

2022 Abbotsford Invitational

(last updated Apr 28/22)

May 11/12, at Rotary Stadium

MEET DIRECTOR: **Graham Neufeld (Rick Hansen Secondary)**

MEET MANAGER: **Gary Lutes (Walnut Grove Secondary)**

ENTRIES

1. Entries are done online at trackie.com. Seed times must be from a meet this season with electronic timing. Seed times are optional but will help us place the top athletes in the same heat.
2. All schools must submit a copy of their **BC School Sports athlete registration** list to Gary Lutes in order for an athlete to compete in the Abby Invitational. No proof of registration means the athlete/school will not be allowed to compete. Once submitted, these forms do not have to be handed in again for the Zone Championship.
3. Each school may enter as many athletes or relay teams per event as they wish. However, each athlete may enter a maximum of **three** individual events and **two** relays. **Any athlete who competes in a fourth individual event or third relay will be disqualified from all events.**
4. All athletes are to register at the event site 15 minutes prior to the start of each event, or follow instructions on the P.A. system.
5. This meet is free for schools who have paid their league fees and participated in the earlier meets. New schools must pay \$4.00 per athlete with cash or a cheque made out to Rick Hansen Secondary. A receipt will be given at the meet or sent out later to your school.

6. SCORING

Individual events:

1 st	10 points
2 nd	8 points
3 rd	6 points
4 th	5 points
5 th	4 points
6 th	3 points
7 th	2 points
8 th	1 point

Relay events:

1 st	10 points
2 nd	8 points
3 rd	6 points
4 th	5 points
5 th	4 points
6 th	3 points
7 th	2 points
8 th	1 point

AWARDS

1. Ribbons for the top three finishers in each event including relays.
2. Medals for individual aggregates. Aggregates are based on the athlete's performances in his or her three individual events.

Grade 8 Girls	Grade 8 Boys
Junior Girls	Junior Boys
Senior Girls	Senior Boys

DISQUALIFICATIONS

1. Athletes must check into field events upon the first call or 10 minutes before the event. Athletes may not check in after the event has officially started.
 - Track events - the finish of the 1st heat.
 - Field events - the conclusion of the first round of jumps or throws.
2. Athletes in a track event must report to the marshaling area and sign in.
3. Starting blocks must be used in all laned events (100m, 200m, 400m, all hurdles, and relays).
4. Athletes must wear a uniform representing their school in order to compete.
5. All schools must have at least one teacher in attendance to supervise their students the entire meet. If another teacher from a different school has agreed to supervise, a written permission from the school's administration is required to be handed in to the meet directors.
6. The IAAF Rule Book will govern the meet.
7. The Abbotsford Invitational is a preparatory meet for the EVAA Zone Championship, and all athletes are expected to attend. If an athlete cannot attend due to injury, a qualifying seed time/distance from one of our league meets or a BC Athletics sanctioned event (from current season) can be substituted when registering for the EVAA Zone Championship.
8. Competition Numbers: Competition numbers must be worn on the front for all track events, and front or back for field events. Athletes must have a competition bib number to compete. Charge of \$5 for lost/reissue of athlete number.

MEET STANDARDS

1. Starting heights for **high jump** will be:

GR 8 GIRLS: 1.10m	GR 8 BOYS: 1.20 m
JR GIRLS: 1.25m	JR BOYS: 1.30 m
SR GIRLS: 1.35m	SR BOYS: 1.50 m

2. **Hurdles:**

GR 8 BOYS = 100m @ 33"
JR GIRLS and GR 8 GIRLS = 80 @ 30"
SR GIRLS = 100m @ 33"
JR BOYS = 100m @ 36"
SR BOYS = 110m @ 36"
Gr. 8 BOYS/Girls = 200mH @30"
JR GIRLS = 300m @ 30"
JR BOYS 300m @ 33"
Sr. GIRLS 400m @ 30"
Sr. BOYS 400m @ 36"

3. **Shot put** (3 attempts)

GR 8 girls, JR girls 3kg
SR girls, Gr. 8 boys = 4 kg
JR. boys = 5kg
SR boys = 6kg

4. **Discus** (3 attempts)

All girls and GR 8 boys = 1kg
JR boys = 1.5kg Sr. Boys = 1.75kg

5. **Javelin** (3 attempts)

Gr8 G/Jr. G = 500g	Sr. G/Gr. 8 boys = 600g
Jr. boys 700g	Sr. Boys 800g

6. **Hammer** (3 attempts)

Jr Girls = 3 kg	Sr. Girls = 4kg
Jr. Boys = 5kg	Sr. Boys = 6kg

7. **Long jump and triple jump** = 3 attempts.

ELIGIBILITY

1. Students must compete in the grade they are registered in. A student who is in grade 11 must compete in the senior category even if his or her age allows him or her to be eligible for the junior category.
2. A younger student can move up into the next age category, but if they do this they must compete in ALL their individual events in that higher age category. The only exception is the relays, where they can stay at the younger level. However, a student cannot compete on two 4x100 or 4x400 relay teams in different categories (ie. Jr and Sr. 4 x 400 teams).

Please note:

- All athletes must wear a school uniform representing their school in order to compete.
- All schools must have at least one teacher in attendance to supervise their students the entire meet.
- This will NOT be a rolling schedule. The meet will not move ahead of the posted times.
- Ribbons for athletes will be handed out to coaches at the end of the meet or placed in packages and distributed to coaches at the zone championships.

2022 Abbotsford Invitational

TRACK Wed, May 11

TIME	EVENT	CATEGORY
3:00	1500m RACEWALK (ALL GIRLS) 1500m RACEWALK (ALL BOYS)	
3:20	110M HURDLES 100M HURDLES 100M HURDLES 100M HURDLES 80M HURDLES 80M HURDLES	SR BOYS (36") JR BOYS (36") SR GIRLS (33") G8 BOYS (33") JR GIRLS (30") G8 GIRLS (30")
3:55	3000M 3000M 3000M	SR BOYS/SR GIRLS JR BOYS/JR GIRLS * these heats may change according G8 BOYS/G8 GIRLS to registration numbers
4:40	400M HURDLES 400M HURDLES 300M HURDLES 300M HURDLES 200m HURDLES 200m HURDLES	SR BOYS (36") SR GIRLS (30") JR GIRLS (30") JR BOYS (33") G8 BOYS (30") G8 Girls (30")
5:15	4 X 100M RELAY 4 X 100M RELAY	SR BOYS SR GIRLS JR BOYS JR GIRLS G8 BOYS G8 GIRLS
5:45	800M 800M 800M 800M 800M 800M	SR BOYS SR Girls JR BOYS JR. GIRLS G8 BOYS G8 GIRLS
6:15	200M 200M 200M 200M 200M 200M	SR BOYS SR GIRLS JR BOYS JR GIRLS G8 BOYS G8 GIRLS

2022 Abbotsford Invitational

TRACK Thursday, May 12

TIME	EVENT	CATEGORY
3:00	1500M	SR BOYS/SR GIRLS
	1500M	JR BOYS/ JR GIRLS • these heats may change according
	1500M	G8 BOYS/ G8 GIRLS to numbers
3:30	400M	SR BOYS
	400M	SR GIRLS
	400M	JR BOYS
	400M	JR GIRLS
	400M	G8 BOYS
	400M	G8 GIRLS
	4:10	2000M STEEPLECHASE
4:25	1500M STEEPLECHASE	JR BOYS / Jr. GIRLS/Sr. Girls (30")
4:40	100M	SR BOYS
	100M	SR GIRLS
	100M	JR BOYS
	100M	JR GIRLS
	100M	G8 BOYS
	100M	G8 GIRLS
	5:45	4 X 400M RELAY
4 X 400M RELAY		SR GIRLS
4 X 400M RELAY		JR BOYS
4 X 400M RELAY		JR GIRLS
4 X 400M RELAY		G8 BOYS
4 X 400M RELAY		G8 GIRLS

2022 Abbotsford Invitational

FIELD Wednesday, May 11

TIME	EVENT	CATEGORY
3:00	DISCUS JAVELIN LONG JUMP HIGH JUMP	G8 Boys at cage. SR Girls JR Boys JR Girls
3:40	DISCUS JAVELIN LONG JUMP HIGH JUMP	JR Boys at cage. SR Boys G8 Girls G8 Boys
4:20	DISCUS JAVELIN LONG JUMP HIGH JUMP	JR Girls at cage. G8 Girls SR Boys JR Boys
5:00	DISCUS JAVELIN LONG JUMP HIGH JUMP	G8 Girls at cage JR Girls G8 Boys SR Girls
5:40	DISCUS JAVELIN LONG JUMP HIGH JUMP	SR Girls at cage JR Boys JR Girls SR Boys
6:10	DISCUS JAVELIN LONG JUMP HIGH JUMP	SR Boys at cage G8 Boys SR Girls G8 Girls

2022 Abbotsford Invitational

FIELD Thursday, May 12

TIME	EVENT	CATEGORY
3:00	SHOT PUT TRIPLE JUMP HAMMER THROW POLE VAULT	G8 Boys JR Boys SR Boys at cage. JR/SR Boys
3:35	SHOT PUT TRIPLE JUMP HAMMER THROW	SR Girls G8 Girls JR Girls. at cage
4:10	SHOT PUT TRIPLE JUMP HAMMER THROW POLE VAULT	SR Boys JR Girls SR Girls. at cage ALL Girls (8, Jr., Sr.) and G8 Boys
4:45	SHOT PUT TRIPLE JUMP HAMMER THROW	G8 Girls G8 Boys JR Boys at cage
5:20	SHOT PUT TRIPLE JUMP	JR Boys SR Girls
5:55	SHOT PUT TRIPLE JUMP	JR Girls SR Boys