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

Tuesday	Track Events							
May 20, 2025		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						n some races have	
Гіте	Event	Division	l day, me eme	Time	Event	Division		
9:15	Coaches N			1:35	100m	8G	Heats	
9:45	110m 36"H	SB	Timed Finals	10 min	100m	8B +para	Heats	
10 min	100m 36"H	JB	Timed Finals	Intervals	100m	JG	Heats	
ntervals	100m 33"H	SG	Timed Finals	1	100m	JB	Heats	
	100m 33"H	8B	Timed Finals	1	100m	SG	Heats	
	80 m 30"H	JG	Timed Finals	10 min set up	100m	SB	Heats	
5 min set up	80m 30"H	8G	Timed Finals	2:35	400m 36"H	SB	Timed Finals	
10:45	3000m	SG	Final	1	300m 33"H	JB	Timed Finals	
15 min intervals	3000m	SB	Final	3:05	400m 30"H	SG	Timed Finals	
	3000m	8G + 8B	Final		300m 30"H	JG	Timed Finals	
	3000m	JG	Final	3:15	200m 30"H	8B	Timed Finals	
10 min set up	3000m	JB	Final	1	200m 30"H	8G	Timed Finals	
11:55	4 x 100m	86	moved to final	5 min set up	800m	8G	Timed Finals	
10 min	4 x 100m	SB	moved to final	3:30	800m	8B	Timed Finals	
ntervals	4 x 100m	JG	Heats	10 min intervals	800m	JG	Timed Finals	
	4 x 100m	JB	Heats		800m	JB	Timed Finals	
	4 x 100m	SG	Heats	1	800m	SG	Timed Finals	
5 min set up	4 x 100m	SB	Heats	1	800m	SB	Timed Finals	
12:45	400 m	8G	Heats	5 min set up	200m	8G	Heats	
10 min	400 m	8B +para	moved to final	4:30	200m	8B	Heats	
ntervals	400 m	JG	Heats	10 min intervals	200m	JG	Heats	
	400 m	JB	Heats	1	200m	JB	Heats	
	400 m	SG	Heats	-	200m	SG	Heats	
	400 m	SB	Heats	1	200m	SB	Heats	
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WEDNESDAY, MAY 21, 2025

•	Track Events The Wednesday schedule will NOT move ahead of time.						
Time	Event	Division		Time	Event	Division	
9:15	Coaches	Meeting		12:20	1500m RW	All boys	final
				10 min intervals 5 min set up	1500m RW	All girls	final
				12:45	200m	SB	Final
9:30	4x100m	SB	Final	5 min intervals	200m	SG	Final
	4x100m	SG	Final	5 min intervals	200m	JB	Final
5 min intervals	4x100m	JB	Final		200m	JG	Final
5min set up	4x100m	JG	Final		200m	8B	Final
	4x100m	8B	Final	15 min set up	200m	8G	Final
	4x100m	8G	Final	1:25	2000m Steeple	SB 30"	Timed Fina
10:00	400m	SB	Final	10 min intervals	2000m Steeple	SG 30"	Timed Fina
5 min intervals	400m	SG	Final	_10 min intervals	1500m Steeple	JB 30"	Timed Fina
	400m	JB	Final		1500m Steeple	JG 30"	Timed Fina
	400m	JG	Final	2:10	4 x 400m	8G	Timed Fina
5 min set up	400m	8B + para	Final	10 min intervals	4 x 400m	8B	Timed Fina
	400m	8G	Final	10 min intervais	4 x 400m	JG	Timed Fina
	400m	Para A	Final B/G		4 x 400m	JB	Timed Fina
10:40	1500m	SB	Final	5 min set up	4 x 400m	SG	Final
10 min	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	100m	SG	Final	3:00	AWARDS		
	100m	JB	Final				
	100m	JG	Final				
	100m	8B	Final				
	100m	8G	Final				
5 min set up	100m	Para A	Final B/G				
	100m	Para W	Final B/G				
	100m	SO	Final B/G	\neg			

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

Girls	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
Boys	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