

# REGIONAL QUALIFIERS RACE NOTICE

**When:** Tuesday MAY 7<sup>th</sup> and Friday MAY 10<sup>th</sup>, 2024

**Where:** Town Centre Park, 1299 Pinetree Way Coquitlam BC

**Registration:** Available in Trackie Reg. This is a qualifying meet for High Schools in SD43 and High Schools in SD42. Any registration questions please contact Richard Cooper rcooper@sd43.bc.ca

**Cost:** TBD. Invoices will be sent to schools

## **Things you need to know**

1. Athletes must be accompanied to the meet by their school coach
2. Coaches only can pick up bibs, available at the timing tent
3. Bibs must be worn on the front during competition
4. Track events should check in 30 min prior to event at the Check-in TENT
5. Field athletes should warm up and/or get their marks 30 min prior to event AT the event venue
6. There will be blocks provided. It is not compulsory that athletes use them but are encouraged to use them.
7. Field events – participants in Throws and Jumps will get a maximum of 3 throws.
8. The times on the schedule are estimates. The meet may run faster or slower. Events can run ahead by up to 30 minutes.
9. Athletes may register in 3 events and 2 relays only.
10. Girls High Jump: Starting height = 1.20m; increase by 5cm. Warm-ups start at 3:30
11. Boys High Jump: Starting height = 1.40m; increase by 5cm. Warm-ups start at 5:00 (or when girls HJ finishes)
12. Pole Vault qualifier will be May 10<sup>th</sup> at Mercer Stadium 6:00

## Track Event Schedule

Day 1	May 7 <sup>th</sup>	Day 2	May 10 <sup>th</sup>
3:30pm	Coaches meeting	3:30	Coaches meeting
4:00pm	100 m (G8G, G8B, JrG, JrB, SrG, SrB) ** set up steeplechase	3:45	100 m final (G8G, G8B, JrG, JrB, SrG, SrB)
4:40pm	1500 m Steeplechase (Grade 8s, Jr Girls, Jr. Boys), 2000 m Steeplechase (Sr girls @ 30', Sr. boys @33')	4:10	1500 m racewalk (open G and open B) ** set up hurdles in outside lanes
5:25pm	400 m (G8G, G8B, JrG, JrB, SrG, SrB)	4:40	110 mH @ 36'(Sr Boys) 100 mH @36"(JrB) 100 mH @33"( SrG, G8B) 80 mH @30' (G8G, JrG)
6:00pm	4x100 m relay (G8G, G8B, JrG, JrB, SrG, SrB)	5:10	60 m Skills
6:40pm	200mH @27" (G8G,G8B) 300mH @30" (JrG, JrB)	5:20	3000m (openG, open B)
7:10pm	400mH @30" (SrG, SrB)	6:00	200 m (G8G, G8B, JrG, JrB, SrG, SrB)
7:20pm	1500m (G8G, G8B, JrG, JrB, SrG, SrB)	6:30	800 m (G8G, G8B, JrG, JrB, SrG, SrB)
		7:00	4 x 400m (G8G, G8B, JrG, JrB, SrG, SrB)

### Field Event Schedule

<b>Day 1: May 7<sup>th</sup></b>	High Jump	Long Jump	Triple Jump	Shot	Javelin	Discus	Hammer
4:00	Grade 8/Jr Boys		Sr Girls			Grade 8/Jr girls	
4:40	Grade 8/Jr Girls		Sr Boys			Sr Girls	
5:25	Sr Girls		Grade 8/Jr Girls			Grade 8/Jr Boys	
6:00						Sr Boys	
6:40	Sr Boys		Grade 8/Jr Boys				All girls
7:10							All Boys

<b>Day 2: May 10<sup>th</sup></b>	High Jump	Long Jump	Triple Jump	Shot	Javelin	Discus	Hammer
4:00		Grade 8/Jr Boys/Skill Pit A (** run skills first)		Sr Girls	Sr. Boys		
4:40		Sr Boys Pit B		Gr8/Jr Boys/Skill (** run skills first)	Grade 8/Jr Girls		
5:25		Grade 8/Jr Girls Pit A		Sr Boys	Sr Girls		
6:00		Sr Girls Pit B		Gr8/Jr Girls	Grade 8/Jr Boys		