



**40th Annual Pacific Invitational Track & Field Meet**  
*In conjunction with the*  
**BC Masters Championships**

**Friday, June 14 – Sunday, June 16, 2019**

McLeod Athletic Park  
58 Avenue & 214 Street, Langley BC

Entries: <http://www.trackiereg.com/2019PacificInvitational>

Entry Fee: \$10/event if registered before the entry deadline

Entry Deadline: **Saturday, June 8, 2019 @ 11:59pm**

Late Entries: \$20/event after the entry deadline

Online via Trackie until **Tuesday, June 11, 2019 @ 11:59**

After June 12, onsite at Meet Registration and **no less than 90 minutes prior to the event starting** (absolutely no exceptions)

Late entries may not receive correct seeding

Limited entries: We reserve the right to limit entries to certain track and field events for all divisions to ensure schedules are maintained. Register before the deadline to avoid disappointment.

Eligibility: Athletes must possess a current BC Athletics membership or equivalent in another jurisdiction to complete

Non-BC Athletic Members: Day of meet membership available on-site for \$3/day

Meet Director: Kevin Harrison  
[kevlarjharrison@gmail.com](mailto:kevlarjharrison@gmail.com)  
604.613.5985

Meet Management: Meet Pro

Timing: Electronic Timing

Awards: First Nation designed medals for 1st, 2nd & 3rd place, ribbons for 4th through 8th.

Medals will be distributed **no less than 30 minutes** after the results are posted.

Athletes who are unable to pick up their awards may have them picked up by a coach or teammate, but unclaimed awards will not be mailed out.

Age Divisions: **Track Rascals** (born 2011, 2012, 2013)  
**Junior Development (JD)**: (born 2006 - 2010) single age groupings  
**Midget** (born 2004 - 2005),  
**Open** (16-34 yrs except where technical specifications will not allow)

The following events will have a **Youth (U18)** Category:

- Shot Put (Men and Women)
- Javelin (Men and Women)
- Hammer (Men and Women)
- Discus (Men)
- 2000m Steeplechase (Men and Women)
- 3000m (Men and Women)

The following events will have a **Junior (U20)** Category:

- Hammer (Men)
- Discus (Men)
- Shot Put (Men)
- 3000m Steeplechase (Men and Women)

The following events will have a **Senior (20+)** Category:

- 3000m Steeplechase (Men and Women)

Elite Category: New this year we will feature three Elite events on Saturday afternoon.

Event registrations will be limited and will require a minimum seed time to participate. They include:

### **200m**

Senior Women - sub 25.50

Junior Women - sub 26.00

Senior Men- sub 22.50

Junior Men- sub 23.50

### **800 m**

Senior Women - sub 2:10

Junior Women - sub 2:18

Senior Men- sub 1:53

Junior Men- sub 1:58

### **3000 m**

Youth, Junior Women - sub 18:30

Youth, Junior Men - Sub 9:40

Finalists: 60M/100M finalists will be determined by heat winners plus fastest times to fill available lanes

60/100M events with 8 or less competitors will be run as a final at the time of the heats

All other track events will be run as finals

Event Schedule: **Events may run up to 30 minutes earlier than the scheduled time.**  
Any scheduling changes will be announced.

Track Order: Track events will run Wheelchair (100 – 1500m), then Oldest to Youngest, with Women and then Men in each age group, except for Hurdles which will run by event distance, longest to shortest

Throws & Horizontal Jumps: Ages 9-13 will receive 3 attempts  
Midget through Open receive 3 attempts; top eight qualify for 3 additional attempts

Conflicting Events: Events go as scheduled. To avoid missing jumps or races, athletes should report to BOTH event Officials. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

Results: Results will be posted at the track and on [www.langleymustangs.com](http://www.langleymustangs.com)

Protests: After discussion with the event referee, further protest must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the posting of the results.

A \$25.00 protest fee is to accompany all protests. If the protest is upheld, the protest fee will be returned.

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

# Track Rascals

(ages 6, 7, & 8)

\$10

*Includes 4 events & Rosette:*

Ball Throw  
Hurdles  
Standing Long Jump  
50 meter Sprint

starting on the infield, Sunday at 11:30 am

Registration required  
on-site only, all day Saturday and Sunday before 11:00 am

### **Level 1 Officials Workshop – Saturday, June 15, 2019**

Please note that there will be a Level 1 Officials Workshop from 8:30-10:00 am on Saturday, June 15, 2019.

Instructors will present organizational information which prepares the novice official for successful participation and future upgrading. Basic rules and best practices for individual Track & Field events are presented on site. Handouts will be provided, but participants should come prepared to take notes. Participants are encouraged to volunteer for job shadow assignments on Officials teams at the event which follows.

Meet at the 100 meter start line.

Hosted by BC Athletics Officials Committee & Langley Mustangs

Instructors: Brian Thomson

Contact: John Cull 604-599-6638 / [johncull@telus.net](mailto:johncull@telus.net) for more information

Register at <http://tinyurl.com/y39k54jl>

# Track Schedule

## Friday, June 14, 2019

Time	Event	Age Group(s)
6:30 PM	200m Timed Finals	Masters
7:30 PM	1000m 1200m 1500m 1500m	2008 - 2010 Midget, 2006 - 2007 Masters Wheelchair, Open

## Saturday, June 15, 2019

Time	Event	Age Group(s)
8:30 AM	3000m RW	Masters
9:15 AM	Sprint Hurdles 110mh 100mh 80mh 60mh	Masters, Open Men Masters, Open Women, Midget Men Masters, Midget Women, 2006-2007 2008-2010
11:30 AM	800m 600m	Masters, Open, Midget, 2006-2007 Wheelchair, 2008-2010
12:45 PM	60m Heats	2008-2010
2:15 PM	200m Timed Finals	Wheelchair, Open, Midget, 2006-2008
3:45 PM	200m 800m 3000m	Elite - See meet package for details
5:15 PM	4 x 200m Relay 4 x 400 Relay	Open, Midget (U16), 2006-2008 Masters
6:10 PM	Steeplechase 1500mSC 2000mSC 3000mSC	Midget Masters, Youth M/W Masters, Senior M/W, Junior

## Sunday, June 16, 2019

Time	Event	Age Group(s)
9:00 AM	100m Heats	Wheelchair, Masters, Open, Midget, 2006-2010
11:15 AM	3000m 2000m	Masters, Youth Midget, 2006
12:30 PM	Track Rascals Race	2011-2013
1:00 PM	Distance Hurdles 400mh 300mh 200mh	Masters, Open Masters, Midget Masters, Midget, 2006-2007
2:00 PM	100m Finals	Masters, Open, Midget, 2006-2010
3:00 PM	400m 300m	Wheelchair, Masters, Open Midget, 2006-2007
4:30 PM	4 x 100m	Masters

# Field Schedule

Friday, June 14, 2019

Time	Shot Put	Long Jump	Hammer	Weight Throw
3:00 PM				Masters W
4:00 PM				Masters M
5:30 PM			Masters W	
6:00 PM	Para Shot Club Throw	Midget W		
7:00 PM		Midget M	Masters M	

# Field Schedule

Saturday, June 15, 2019

Time	High Jump Pit A	High Jump Pit B	Long Jump Pit A	Long Jump Pit B	Pole Vault	Shot Put	Discus	Javelin
8:30 AM			9G (2010)				12 & 13G (2007/2006)	
9:00 AM	10B (2009)	12B (2007)		11G (2008)	13B & G (2006) Midget M&W Masters (under 3m)	Midget M		Masters M
9:30 AM			10G (2009)				12 & 13B (2007/2006)	
10:00 AM	Masters M			12G (2007)		10B (2009)		
10:30 AM		13G (2006)	13B (2006)				Para-Discus	Masters W
11:00 AM					Open M, Masters M (over 3m)	Midget W		
11:30 AM		10G (2009)	Masters M				Midget, Youth, Jr, & Open M	13B (2006)
12:00 PM	Open M			12B (2007)		11G (2008)		
12:30 PM							10 & 11B (2009/2008)	Midget W
1:00 PM		Masters W	Open W	11B (2008)	Open W	12G (2007)		
1:30 PM	11G (2008)						Midget, Open W	Youth W
2:00 PM			10B (2009)	13G (2006)		12B (2007)		
2:30 PM		9B (2010)					10 & 11G (2008/2009)	12G (2007)
3:00 PM			Open M	Masters W		11B (2008)		
3:30 PM							Masters W	13G (2006)
4:00 PM						13B (2006)		
4:30 PM							Masters M	



# Field Schedule

Sunday, June 16, 2019

Time	High Jump Pit A	High Jump Pit B	Long Jump Pit B	Triple Jump Pit A	Triple Jump Pit B	Shot Put	Hammer	Javelin
8:30 AM						9B (2010)		
9:00 AM				13G (2006)	Midget W			10 & 11B (2008/2009)
9:30 AM		13B (2006)				Youth, Jr, Open M		
10:00 AM	9G (2010)			Masters W	Open W		12 & 13B (2006/2007)	Midget M
10:30 AM		Midget W				Youth W Open W		
11:00 AM				13B (2006)	Masters M		12 & 13G (2007/2006)	10 & 11G (2008/2009)
11:30 AM	Midget M	Open W				Master W		
12:00 PM				Midget M	Open M		Midget, Youth W	Open W
12:30 PM	11B (2008)					Masters M		
1:00 PM			9B (2010)				Jr, Open W	Youth, Jr Open, M
1:30 PM						9G (2010)		
2:00 PM	12G (2007)					10G (2009)	Midget, Youth, Jr & Open M	12B (2007)
3:00 PM						13G (2006)		