



South Fraser Track & Field Club

Fraser Valley High School Invitational Track Meet

Saturday April 20th, 2019

Bear Creek Park, Surrey, B.C.

Featuring

Bantam: 14 Years - Born 2005 – Grade 8

Junior: 15 and 16 Years - Born in 2004 or 2003 – Grade 9 & 10

Senior: 17 and 18 Years - Born in 2002 or 2001 – Grade 11 & 12

Open: 19 to 34 Years - Born 2000 to 1985

Masters: 35 Years + Born 1984 or earlier

For the First time High performance events:

Targets are 800-M (sub 1:58) F (sub 2:20)

1500-M (sub 4:10) F (sub 4:45)

3000-M (sub 8:50) F(sub 10:20) pace setters available

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics Association

Entry Fees: \$10.00 per Event, \$16.00 per Relay, **Max. \$360.00 Per School**. Late fee: \$20 per Event.

BC high school athletes who are not registered with BC Athletics, or whose school is not registered with BC Athletics, will be required to pay \$3 more for each unregistered athlete

BC Schools wishing information on registration with BC Athletics should phone 604-737-3173 or consult the BC Athletics website at www.bcathletics.org

Deadline for Entries: Tuesday, April 16th, 2019 at 11:59pm

All registration is online via Trackie <http://www.trackie.com/online-registration/>

Late registration will be accepted until Thursday, April, 18th, 2019

Late Entries pay \$20.00 per late event.

Email entries late registration to: Ionut Aron at iaron@telus.net

IF there is room, we will accommodate LATE ENTRIES on the day of event, except for the relays (No late fee). **There will be NO REFUNDS.**

- 1) HS Implement weights and measures will be according to BCSSCCTFA standards.**
- 2) Open and Master Category implement weights and measures will be according to BCA standards.**

REGISTRATION PACKAGES: Payment MUST be received before club/school package is released. Payment can be made at the meet. **Make all cheques payable to “South Fraser Track and Field Club.”** Clubs/Schools must designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their club members (the meet registration booth will NOT be able to hand out individual bib numbers).

AWARDS: All ages: Medals for 1st to 3rd, Ribbons 4th to 8th places. Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. No mail-outs.

RELAYS: 14-18 year olds: Medals for 1st to 3rd

A CONCESSION STAND will be open during the meet.

EQUIPMENT: All other equipment and implements will be provided by the meet. Spike size is 7mm (max.) for track events. Athletes may use their own throwing implements as long as they have been weighed in at 9:00 am on day of the meet. Meet starting blocks will be provided and no other blocks may be used.

FIRST AID: St. John’s Ambulance service will be onsite. Surrey Memorial Hospital – 1km distance away.

MARSHALLING: Check-in for all field events is at the event site. Check-in for all track events is at the start line area for the event. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.

COMPETITOR'S NUMBERS: Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official).

ATHLETES WITH CONFLICTING EVENTS: Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

TRACK EVENTS: ALL EVENTS ARE TIMED FINALS.

Events may be run up to 30 minutes earlier than the scheduled time.

ELECTRONIC TIMING: will be used for all running events. Wind readings will be provided for long jump. Athletes in track events **must check in at event area** 20 minutes prior to the start of the event. Field event contestants will **check in at their event site** at least 20 minutes before the start of the event. All athletes must be officially entered in the meet. No entries will be taken at the marshalling areas.

QUALIFYING FOR FINALS:

Field Events: Athletes 14 years old and older who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts.

Track Events: ALL EVENTS ARE TIMED FINALS.

	3:45pm		14W/Open/ Masters		15/16M		17/18M		
4x100m	4:00pm								
4x400m	4:30pm								

Throwing Events and Weights:

Age Category	SP	DT	JT	HT	WT
Bantam (14) Gr. 8	M – 4K F – 3K	M – 1K F – 1K	M – 600g F – 500g	M – 4K F – 3K	
Junior (15-16)	M – 5K F – 3K	M – 1.5K F – 1K	M – 700g F – 500g	M – 5K F – 3K	
Senior (17-18)	M – 6K F – 4K	M – 1.75K F – 1K	M – 800g F – 600g	M – 6K F – 4K	
Open (20-34)	M – 7.260K F – 4K	M – 2K F – 1K	M – 800g F – 600g	M – 7.260K F – 4K	M – 15.88K F – 9.08K
Master (35-49)	M – 7.260K F – 4K	M – 2K F – 1K	M – 800g F – 600g	M – 7.260K F – 4K	M – 15.88K F – 9.08K
Master (50-59)	M – 6K F – 3K	M – 1.5K F – 1K	M – 700g F – 500g	M – 6K F – 3K	M – 11.34K F – 7.26K
Master (60-69)	M – 5K	M – 1K	M – 600g	M – 5K	M – 9.08K
Master (60-74)	F – 3K	F – 1K	F – 400g	F – 3K	F – 5.45 K
Master (70-79)	M – 4K	M – 1K	M – 500g	M – 4k	M – 7.26K
Master (75+)	F – 2K	F – .75K	F – 400g	F – 2K	F – 4.00K
Master (80+)	M – 3K	M – 1K	M – 400g	M – 3K	5.5K

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Late Registration ONLY form

Name of Club or School: _____

Athlete

Last name, First name Year F/M Event 1/ Seed Event 2 /Seed Event 3 /Seed
 (Please use event # from table below)

_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Event Numbers:

Event	Gr.8-	Gr.8-	Jr.-	Jr.-	Sr.-	Sr.-	Open-	Open-	Masters-	Masters-
	W	M	W	M	W	M	W	M	W	M
80M Hurdles	1		2							
100M Hurdles		3		4	5					
110M Hurdles							6			
200M Hurdles	7	8								
300M Hurdles			9	10						

400M Hurdles						11	12				
1,500M Steeple								13	14	15	17 18
2,000M Steeple										16	
100M	19	20	21	22	23	24	200	201	300	301	
200M	25	26	27	28	29	30	202	203	302	303	
400M	31	32	33	34	35	36	204	205	304	305	
800M	37	38	39	40	41	42	206	207	306	307	
1500M	43	44	45	46	47	48	208	209	308	309	
3000M	49	50	51	52	53	54	210	211	310	311	
4x100M	55	56	57	58	59	60					
4x400M	61	62	63	64	65	66					
HJ	67	68	69	70	71	72	212	213	312	313	
LJ	73	74	75	76	77	78	214	215	314	315	
TJ	79	80	81	82	83	84	216	217	316	317	
SP	85	86	87	88	89	90	218	219	318	319	
DT	91	92	93	94	95	96	220	221	320	321	
JT	97	98	99	100	101	102	222	223	322	323	
HT	103	104	105	106	107	108	224	225	324	325	
WT							226	227	326	327	

800M Elite M event # 400

800M Elite F event # 401

1500M Elite M event #500

1500M Elite W event #501

3000M Elite M event # 600

3000M Elite F event #601

Total # of Individual events _____ x \$10.00 = \$ _____

Total # of Relays _____ x \$16.00 = \$ _____

BC Athletics Fee (if not a member) _____ x \$3.00 = \$ _____

Make Cheque payable to: South Fraser Track and Field Club