

**2025 VANCOUVER ISLAND SECONDARY SCHOOLS
TRACK & FIELD CHAMPIONSHIP SCHEDULE
TUESDAY, MAY 20, 2025**

Tuesday May 20, 2025		Track Events Events on Tuesday, 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 Wednesday. In past years, heats in some races have not been required on the first day. The schedule on Wednesday will not move ahead of time.					
Time	Event	Division		Time	Event	Division	
9:15	Coaches Meeting			1:35	100m	8G	Heats
9:45 10 min Intervals	110m 36”H	SB	Timed Finals	10 min Intervals	100m	8B +para	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
10 min set up	3000m	JG	Final	3:15	200m 30”H	8B	Timed Finals
	3000m	JB	Final		200m 30”H	8G	Timed Finals
11:55 10 min Intervals	4 x 100m	8G	moved to final		5 min set up	800m	8G
	4 x 100m	8B	moved to final	3:30 10 min intervals	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	400 m	8G	Heats	5 min set up	200m	8G	Heats
10 min Intervals	400 m	8B +para	moved to final	4:30 10 min intervals	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

WEDNESDAY, MAY 21, 2025

Wednesday May 21, 2025		Track Events <u>The Wednesday schedule will NOT move ahead of time.</u>					
Time	Event	Division		Time	Event	Division	
9:15	Coaches Meeting			12:20	1500m RW	All boys	final
				10 min intervals	1500m RW	All girls	final
				5 min set up			
				12:45	200m	SB	Final
9:30	4x100m	SB	Final	5 min intervals	200m	SG	Final
5 min intervals	4x100m	SG	Final		200m	JB	Final
	4x100m	JB	Final		200m	JG	Final
	4x100m	JG	Final		200m	8B	Final
5 min set up	4x100m	8B	Final		200m	8G	Final
	4x100m	8G	Final	15 min set up			
				1:25	2000m Steeple	SB 30"	Timed Final
10:00	400m	SB	Final	10 min intervals	2000m Steeple	SG 30"	Timed Final
5 min intervals	400m	SG	Final		1500m Steeple	JB 30"	Timed Final
	400m	JB	Final		1500m Steeple	JG 30"	Timed Final
	400m	JG	Final				
5 min set up	400m	8B + para	Final	2:10	4 x 400m	8G	Timed Final
	400m	8G	Final	10 min intervals	4 x 400m	8B	Timed Final
	400m	8G	Final		4 x 400m	JG	Timed Final
	400m	Para A	Final B/G		4 x 400m	JB	Timed Final
10:40	1500m	SB	Final	5 min set up	4 x 400m	SG	Final
10 min intervals	1500m	SG	Final		4 x 400m	SB	Final
	1500m	JB	Final				
	1500m	JG	Final				
	1500m	8B	Final				
	1500m	8G	Final				
11:35	100m	SB	Final	5 min intervals			
5 min intervals	100m	SG	Final				
	100m	JB	Final				
	100m	JG	Final				
	100m	8B	Final				
	100m	8G	Final				
	100m	Para A	Final B/G				
5 min set up	100m	Para W	Final B/G				
	100m	SO	Final B/G				
				3:00	AWARDS		

2025 VANCOUVER ISLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPIONSHIP SCHEDULE

FIELD EVENTS - DAY 1 TUESDAY May 20, 2025		
11:00am	1:00pm	2:45pm
Pole vault - all girls	Hammer Jr Girls	Pole Vault - all boys
Triple Jump Sr Girls	Triple Jump Sr Boys	Triple Jump Jr 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 Girls AWE-A	Shot Put Gr 8 Boys	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 WEDNESDAY, May 21, 2025		
9:45am	11:30am	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 Sr Boys
Discus Jr Girls	Javelin Sr Girls	Javelin Jr Boys
Javelin Gr 8 Girls		
Hammer Sr Boys	Hammer Jr Boys	

BCSS Track and Field Technical Specifications 2025

<i>Girls</i>	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1 kg	600 g
Junior	3 kg	3 kg	1 kg	500 g
Grade 8	3 kg	3 kg	1 kg	500 g
<i>Boys</i>	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	Girls
Grade 8	100m - 33" (0.84m)	80m - 30" (0.762m)
Junior	100m - 36" (0.914m)	80m - 30" (0.762m)
Senior	110m - 36" (0.914m)	100m - 33" (0.84m)
Grade 8	200m - 30" (0.762m)	200m - 30" (0.762m)
Junior	300m - 33" (0.84m)	300m - 30" (0.762m)
Senior	400m - 36" (0.914m)	400m - 30" (0.762m)

Steeplechase Specifications

	Boys	Girls
Junior	1500m - 30" (0.762m) with water	1500m - 30" (0.762m) with water
Senior	2000m - 33" (0.84m) with water	2000m - 30" (0.762m) with water

BC CHAMPIONSHIPS MINIMUM STANDARD REQUIREMENTS 2025

These time and height standards will only be implemented at the BC Championships. League and zone meets may have athletes competing that do not meet these standards.

3000M Qualification Standards

Age Category	Boys	Girls
Grade 8	Top 24 entries will qualify for BC High School Invitational section	
Junior	11:00 minutes	14:00 minutes
Senior	10:45 minutes	13:00 minutes

Steeplechase Qualification Standards

Age Category	Boys	Girls
Junior	5:45 minutes	6:50 minutes
Senior	7:45 minutes	9:30 minutes

Racewalk Qualification Standards

Age Category	Boys	Girls
Junior	10:15 minutes	11:00 minutes
Senior	9:45 minutes	10:45 minutes

High Jump Qualification Standards (bar will increase in 5cm increments)

Age Category	Boys	Girls
Grade 8	1.30 metres	1.20 metres
Junior	1.40 metres	1.30 metres
Senior	1.50 metres	1.35 metres

Pole Vault Qualification Standards (additional jumps added in 10cm increments)

Age Category	Boys	Girls
Junior	1.80m, 1.95m, 2.10m, 2.20m	1.50m, 1.65m, 1.80m, 1.90m
Senior	2.00m, 2.15m, 2.30m, 2.40m	1.70m, 1.85m, 2.00m, 2.10m