

JOHN OLIVER TRACK & FIELD - IMPORTANT REMINDERS!!!

Please read & remember the following important information:

- 1) There are some big changes to Track & Field this year: **No City's, just Zones** where we compete against schools from Vancouver, North Shore/Howe Sound and the Independents. There are AAA and AA team banners up for grabs. JO is classified as AAA with over 1,000 students
- 2) **Top 6 from Vancouver prelims go to Zones. Top 5 from Zones go to BC's** (Junior and Senior Division). **Grade 8 BCs are by invite only**. Coach has to submit your score if you are close to being top 24 in the province in an event.
- 3) There is **NO more grade 9/juvenile division**. Divisions are as follows: grade 8, grade 9/10 (Junior) and grade 11/12 (Senior)
- 4) You are allowed to compete in only **3 individual events and 2 relays at the prelims**.
- 5) If you want to compete in a **specific field event** at the prelims, you MUST compete at least once in that specific field event at a league meet. For example, if you want to compete at the prelims in the bantam boys' high jump, you must compete in the high jump at a league meet. NOTE: there is **no grade 8 discus** at the Zones (or BCs). League meets will have it but please also choose another event if you wish to try to qualify for Zones.
- 6) Note, it is important to try to compete in several different **field events at the league meets** if that is your interest, as it gives your coaches the option to have you compete in more events at the prelims.
- 7) If you want to compete in a **sprint event** (100m, 200m, 400m) at the prelims, you MUST compete in only one of those events at a league meet. Running one of them qualifies you for running one or all three at the prelims
- 8) If you want to compete in a **distance event** (800m, 1500m, 3000m) at the prelims, you MUST compete in only one of those events at a league meet. Running one of them qualifies you for running one or all three at the prelims
- 9) If you compete & qualify at prelims for the Zones, **you must be able to participate at the Zones**. Please make sure you do not have a conflict those days! Do not compete at the prelims if you know you won't be able to compete at the zones. There are no individual or team awards at prelims so no need to compete if you know you can't participate at the zones. Injuries or last minute conflicts are ok. But you MUST let the JO coach know asap if you cannot compete at the Zones as they can scratch you from the competition and your spot can go to another Vancouver athlete who placed lower than you.

JOHN OLIVER TRACK & FIELD – 2020 INFORMATION

All Forms & Fees Due by **Thursday March 12th**

JO TRACK & FIELD FEE - \$50 You may pay cash or cheque (made out to John Oliver Secondary School.) The Athletic Fee is to cover the basic costs of providing that sport for VSSAA/BCSS competition, including equipment, officials, facilities, league/membership fees & uniforms, and are reviewed on a yearly basis. School athletic programs do NOT receive any dedicated funding support from the VSB or local school fees. Students in financial need are encouraged to apply for assistance through the Athletic Director (Mr. Pat Lee). No student shall be prevented from participating in the athletic program due to financial hardship.

For in-season **MULTI-SPORT ATHLETES**, student only pays the sanctioned sport fee. Multi-Season Athletes who play in a Fall & Winter Sport will have their subsequent Spring Sport athletic fee be only 50% of the third sport's athletic fee. JO Fitness Centre: registered athletes as part of their athletic fees will have year-long (September-May) access during supervised times.

JO Track & Field page: <https://blogs.vsb.bc.ca/kmatheson/track-field/> (medical & permission forms & info can be found here)

VSSAA Track & Field website: <https://vancouverhighschooltrack.weebly.com/> (updated info & meet schedules can be found here)

MEET SCHEDULE (more detailed meets schedule to be handed out when confirmed)

LEAGUE MEETS (all league meets at Point Grey Secondary, start time 9:45)

Meet #1: Wed. April 8 (Day 2)

Meet #2: Wed. April 15 (Day 1)

Meet #3: Tues. April 21 (Day 1)

Met # 4: Tues., April 28 (Day 2)

VSSAA PRELIMINARIES

Meet #1 Tues., May 5 (Day 1) @ Point Grey 3:30pm start

Meet #2 Wed., May 6 (Day 2) @ Point Grey 3:30pm start

Meet #3 Thurs., May 7 (Day 1) @ UBC 9am start

VANCOUVER SEA TO SKY (VS2S) ZONE CHAMPIONSHIPS

Wed., May 13 (Day 1) & Thurs., May 14 (day 2) @ Swangard Stadium 9am (track), 8:30am (field)

BC PROVINCIAL CHAMPIONSHIPS: June 4-6th @ McLeod Athletic Park - Langley