

VIAA Newsletter

Vancouver Island Athletic Association

GEORGE DEAN MEET

The first meet in the 2008 VIAA Track and Field Series, the George Dean Meet hosted by Peninsula Track and Field Club, got off to a snowy start! Saturday events were forced to be cancelled due to the heavy snowfall on the mid-island area. While there was snowfall on the track itself, there was great concern over parents, athletes and coaches trying to travel down island for the meet.

Emails and phone calls went out to as many clubs and people as possible but a few groups were missed as they traveled to Sidney on Friday night before the heavy snowfall.

Updates on the weather conditions were posted on Peninsula's website and the Sunday events went ahead roughly as scheduled. Thanks go to all of our volunteers who made it to the meet and were able to help out as a few events scraped by with very few volunteers.

For future events, encourage your athletes to check out the host club websites to make sure that events are going on as planned!

Inside This Issue

- 1 George Dean Meet
- 2 Club Websites
- 2 The Steeplechase
- 2 Steeplechase Distances
- 2 Level 2 Officials
- 3 Combined Events
- 3 Starting Blocks
- 4 Level 1 Coaching Clinic
- 4 2008 VIAA XC Races

Check out our member club websites for more information about our meets, training programs and meet results.

CLUB WEBSITES

Many of the VIAA member clubs have their own websites which contain training schedules, club information as well as VIAA meet information and results.

For overall information about our sport and provincial events, go to the BC Athletics website at www.bcathletics.org.

Alberni Valley Track & Field	www.avtrackclub.com
Campbell River Comets	www.crcometts.org
Comox Valley Cougars	www.comoxcougars.org
Cowichan Valley Athletic Club	Under construction.
Oceanside Track & Field Club	www.oceansidetrack.org
Pacific Athletics	www.pacificathletics.ca
Peninsula Track and Field Club	www.pentrack.org
Victoria Track and Field Club	www.victrack.ca

THE STEEPLECHASE

The start line of a steeplechase race can be moved by as much as 50 metres depending on the location of the water jump. Some water jumps are placed on the outside of the lanes on a track while other stadiums have the water jump on the inside of the lanes.

A steeplechase race has to be one of the most popular events for spectators! Check out the huge crowd around the water jump during a steeplechase race and you will understand the sheer joy of competition, warm weather and water. Athletes must be 14 and older to compete in the steeplechase events mainly due to the height of the barriers which must be hurdled or climbed over.

While the height of a steeplechase barrier is the same as a distance hurdle height, the difference is obvious in the size and weight of the barrier. A steeplechase barrier is wider, thicker, heavier and has stands which prevent it from falling over when hit. This means that when an athlete hits the barrier, the athlete will fall over long before the barrier will fall. The chances of athletes falling over [particularly at the water jumps] and the amusing and interesting ways in which athletes clamber, vault, leap or jump on the barriers makes this an entertaining event to watch.

STEEPLECHASE DISTANCES AND DETAILS



Steeplechase Barrier

AGE	DISTANCE	HURDLE HEIGHTS	WATER JUMPS	BARRIERS
JD 14 Girls	1500 m	30" [.762 m]	3	12
Youth 15 Girls	1500 m	30" [.762 m]	3	12
Juvenile Women	1500 m	30" [.762 m]	3	12
Junior Women	2000 m	30" [.762 m]	5	18
Senior Women	3000 m	30" [.762 m]	7	28
Midget 14 Boys	1500 m	36" [.914 m]	3	12
Midget 15 Boys	1500 m	36" [.914 m]	3	12
Juvenile Men	1500 m	36" [.914 m]	3	12
Junior Men	3000 m	36" [.914 m]	7	28
Senior Men	3000 m	36" [.914 m]	7	28

CONGRATULATIONS LEVEL 2 OFFICIALS!

Congratulations and our thanks go to the following VIAA members and volunteers who completed the Level 2 Officials clinic held in Nanaimo on March 8th.

Junior Officials: **Leigh** and **Jade Richardson** of Nanaimo Track.

Senior Officials: **Jeannie Isbister**, **Jim Richardson** and **Rose Anne Prokopetz** of Nanaimo Track, **Evelyn Parent** and **Ruth Economou** of Victoria Track, **Eliza Banks** and **Dave Gilbert** of Alberni Valley, **Mike McEwan** of Peninsula Track and **Allain McCallum** of our camera crew!

Our thanks go to **Greg Bush**, the course conductor, and to Nanaimo Track and Field Club for hosting the course in their clubhouse. Also our thanks to **Sue Little** for providing lunch for everyone!

COMBINED EVENTS

PENTATHLON	Pentathlon can be a one or two-day event.
Girls and Boys 9 to 13 years	80 metre hurdles, shot put, high jump, long jump and 800 metres
Girls ages 14 and 15 years	80 metre hurdles, shot put, high jump, long jump and 800 metres
Boys ages 14 and 15 years	80 metre hurdles, shot put, high jump, long jump and 800 metres
HEPTATHLON	
Midget 15 Girls	Day 1: 80 metre hurdles, high jump, shot put and 200 metres Day 2: long jump, javelin and 800 metres
Youth, Junior and Senior Women	Day 1: 100 metre hurdles, high jump, shot put and 200 metres Day 2: long jump, javelin and 800 metres
OCTATHLON	
Midget 15 Boys	Day 1; 100 metres, long jump, shot put and 400 metres Day 2: 100 metre hurdles, high jump, javelin and 1000 metres
Youth, Junior and Senior Men	Day 1; 100 metres, long jump, shot put and 400 metres Day 2: 110 metre hurdles, high jump, javelin and 1000 metres
DECATHLON	
Youth, Junior and Senior Men	Day 1: 100 metres, long jump, shot put, high jump and 400 metres Day 2: 110 m hurdles, discus, pole vault, javelin and 1500 metres

Combined Events [also known as Multi-Events] are a series of set events held over one or two days in a specific order. Pentathlon events are usually held on one day except for the BC Summer Games where they are a two-day event. Athletes compete in each event in order and are scored based on their performances. The scores are added together and the athlete with the highest combined scores wins.

The Combined Events are a great way for athletes who are not strong in all events to compete as one athlete may be strong in one or two of the events while others are better in the remaining events. If you are interested in trying out this event, check out the Pentathlon Meet hosted by Peninsula Track and Field Club in Sidney on June 1st. You will be surprised at how well our JD athletes do in this event and perhaps they will choose to compete in the BCJD Pentathlon championships hosted by Ocean Athletics in South Surrey on Saturday, June 21st.

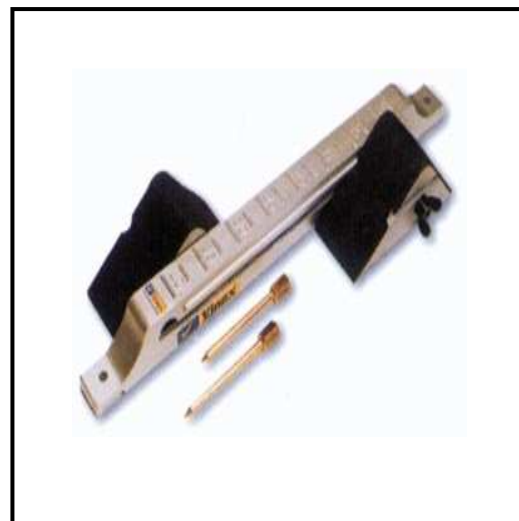
And for our older athletes, there is the Weight Pentathlon which features only throwing events: shot put, discus, javelin, weight throw and hammer! This will be offered for the first time at the VIAA Pentathlon Meet on May 25th.

Mark these two meets on your calendar and encourage your Island athletes to give them a try in 2008!

STARTING BLOCKS

Starting Blocks are those amazing metal devices which help to propel the athletes off the start line in the sprint and sprint hurdle events.

Our JD athletes are not permitted to use starting blocks until age 14 and the blocks are then optional for 14 and 15-year olds. But, we might suggest that you introduce your midget and youth athletes to starting blocks early in the season and get them familiar with setting the blocks and the correct technique before your athletes compete in Championship Meets at the end of the season. You can be sure that athletes from around the province are using starting blocks and very few of the 14's and 15's will not use them in the BC Summer Games or the BCJD Championships.



LEVEL 1 COACHING CLINIC

And a huge welcome to our recent graduates of the Level 1 Coaching Clinic held on March 1st and 2nd in Port Alberni. Our VIAA clubs will soon put you to work!

The clinic was purchased by the VIAA at the BC Athletics AGM Silent Auction in January. **Sharon Macauley** of Alberni Valley put together the clinic for us and hosted the 16 coaches.

Al Johnston of Nanaimo Track [our own Level 4 coach] gave the clinic and was assisted by **Graham Morfitt** of Comox Valley Cougars and **Anna Jack** of Alberni District Secondary School.

[WELL DONE!

- **Sharon Macauley, Dave Sherlock, Jill Sherlock, Dave Gilbert, Eliza Banks, and Emily Clark** all of Alberni Valley Track and Field Club.
- **Damien Leake** of Cowichan Valley Athletics Club
- **Kathy Rung** and **Chris Robinson** of Campbell River Christian School
- **Ron Hollingsworth** and **Alan Hernandez** of Powell River Track and Field Club
- **Mette Fossberg, Jack Thornburgh** and **Michael MacEwan** of Peninsula Track and Field Club
- **Nick Bassett** of Nanaimo Track and Field Club
- **Andy Jenkins** of Oceanside Track and Field Club

2008/09 VIAA CROSS COUNTRY SERIES

Here are the planned dates for the VIAA Cross Country Series for 2008/9. We will again move to a fall and spring series due to a very heavy fall race calendar for our cross country athletes.

As in the track and field series, athletes compete in a number of these races, collect points for their finish positions and earn VIAA Cross Country Series awards at the end of the season.

Details of the scoring system for the series and the race packages will be circulated to all clubs in the fall.

FALL RACES:

Alberni Valley XC	September 21, 2008 at Sproat Lake
Bazett Farm XC	September 28, 2008 at Maple Bay
Peninsula XC	October 19, 2008 at Centennial Park
BC Championships	October 26, 2008 in Vancouver

SPRING RACES:

Oceanside XC	March 1, 2009 at Qualicum Beach Civic Centre
Victoria XC	March 29, 2009 at Beaver Lake Park
Nanaimo XC and Awards	April 5, 2009 at the Nanaimo Track Facility

Note: School Spring Break In 2009 is from March 15th to 21st.