

## Vancouver Island Athletics Association (VIAA)

**February 13, 2011**  
11:00 am  
(10:30 am early lunch)

Nanaimo Track and Field Club House  
<http://www.nanaimotrackandfield.com/map-directions.html>

### Spring Meeting Minutes

**Attendees:** (16 delegates)

**VIAA Positions:**

|                    |   |  |
|--------------------|---|--|
| Tom Dingle         | Chair & Statistician                                | <a href="mailto:tdingle@uvic.ca">tdingle@uvic.ca</a>               |
| Barb Lund          | Secretary   | <a href="mailto:balund@shaw.ca">balund@shaw.ca</a>                 |
| Diana Hollefreund  | Treasurer & VIAA Track Meet Consultant              | <a href="mailto:trackvictoria@shaw.ca">trackvictoria@shaw.ca</a>   |
| Ray Riva - regrets | VIAA Series' Statistician                           | <a href="mailto:raylesriva@hotmail.com">raylesriva@hotmail.com</a> |
| Dave Hopkins       | VIAA (Zone 6) BC Athletics Officials Mentor         | <a href="mailto:timers2@shaw.ca">timers2@shaw.ca</a>               |
| Lin Hopkins        | VIAA (Zone 6) BC Athletics Officials Coordinator    | <a href="mailto:timers2@shaw.ca">timers2@shaw.ca</a>               |
| Sheila Weegar      | VIAA (Zone 6) Rep. to the BC Athletics JD Committee | <a href="mailto:sweegar@shaw.ca">sweegar@shaw.ca</a>               |
| Barb Lund          | VIAA (Zone 6) Rep. to the BC Athletics Board        | <a href="mailto:balund@shaw.ca">balund@shaw.ca</a>                 |

**VIAA Club Representation:** (9/11 clubs)

|   |                   |  |
|---|-------------------|--|
| Alberni Valley Track and Field (AVTF)   | Sheila Weegar     | <a href="mailto:sweegar@shaw.ca">sweegar@shaw.ca</a>               |
| Campbell River Christian School (CRCS)  | Kathy Andrews     | <a href="mailto:kathy_rung@hotmail.com">kathy_rung@hotmail.com</a> |
| Campbell River Comets (CRVC)            | Vince Sequeira    | <a href="mailto:vince.sequeira@shaw.ca">vince.sequeira@shaw.ca</a> |
| Campbell River Comets (CRVC)            | Dale Trenholm     | <a href="mailto:dale@trenholm.me">dale@trenholm.me</a>             |
| Campbell River Comets (CRVC)            | John Akehurst     | <a href="mailto:jma2011@telus.net">jma2011@telus.net</a>           |
| Comox Valley Cougars (CXVC)             | regrets           | <a href="mailto:gморfitt@shaw.ca">gморfitt@shaw.ca</a>             |
| Cowichan Valley Athletic Club (CVAC)    | regrets           |  |
| Nanaimo Track and Field (NTFC)          | Allen Johnston    | <a href="mailto:allen_955@yahoo.ca">allen_955@yahoo.ca</a>         |
| Oceanside Track (OTFC)                  | Kim Longmuir      | <a href="mailto:ranlong@telus.net">ranlong@telus.net</a>           |
| Oceanside Track (OTFC)                  | Randy Longmuir    | <a href="mailto:ranlong@telus.net">ranlong@telus.net</a>           |
| Pacific Athletics (PATH)                | Laurie Willett    | <a href="mailto:landwillett@shaw.ca">landwillett@shaw.ca</a>       |
| Peninsula Track and Field (PENT)        | Florence Dingle   | <a href="mailto:fodingle@yahoo.ca">fodingle@yahoo.ca</a>           |
| Peninsula Track and Field (PENT)        | Tom Dingle        | <a href="mailto:tdingle@uvic.ca">tdingle@uvic.ca</a>               |
| Peninsula/Pacific Athletics (PENT/PATH) | Barb Lund         | <a href="mailto:balund@shaw.ca">balund@shaw.ca</a>                 |
| Powell River Track and Field (PRTC)     | Alan Hernandez    | <a href="mailto:alanhern@telus.net">alanhern@telus.net</a>         |
| Victoria Track and Field (VTFC)         | Diana Hollefreund | <a href="mailto:trackvictoria@shaw.ca">trackvictoria@shaw.ca</a>   |
| Victoria Track and Field (VTFC)         | Dave Hopkins      | <a href="mailto:timers2@shaw.ca">timers2@shaw.ca</a>               |
| Victoria Track and Field (VTFC)         | Lin Hopkins       | <a href="mailto:timers2@shaw.ca">timers2@shaw.ca</a>               |

**Meeting:** Call to Order at 11:10 am – Tom Dingle

**Pre-Agenda item:**

**By consensus:** To accept Barb Lund as the VIAA Secretary until the 2011 VIAA AGM in September.

1. **Minutes** of the VIAA Fall Meeting on September 19, 2010 were approved as circulated.  
David Hopkins/Allen Johnston Carried
2. **Agenda** for Feb. 13, 2011 meeting was adopted as received.  
Randy Longmuir/David Hopkins Carried

3. **Financial Report** for the Island Series - Diana Hollefreund, VIAA Treasurer

- Finish Lynx for photo finish will cost Clubs \$150.00/day for meets this year
- VIAA Account has \$875.40

**Motion:** \$200.00 of VIAA funds can be used to purchase a 100m metal tape; starter's sleeves; batons and relay ribbons.

Florence Dingle/Alan Hernandez Carried

**Motion:** That the financial report be accepted as received.

Dale Trenholm/Allen Johnston Carried

4. **Zone 6 Items:**

a. **Zone 6 representative for BC Athletics Board** – Tom Dingle

- A new rep is needed as Denise Clements has moved up to the Executive Committee of the BCA Board as Director of Events and Promotions
- See Addendum II below for duties of Zone 6 Reps to Board and JD committee

**Motion:** To accept Barb Lund as the BC Athletics Zone 6 Rep to the Board

Randy Longmuir/Lin Hopkins Carried

**Action:** Member-at-large position is open on the BC Athletics JD Committee

Email Shelia Weegar [sweegar@shaw.ca](mailto:sweegar@shaw.ca) for more information. The next meeting of this committee is on April 10, 2011 in Richmond, BC

b. **VIAA Newsletter** – Diana Hollefreund, newsletter editor

- Professional, informative newsletters produced by Diana, 3 times per year.
- 1<sup>st</sup> newsletter - all award winners in the VIAA for 2010 – posted to website soon
- 2<sup>nd</sup> newsletter – age group events and what parents can expect
- As completed, these newsletters will be posted on the Victrack website on the VIAA webpage at: <http://www.victrack.ca/viaa-news>
- Thanks go to Diana for her tireless work to keep us all informed via the newsletters and maintaining the website.

c. **VIAA Website** – Tom Dingle and Diana Hollefreund

- Tom will look into a plan for club websites and cross links with the VIAA information on the Victrack VIAA webpage
- Dale Trenholm, a web designer, will assist Tom on the VIAA website plan.

5. **Coach Education**

a) **“Coaching Education and Alignment to LTAD” and “The Changing Faces of Coaches”** Presenter: Gordon May of the Coaching Association of BC (CABC)

- These were special presentations at the BC Athletics 2011 AGM
- Excellent presentation on attracting and retaining coaches in athletics
- Especially interesting was a piece on the work ethics of baby boomers (often long term commitment) versus Generation Y (often short term commitment)
- Watch for these presentation to be posted on the BC Athletics website at: <http://www.bcatletics.org/main/coaches.htm>

b) **Coaching Certification Changes** – Al Johnston

- NCCP Level 1 Coaching is now called the 'Community Coach' level.
- NCCP Level 2 is now called the 'Sports Coach' level.
- Modular approach to coach training now combines both the technical and theory in to one weekend.
- The Community Coach training can be taken after the Sports Coach training.
- See the Coaching Association of Canada website for the National Coaching Certification Program (NCCP) webpage at:  
<http://www.coach.ca/nccp-overview-s13816>

c) **'Sports Coach' Clinic in Nanaimo in late March 2011** – Al Johnston

- Al Johnston, of Nanaimo Track, announced that they are organizing a 'Sports Coach' Clinic for one of the weekends late in March, to be held at the Nanaimo Track. Thanks go to Al for coordinating this learning opportunity.
- The Sports Coach designation replaces the old Coaching Level 2 scheme by combining the theory and technical parts into a single unit.
- Everyone will attend a set of common theory presentations and then break out into sport specific practical sessions.
- This would be an ideal opportunity for any of our coaches to pass the BC Athletics required part of the coaching qualification.
- To be certified at a given level, coaches must also spend time actually coaching under the guidance of a mentor.
- Full details on this clinic are not available as yet but will be passed onto clubs as soon as information is received.
- The minimum age for getting credit at this clinic is 16 years. However, persons under 19 must be accompanied by an adult who is responsible for getting them to and from the clinic.
- As well as getting coaching qualifications, this clinic will provide an opportunity to get to know coaches from the other VIAA clubs. A good time to exchange ideas and methods and make contacts.

**\*\* Action:** All club presidents please inform Al Johnston [allen\\_955@yahoo.ca](mailto:allen_955@yahoo.ca) of the Nanaimo & District Track and Field Club **ASAP** how many from your club will be attending the clinic. This is not a commitment but a straw poll to see if it is worthwhile to organize the clinic. Ron Bunting, BC Athletics Coaching Coordinator will come up with a cost once Al sends in the numbers of those interested.

d) **Run/Jump/Throw Clinics:**

- A good way for parents and community members to train for volunteer coaching.

e) **VIAA List of coaches with specialties**

- Mentorship program is needed in Zone 6 so that coaches can learn from senior coaches with specialties

- At the two day meets, coaches and or athletes, could meet during the Saturday evening for a mentoring session or a Q & A session

**Action:** A **Coaching Committee** was formed consisting of Diana Hollefreund, Shelia Weegar and Kathy Andrews. They will compile a list of coaches with mentorship abilities, who are willing to share their experience in coaching their specialties, with other coaches.

f) **New sources of coaching and other athletics support**

**Action:** Visit Ron Parker's coaching website for track and field at:  
[www.trackandfieldcoach.ca](http://www.trackandfieldcoach.ca).

**Action:** All VIAA clubs and their members should sign up to the BC Athletics Blog for the most current updates in all areas of athletics such as coaching, officiating, events, etc. Follow the link to sign up at:  
<http://bcathletics.wordpress.com>

6. **Track and Field Updates from the BC Athletics 2011 AGM:**

a) **Implementation of Long Term Athletic Development (LTAD) proposals for 9 to 13 year olds** (see Addendum I below for list of JD events for 2011)

- i. JD event changes - Board voted to accept AGM Resolutions from JD Committee.
- ii. 14 year olds are to compete together with 15 year olds at a Midget Championship held in conjunction with the Jamboree.
- iii. 14 year olds remain as part of JD committee.
- iv. 14 and 15 year olds compete at a JD/Midget Pentathlon Championship

b) **The JD 'All Time Top Ten' and 'Top Ten' lists for 2011** – Tom Dingle

- Compiled by Tom Dingle, BCA Director of Programs and Technical Development, and posted on the BC Athletics Website.
- Thanks go to Tom, and his great affinity for statistical analysis, for all his weeks of work on these results.

c) **The JD Awards Standards and the JD Crest Standards for 2011** – Tom Dingle

- Not sent to BC Athletics for posting yet due to changes in the JD events at BCA AGM. They will be posted shortly when Tom Dingle finishes crunching the numbers.

d) **Update on Risk Management and Criminal Record Checks** – Diana Hollefreund

- Diana, in her recent position of BCA Director of Administration and Planning, took on the task of developing a Risk Management Program for BC Athletics and their members. We thank Diana for her work on this as she continues to work with BCA to make sure all the documentation is ready for clubs soon.

- i. New rules for BC Athletics members criminal records checks (CRC) are every 4 years, for coaches and officials.
- ii. Club executives can use the 'Voluntary Declaration Form' newly minted by BCA and on their website.
- iii. CRCs and Voluntary Declaration Forms are to be kept by club registrars
- iv. BC Athletics cannot police for CRCs in all clubs
- v. Clubs must do risk management in their club
- vi. BC Athletics will be sending out information shortly on Risk Management and Club Requirements.

e) BC Athletics 2011 AGM on Jan. 28/29, 2011 in Richmond, BC

- Full details and reports are posted on the BC Athletics website held on Jan. 28 and 29 have been posted on the BC Athletics web site while reports on the meeting itself will be posted in the near future. It is worthwhile reading some (or even all) of the reports as it gives a sense of what BC Athletics has been doing.
- Of particular interest are the Resolutions at: <http://www.coach.ca/nccp-overviews13816http://www.bcathletics.org/main/agm/resolutions11.pdf> concerning JD athletes (Resolutions 11 to 19). They were all passed with a few minor changes.
- Staff at BC Athletics liked the December date from the previous year's AGM and a Resolution was passed this year to allow them to have the AGM anytime before January 31, 2012. Thus, the AGM may be held in December of 2011 instead of January 2012.

f) BC Athletics JD Committee Meeting - Jan. 30<sup>th</sup>, 2011 in Richmond, BC

- The VIAA was represented by Shelia Weegar the Zone 6 JD Rep at the Junior Development Committee.
- Also in attendance was Barb Lund a JD Committee member-at-large; Tom Dingle, the BCA Board Representative on the committee and Florence Dingle, a representative from Pentrack.
- Minutes from all BCA Committees can be found at the website below, but the list is not always current. <http://www.bcathletics.org/main/governance.htm>
- The **next meeting of the BCA JD Committee is on April 10, 2011** in Richmond, BC
- If you have questions or input please contact the **Zone 6 JD Rep Shelia Weegar** at [sweegar@shaw.ca](mailto:sweegar@shaw.ca).
- The BC Athletics mandate for the JD Committee is below:

**SECTION 9B - JUNIOR DEVELOPMENT COMMITTEE**

9B.1 The Junior Development Committee shall be responsible for examining the current status of Athletics for Competitive and Recreational Members less than 15 years of age in British Columbia, designing, planning and recommending programs and policies to the Board of Directors and implementing approved programs and policies to ensure the existence, growth, and development of Athletics in British Columbia.

9B.2 Representatives from the Cross Country, Road Running and Track and Field Divisions may sit as ex-officio members of the Junior Development Committee to ensure the Athletics programs for members under 15 years of age coordinate effectively with the Athletics programs for members 15 years of age and older.

9B.3 The Junior Development Committee may establish such sub-committees as it deems required carrying out its objectives, limited only insofar as its sub-committees do not interfere with duties and responsibilities of the Association's general committees.

See BCA Terms of Reference on the website for information on other Committees:  
<http://www.bcathletics.org/main/pdf/termsofreference.pdf>

g) Medley Relays

- Discussion at the VIAA meeting in regards to some of the new distances for JD's.

**By Consensus:** If a club chooses to put on relays during their meet the following were suggested:

- Day 1 of the meet: 4X100 for all age groups
- Day 2 of the meet: 4X50 for 9 and 10 year olds  
4X200 for 11 to 13 year olds  
4 x 400 for 14 and older

h) 2011 Schedule for VIAA Meets:

1. April 16/17 – George Dean Memorial T&F Meet, Sidney/North Saanich, BC
2. April 30/May 1 – Bob Dailey Memorial T&F Meet, Port Alberni, BC  
plus the North Island High School trials
  - a. A need for more volunteers and officials
  - b. Concern about photo finish officiating support
  - c. Kathy Andrews has sent out lots of information to middle and high school coaches to pass onto their athletes' parents.
  - d. North Island high school athletes can't compete unless a coach is present
  - e. Concern that many athletes arriving with their parent have no coaching support at the meet.
  - f. **Suggestion:** Volunteer ambassadors could greet NI high school athletes and their parents and explain the ropes of the meet and any particulars about their events. I.e. when to cut into lane 1 in races, etc.
3. May 7/8 – Dogwood T&F Meet at UVic Stadium, Victoria, BC
4. May 28/29 – Elwood Wylie Memorial T&F Meet, Nanaimo, BC
5. June 5 –VIAA JD Pentathlon for 9 to 15 year olds and Throws Pentathlon for 14 years and up, Sidney/North Saanich, BC
6. June 11/12 – 11<sup>th</sup> Annual Garriock T&F Meet, Duncan, BC
7. July 2/3 – Comox Valley Cougars T&F Meet, Courtenay, BC

**False Start Note** – Diana Hollefreund

- a) Previous false start rule is to be used for ages 9 to 13 year olds where the first false start is charged to the field, the second false start in that race is then charged to the athlete who is then disqualified from the race.
- b) Athletes 14 and older will use the new false start rule [2010] which is instant disqualification for the athlete. Please note that middle and high school meets are also using the No False Start rule for school meets [2010].

**Call for input data to HyTek for Island meets** – Diana Hollefreund

- a) Clubs hosting meets need to purchase the new version of HyTek
- b) Please send the list of athletes registered to Diana before the meet so that she can get them into the system
- c) 5 year groupings will be used for Masters for ribbons and rankings

i) Officiating Concerns -- Diana Hollefreund and Tom Dingle

- a) VIAA Officiating Program – Diana
  - i. VIAA officiating program is only for General Officiating Levels 1 and 2
  - ii. Level 2 officials who want to continue to train must go through the BC Athletics and Athletics Canada Officials Programs. See information on BC Athletics website: <http://www.bcathletics.org/main/officials.htm>
- b) Need High Level Officials to make meets official – need a minimum number of high level officials to run a meet

- c) The VIAA Officiating Program will work on training level 1 and 2 officials and parent volunteers for other meet related work
- d) One focus may be to encourage more young people to get involved - 16 years old and up.
- e) Photo Finish (electronic timing) – Lin Hopkins
- Officials are scarce in this area of officiating but it is a fun and rewarding job.
- Action:** Please have club members contact Lin Hopkins, Photo Finish Chief at [timers2@shaw.ca](mailto:timers2@shaw.ca) for more information if they are interested in this area of officiating.
- f) **'Meet Handbook'** by Diana Hollefreund and Dave and Lin Hopkins
- A draft is almost complete with all of the finishing touches, but it looks wonderful already.
  - Thanks go to Diana, Lin and Dave for all their hard work on compiling the information and creating the forms for this handbook.
  - A big thank you to Dave Hopkins for rescuing recycled binders to house the handbooks.
- Action:** A copy of the handbook will be sent to each VIAA member club. Many decades of experience have gone into the creation of this extremely useful reference with the many copy-friendly forms for the VIAA Clubs' Meets.
- Action:** VIAA will support this endeavor through the purchase a new printer cartridge and a box of printer paper for the editor.
- g) Announcers at Meets - Lin and Dave Hopkins
- Don't announce results from another event when a race is just about to start. The athletes on the track need to hear their starting instructions without being distracted
  - Constant announcing shuts down the listening of the meet of participants for the really needed announcements.
  - Announce pertinent details in a purposeful fashion so that the audience is engaged in listening.
  - Be aware of track and field events at all times so announcements can be made during lulls in activities
- h) Allocation of officiating duties amongst the VIAA clubs for 2011 – Diana H.
- i. Only change from the 2010 duties is the inclusion of Campbell River Comets to assist with Long Jump as their triple jump officiating has been reduced under the new JD guidelines. See VIAA webpage for the Clubs' Officiating Duties:  
<http://www.victrack.ca/uploadedFiles/1265756120263-7074.pdf>
  - ii. Allocation needs to be known for every meet by all clubs and the meet's Meet Manager. Clubs not able to send any volunteers need to let the organizing club know as soon as possible.

- i) Coordinator of Officials for Zone 6 - Lin Hopkins
- a) Please contact Lin if you need officials for your meet
  - b) A list of Island Officials with their specialties is not available online for direct contact.
  - c) Must contact the Zone's Officials' Coordinator to arrange for officials for your events
- j) VIAA Equipment:
- Is shared between clubs when needed. Contact Diana Hollefreund or Tom Dingle if you are looking for something, they will know which club might have it.
- k) Statistics: Kim Longmuir & Tom & Florence Dingle
- Ray Riva is stepping out from Track and Field and the Oceanside Club as he is moving to the mainland. We would like to thank Ray for his work on supporting the VIAA clubs with the Series statistics and the ordering of the ribbons.
- Action:** VIAA statistical support is badly needed and will look for another volunteer that may enjoy this kind of work.
- The position entails working with Tom Dingle on meet results and ordering the VIAA series ribbons for Club Award Nights.
  - Chris Andrews will think about taking Ray's position, but he is concerned that he lives too far up Island.
- l) Second Claim Club BC Athletics policy – Diana Hollefreund
- BC Athletics membership insurance only becomes active after the members private medical insurance policy is used.
  - Second Claim Club form must be filled out by member and both clubs and submitted to BC Athletics to be approved, in order for BCA member insurance to be active when training with the second claim club. See BC Athletics website for the form at:  
<http://www.bcathletics.org/main/pdf/secondclaim.pdf>
  - Track and field coaches may not be aware that for relays they don't need to be part of the same club to run as a team. The second claim club can run the relay team if the first claim club doesn't have a relay team in the same competition for their athlete. The second claim club will claim the result of the race in this case.
- Note:** School athletes cannot run at club meets under their school name. They can only run as unattached athletes.
- m) Other Track and Field Information – Diana Hollefreund & Al Johnston
1. **Coaches** can register as an independent coach and coach for many clubs at the same time.
  2. **For BC Athletics funding request**, the Athlete must now be BC Athletics members before they apply. Only 35% of the athletes that apply will probably get support

3. **BC Team for Legions** - only 15 year olds are permitted on the team. If a club has a 14 year old make Legion standards, then they send this athlete or athletes to the meet as club members.
4. **Nationals** - There are open standards to make the nationals. These are sometimes lower than provincial standards. All National Championships are OPEN meets which means that Clubs are able to send additional club athletes to these events if they do not make the BC team.

7. **VIAA Cross Country Update:** Tom Dingle & Diana Hollefreund

- Only 3 meets were held last year on the island
- Many of the races had more volunteers than athletes running
- Pen Track will still run their race this year
- Bazett Farm will continue to offer a youth section in their race.
- No VIAA series any longer, so no stats and awards
- Lower Mainland still has many successful x-country meets

8. **Other business:** Al Johnston

**Nanaimo Multiplex Facility** may be finished by the end of April, 2011.

- Thanks go to Al Johnston and the Nanaimo and District Track and Field Club for their tireless work to create and find funding for a facility that will support sports for all ages. Well done!

9. **Congratulations!**

To the powerhouse of BC Athletics AGM Banquet 'Major' Award recipients from Vancouver Island – Zone 6

**2010 Coaching Excellence Awards** went to:

Randy and Kim Longmuir of Oceanside TFC  
Linda Keatley-Campbell of Nanaimo TFC

**2010 Executive of the Year Award** went to:

Tom Dingle of Peninsula TFC

**2010 Jane Swan Award** went to:

Diana Hollefreund of Victoria TFC

**2010 BC Athletics Hall of Fame** went to:

Dan Daniels of Peninsula TFC

The VIAA athletes will be covered in the first Issue of the VIAA Newsletter.

Write-ups for all awards recipients can be found in the Awards Banquet Program at:

<http://www.bcathletics.org/main/awards/awardsprogram2010.pdf>

10. **Date of next meeting** – Sunday, Sept. 18, 2011 at noon

**Motion:** That the meeting be adjourned at 2:20 pm      Carried

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Chair: Tom Dingle

Secretary: Barb Lund

**ADDENDUM I****Proposed List of JD Events (changes in blue)**

| 9 years                                    | 10 years                                   | 11 years                                   | 12 years                                   | 13 years  |
|--|--|--|--|---|
| 60m  | 60m  | 60m  | x  | x   |
| 100m                                       | 100m                                       | 100m                                       | 100m                                       | 100m  |
| x  | x  | 200m                                       | 200m                                       | 200m  |
| x  | x  | x  | 300m                                       | 300m  |
| 600m                                       | 600m                                       | 600m                                       | 800m                                       | 800m  |
| 1000m                                      | 1000m                                      | 1000m                                      | 1200m                                      | 1200m   |
| x  | x  | x  | x  | 2000m   |
| 800RW                                      | 800RW                                      | 800RW                                      | 800RW                                      | 1500RW  |
| 60H  | 60H  | 60H  | 80H  | 80H (girls), 100H (boys)                        |
| x  | x  | x  | 200H                                       | 200H  |
| HJ   | HJ   | HJ   | HJ   | HJ  |
| LJ   | LJ   | LJ   | LJ   | LJ  |
| x  | x  | X  | X  | TJ  |
| x  | x  | x  | x  | PV  |
| SP2kg                                      | SP2kg                                      | SP2kg                                      | SP3kg                                      | SP3kg   |
| x  | JT 400g                                    | JT 400g                                    | JT 400g(girls), 600g(boys)                 | JT 400g(girls), 600g(boys)                      |
| x  | DT 750g                                    | DT 750g                                    | DT 750g(girls), 1kg(boys)                  | DT 750g(girls), 1kg(boys)                       |
| x  | x  | x  | HT 3kg                                     | HT 3kg  |
| <b>Pentathlon</b><br>60H, HJ, LJ, SP, 600m | <b>Pentathlon</b><br>60H, HJ, LJ, SP, 600m | <b>Pentathlon</b><br>60H, HJ, LJ, SP, 600m | <b>Pentathlon</b><br>80H, HJ, LJ, SP, 800m | <b>Pentathlon</b><br>80H/100H, HJ, LJ, SP, 800m |
| 4x100m                                     | 4x100m                                     | 4x100m                                     | 4x100m                                     | 4x100m  |
| Relay2?                                    | Relay2?                                    | Relay2?                                    | Relay2?                                    | Relay2?   |

One False Start charged to field for 9 to 13 yrs

Single Yr Age Groups Awards

## **ADDENDUM II**

### **Job Descriptions for Zone 6 Reps**

#### **Vancouver Island-Central Coast (Zone 6)**

The Regional Districts of Alberni-Clayoquot, Capital, Central Coast, Comox-Strathcona, Cowichan Valley, Mount Waddington, Nanaimo, and Powell River, and including major centres: Campbell River, Comox, Courtenay, Cumberland, Duncan, Esquimalt, Ladysmith, Nanaimo, North Cowichan, Oak Bay, Ocean Falls, Port Alberni, Port Hardy, Powell River, Saanich, Sayward, Sidney, and Victoria.

#### **Zone Rep 6 on BC Athletics Board**

**Mandate:** provides input from Zone 6 to the board but discusses and votes on all matters that concern athletics in BC as a whole. The following is a description of the role of a Zone director from the BC Athletics site:

Zone Directors shall:

- j) Initiate, where necessary, and attend meetings with zone clubs/associations.
- k) Assist zone clubs/associations to better understand the aims/directions of the Association.
- l) Prepare Zone Reports for presentation to meetings of the Board
- m) Prepare an annual Zone Report for presentation at the Annual General Meeting.
- n) Carry out other responsibilities as may be required from time to time.

In practice this means attending the two VIAA meetings, four board meetings (held on Saturday near the Vancouver airport) and the BC Athletics AGM. BC Athletics pays travel and accommodation expenses to attend meetings. Meetings are usually in April, June, August and October.

#### **Zone 6 Rep to the JD Committee**

**Mandate:** provides input from the Zone 6 JD programs in the VIAA clubs to the JD Committee and reports back from the committee to the VIAA. The committee meets about four times a year, usually in Richmond near the Minoru track plus there is the JD Awards Banquet and the BC Athletics AGM. The JD committee pays travel and accommodation expenses to attend the meetings. Meetings are usually in April, September October and at the BC Athletics AGM in December.

#### **JD Committee Member-at-Large**

**Mandate:** similar to a Zone Rep on the committee but instead provides support and input in a more general sense. The committee meets about four times a year, usually in Richmond near the Minoru track plus there is the JD Awards Banquet and the BC Athletics AGM. The JD committee pays travel and accommodation expenses to attend the meetings. Meetings are usually in April, September October and at the BC Athletics AGM in December.

The minutes of both the BC Athletics Board and JD committee are posted on the BC Athletics website at: <http://www.bcathletics.org/main/governance.htm>

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