



**BCJD ZONE 3 AND 4 CHALLENGE**

**HOSTED BY VALLEY ROYALS TRACK AND FIELD CLUB**

**Saturday July 17, 2021**

**Events:** 100m, Sprint Hurdles, 600/800m, Long Jump, Shot Put, Discus AND End of Day Fun

Freezie Pop Race – See details in schedule below

**Age**

**Categories:** Track Rascals events – 50m sprint, standing long jump

 U10 – 9 year old (Born 2012)

 U12 – 10 and 11 year old (Born 2011 and 2010)

 U14 – 12 and 13 year old (Born 2009 and 2008)

**Location:** Rotary Stadium – 32470 Haida Drive, Abbotsford, BC

**SCHEDULE** See Attached – Races will be run YOUNGEST TO OLDEST

**Registration:** Link to Trackie registration will be posted on Valley Royals and BC Athletics website

 <https://www.bcathletics.org/> and <https://valleyroyals.ca/>

***Entry Deadline is NOON July 15, 2021. – NO LATE ENTRIES ALLOWED***

**Entry Fee:**

 Track Rascals $5 total.

 2012-2008 $10 per event.

Please note that BC Athletics is allowing both competitive and training members to enter this event.

**GENERAL INFO**

Please note that awards will not be given out, however, BC Athletics will be taking note of performances and will have fun prizes for certain performances.

Marshalling for Track events will be in the North End of the Grand Stands

Marshalling for Field events will be at the event site

Meet Director – Trevor Wight

Meet Organizers –Naomi Booth, Paul Trustham, and Christa McAuley

*If you have not done so already, get connected with the club on:*

**Instagram**

[**https://www.instagram.com/valleyroyals/**](https://www.instagram.com/valleyroyals/)

**Facebook**

[**https://www.facebook.com/ValleyRoyalsTrackAndFieldClub**](https://www.facebook.com/ValleyRoyalsTrackAndFieldClub)





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**SCHEDULE**

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| **TRACK****(Track Events will be run Youngest to oldest)** 9:00AM 60m Hurdles M/F10:00AM 80m Hurdles M/F 10:45AM 600m11:45AM 800m12:15PM 50m Track Rascals12:45PM 100m1:30PM Freezie Fun Relay Race  - this event is not in Trackie, we  ask you please sign in with  Marshalling no later than NOON -mixed ages/genders/clubs are encouraged  | **FIELD**Age Groups in Field Events are combined but will be scored separately. Implement weigh in is 8AM in the tall shed at the South end of track**SHOT PUT** 9:00AM U14 Female10:00AM U10 Female 11:00AM U12 Female12:00PM U12 Male 1:00PM U10 Male2:00PM U14 Male  **LONG JUMP** 9:00AM U10 Male Pit A 9:00AM U10 Female Pit B 11:00AM U12 Male Pit A11:00AM U12 Female Pit B12:45PM Track Rascals Pit B1:15PM U14 Male Pit A1:15PM U14 Female Pit B **DISCUS** 10:00AM U12 Male11:00AM U14 Male 12:00PM U14 Female1:00PM U12 Female  |