

# **Coquitlam Classic Invitational Race Notice**

**When:** Thursday, May 2nd, 2024

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

**Registration:** will be available in Trackie Reg. This is an invitational meet for High Schools in SD43 and High schools in SD42. If your school is interested in participating, please contact Richard Cooper rcooper@sd43.bc.ca

**Cost:** \$7 / athlete. Cheques payable to Archbishop Carney, day of Meet!

## **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. Please check with the schedule for weights of Javelin, shotput and Discus.
9. The times on the schedule are estimates. The meet may run faster or slower. Events can run ahead by up to 30 minutes.
10. Athletes may register in 3 events and 2 relays only.
11. Girls High Jump: Starting height = 1.00m; increase by 5cm. Warm-ups start at 3:30
12. Boys High Jump: Starting height = 1.300m; increase by 5cm. Warm-ups start at 5:15 (or when girls HJ finishes)

**Coquitlam Classic Invitational TRACK Schedule: *Thursday May 2nd 2024 @ Town Center Stadium***

<b>Time</b>	<b>Event</b>	<b>Age Groups</b>	<b>Time</b>	<b>Event</b>	<b>Age Groups</b>
<b><u>3:30</u></b>	<b><u>Meeting</u></b>				
<b><u>3:45</u></b>	<b><u>Sprint Hurdles</u></b>	Gr 8 Girls 80 m, 30 in Jr Girls 80 m 30 in Gr 8 Boys 100 m 33 in Sr. Girls 100 m 33 in Jr Boys 100 m 36 in Sr Boys 110 m 36 in	<b>3:45pm</b>	Javelin Discus Shot Put Long Jump Long Jump High Jump	Gr8/Jr/Sr Girls (500,500,600 kg) Gr 8/Jr/Sr Boys (1,1.5,1,75 kg) Special O Sr Boys (Pit A) Sr Girls (Pit B) Gr8/Jr/Sr Girls
<b><u>4:15</u></b>	<b><u>60m</u></b>	Special O			
<b><u>4:30</u></b>	<b><u>4 x 100m</u></b>	Gr 8/Jr Girls Gr 8 / Junior Boys Sr Girls Sr Boys	<b>5:00pm</b>	Javelin Discus Shot Put	Gr8/Jr/Sr Boys (600,700,800 g) Gr 8/Jr/Sr Girls (1 kg) Gr8/Jr/Sr Girls (3,4,4 kg)
<b><u>5:30</u></b>	<b><u>800 m</u></b>	Gr 8 Girls/Boys Jr Girls/Boys Sr. Girls/Boys	<b>5:30</b>	Long Jump Long Jump High Jump Shotput	Jr Boys (Pit A) Jr Girls (Pit B) Gr8/Jr/Sr Boys Gr8/Jr/Sr Boys (3,4,4 kg)
<b><u>6:30</u></b>	<b><u>200 m</u></b>	Gr 8 Girls/Boys Jr Girls/Boys Sr. Girls/Boys	<b>6:30</b>	Long Jump Long Jump	Grade 8 Boys (Pit A) Grade 8 Girls (Pit B)
<b><u>7:15</u></b>	<b><u>4 x 400 m</u></b>	Gr 8 Girls/Boys Jr Girls/Boys Sr. Girls/Boys			

