3000m	8G + 8B	Final		300m 30"H	JG	Timed Finals
	3000m	JG	Final	3:15	200m 30"H	8B	Timed Finals
	3000m	JB	Final		200m 30"H	8G	Timed Finals
10 min set up				5 min set up			
11:55 10 min Intervals	4 x 100m	8G	Heats	3:30 10 min intervals	800m	8G	Timed Finals
	4 X100m	8B	Heats		800m	8B	Timed Finals
	4 x 100m	JG	Heats		800m	JG	Timed Finals
	4 x 100m	JB	Heats		800m	JB	Timed Finals
	4 x 100m	SG	Heats		800m	SG	Timed Finals
	4 x 100m	SB	Heats		800m	SB	Timed Finals
5 min set up				5 min set up			
12:45 10 min intervals	400 m	8G	Heats	4:30 10 min intervals	200m	8G	Heats
	400 m	8B	Heats		200m	8B	Heats
	400 m	JG	Heats		200m	JG	Heats
	400 m	JB	Heats		200m	JB	Heats
	400 m	SG	Heats		200m	SG	Heats
	400 m	SB	Heats		200m	SB	Heats
						200m	SB

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THURSDAY, MAY 19, 2022

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

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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	1:30 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		

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BC High School Track & Field - 2017 Technical Specifications

<u>Girls</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1kg	600 g
Junior	3 kg	3 kg	1 kg	500g
Grade 8	3 kg	3 kg	1 kg	500g
<u>Boys</u>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

BOYS	Distance	Height	# Hurdles	S>1st H	H<>H	H>F
Grade 8	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Junior	100m	36" (0.914m)	10	13.0m	8.50m	10.50m
Senior	110m	36" (0.914m)	10	13.72m	9.14m	14.02m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	33" (0.84m)	7	50.0m	35.0m	40.0m
Senior	400m	33" (0.84m)	10	45.0m	35.0m	40.0m
GIRLS						
Grade 8	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Junior	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Senior	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	30" (0.762m)	7	50.0m	35.0m	40.0m
Senior	400m	30" (0.762m)	10	45.0m	35.0m	40.0m