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**COWICHAN
2008™**
THE JOURNEY OF
A GENERATION™
LE PARCOURS
D'UNE GÉNÉRATION™

NORTH AMERICAN INDIGENOUS GAMES

The Cowichan Valley Athletic Association [CeeVacs] is hosting the Athletics [Track and Field and Cross Country events] portion of the North American Indigenous Games [NAIG]. The track and field events will be held at the Chesterfield Sport Complex in Duncan from August 4th to 6th followed by the Cross Country events which will be held at Bazett Farm on August 7th.

The NAIG will feature young first nations athletes from around Canada and the United States in a number of sporting competitions including archery, athletics, badminton, baseball, basketball, boxing, canoe racing, golf, lacrosse, rifle shooting, soccer, softball, swimming, tae kwondo, volleyball and wrestling.

Currently there are over 350 athletes registered just for the track and field and cross country events.

Sheila Southern-Lloyd of CeeVacs will serve as the Sport Chair for Athletics for the Games and will do double duty as the Meet Director during the meet itself. Sheila is currently putting together the Host Organizing Committee for the Games. She can use help with key roles for this competition and welcomes all volunteers who can assist during the meet.

As the meet is held on weekdays, a number of our regular volunteers and officials are not available so it is critical that anyone who can spare time to help during the competition gives their name to Sheila.

Contact Sheila by email at sheilams@telus.net.

Thanks go to our first volunteers from the VIAA and the CeeVacs club: Brian Foan, Al Johnston, Jeannie Isbister, Jim Proctor, Diana Hollefreund, David and Lin Hopkins, Tom and Florence Dingle, and Daryl and Monique Posehn. Don't worry ~ there are lots of jobs still remaining for everyone!

VIAA AWARDS

All of the meets in the VIAA Island Series as well as the BCJD Championships in Nanaimo count for points towards an award program for our island athletes. Here is how the program works. Athletes must compete in 4 of the Island Series Meets with one of the meets being held in Nanaimo and north in order to receive an award.

At the end of each meet, club statisticians collect their athlete's results and enters them into a scoring table which calculates points for each performance. The club statistician then compiles a list of club athletes who attended the meet and lists their best events and the points. These are sent to the Series Statistician, Ray Riva of Oceanside Track and Field Club, who keeps the scores throughout the season. Ray checks the performances against the official meet results.

There are two types of awards given out at the end of the season; Best of Four [can be for any single event] and Run Jump Throw which scores the best event in one of the athlete's run, jump and throw. The rosettes are given out for the top athletes in each age group and are usually available at the September meeting of the VIAA to be ready for the various club awards events in the fall.

*Scoring details for the
VIAA Island Series
awards program.*

HY-TEK MEET MANAGEMENT SYSTEM

Athletics Canada has made a change in the collecting of event results for 2008. This year all results must be sent in using the Hy-Tek Meet Management System. This is a very specialized computer program which allows you to enter your meet results in two main ways: you can enter all athletes as they enter at a sticker meet and simply input their results at the end of the meet or you can pre-enter athletes and events before the meet and seed each event. The second type of meet is more formal and involves registering all athletes and all events before the start of the meet. Then heat sheets and start lists are produced from the lists of athletes entered in the database.

Results can be directly linked between the Hy-Tek software and the photoelectronic camera at the track events. In addition, various types of results and reports can be created quickly and easily through the Hy-Tek system.

The downside of Hy-Tek is that it can be a challenge to learn the system and inputting athletes and seeding of events can take up to 3 days before a meet.

The VIAA is buying a Hy-Tek program for the island clubs and Diana Hollefreund will build a generic meet, pre-enter athletes, clubs, birthdates, and meet event information into the system so that it is easy to input the results at the end of each sticker meet. Diana will be available to train club results people at each the island series meets.

Clubs are asked to send a list of club athletes, YOB, and gender to Diana at trackvictoria@shaw.ca as soon as possible as the more information entered before the meet, the easier the program is to operate!



THE HURDLES!

Hurdles are the one event at track and field meets which can cause grown men to shake! There are different hurdle events [sprints and distance] for every age group and gender although younger athletes do not do distance hurdles.

A competent Hurdle Chief must know the hurdle specifications for each hurdle event, where the hurdles are to be placed on the track and how many hurdle flights are required. Then she or he must oversee the hurdle crew as they quickly assemble each flight of hurdles around the track and make sure that each hurdle is placed correctly.

If there is a mistake in the hurdle placement, then the race may have to be rescheduled and run again at a later time. If all competitors agree to let the results stand, then the race won't have to be rerun [this is usually done for younger age groups].

The most inventive hurdle chief has to be the volunteer at the Bob Dailey Meet in Port Alberni who rides a bicycle around the track checking up on the hurdle placements!



Competition Hurdles

SPRINT HURDLE SPECIFICATIONS FOR 2008

EVENT	AGE/GENDER	#	HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN	DISTANCE TO FINISH LINE
110 m hurdles	Senior Men	10	42" [1.067 m]	13.72 m	9.14 m	14.02 m
110 m hurdles	Junior Men	10	39" [.990 m]	13.72 m	9.14 m	14.02 m
110 m hurdles	Juvenile Men	10	36" [.914 m]	13.72 m	9.14 m	14.02 m

100 m hurdles	Midget 15 Boys	10	33" [.840 m]	13.0 m	8.5 m	10.5 m
100 m hurdles	Midget 14 Boys	10	33" [.840 m]	13.0 m	8.5 m	10.5 m
100 m hurdles	Senior Women	10	33" [.840 m]	13.0 m	8.5 m	10.5 m
100 m hurdles	Junior Women	10	33" [.840 m]	13.0 m	8.5 m	10.5 m
100 m hurdles	Juvenile Women	10	30" [.762 m]	13.0 m	8.5 m	10.5 m

80 m hurdles	Midget 15 Girls	8	30" [.762 m]	12.0 m	8.0 m	12.0 m
80 m hurdles	Midget 14 Girls	8	30" [.762 m]	12.0 m	8.0 m	12.0 m
80 m hurdles	JD 13 Boys	8	30" [.762 m]	12.0 m	8.0 m	12.0 m
80 m hurdles	JD 13 Girls	8	30" [.762 m]	12.0 m	7.5 m	15.5 m

80 m hurdles	JD 12 Girls	8	27" [.686 m]	12.0 m	7.0 m	19.0 m
80 m hurdles	JD 12 Boys	8	27" [.686 m]	12.0 m	7.0 m	19.0 m

60 m hurdles	JD 11 Girls	6	24" [.610 m]	11.0 m	6.5 m	16.5 m
60 m hurdles	JD 11 Boys	6	24" [.610 m]	11.0 m	6.5 m	16.5 m
60 m hurdles	JD 10 Girls	6	24" [.610 m]	11.0 m	6.5 m	16.5 m
60 m hurdles	JD 10 Boys	6	24" [.610 m]	11.0 m	6.5 m	16.5 m
60 m hurdles	JD 9 Girls	6	21" [.533 m]	11.0 m	6.5 m	16.5 m
60 m hurdles	JD 9 Boys	6	21" [.533 m]	11.0 m	6.5 m	16.5 m

DISTANCE HURDLE SPECIFICATIONS FOR 2008

EVENT	AGE/GENDER	#	HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN	DISTANCE TO FINISH LINE
400 m hurdles	Senior Men	10	36" [.914 m]	45 m	35 m	40 m
400 m hurdles	Junior Men	10	36" [.914 m]	45 m	35 m	40 m
400 m hurdles	Juvenile Men	10	33" [.840 m]	35 m	35 m	40 m
400 m hurdles	Senior Women	10	30" [.762 m]	45 m	35 m	40 m
400 m hurdles	Junior Women	10	30" [.762 m]	45 m	35 m	40 m
400 m hurdles	Juvenile Women	10	30" [.762 m]	45 m	35 m	40 m

300 m hurdles	Midget 15 Girls	7	30" [.762 m]	50 m	35 m	40 m
300 m hurdles	Midget 14 Girls	7	30" [.762 m]	50 m	35 m	40 m
300 m hurdles	Midget 15 Boys	7	30" [.762 m]	50 m	35 m	40 m
300 m hurdles	Midget 14 Boys	7	30" [.762 m]	50 m	35 m	40 m

200 m hurdles	JD 13 Girls	5	27" [.686 m]	20 m	35 m	40 m
200 m hurdles	JD 13 Boys	5	27" [.686 m]	20 m	35 m	40 m
200 m hurdles	JD 12 Girls	5	24" [.610 m]	20 m	35 m	40 m
200 m hurdles	JD 12 Boys	5	24" [.610 m]	20 m	35 m	40 m

SCISSOR HURDLES

For those new volunteers on the hurdle crew, there are two types of hurdles.

Younger athletes use **scissor or training hurdles** which are designed to collapse easily if the athlete hits them instead of clearing them. The hurdle bar is placed on the hurdle base and will fall off the metal legs when hit. Sometimes in a strong wind, the bars will sail off causing the base to drop to the ground and it can be difficult to keep the hurdles set up so that a race can be run.

To set up scissor hurdles, place the longer part of the foot facing towards the start line on the track. The shorter end will then face the finish line and will cause the hurdles to collapse away from the athlete when hit.

Older athletes use **competition hurdles** which are made of metal and the top bar is permanently attached to the base. The top bar of the competition hurdle is adjustable for the different heights needed for different hurdle races.



Scissor Hurdles