

## **REGIONAL QUALIFIERS RACE NOTICE**

### **Coquitlam/Maple Ridge Track and Field Championships**

**May 4th and May 7th**

**Percy Perry Stadium, Town Centre, Coquitlam**

**Date:** Monday, May 4th (Day 1) and Thursday, May 7th, 2025 (Day 2)

**Location:** 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.

Please direct questions about registration to Richard Cooper [rcooper@sd43.bc.ca](mailto:rcooper@sd43.bc.ca)

**Event limits:** Athletes may register in 3 events and 2 relays.

Athletes may run up an age group in a relay but then cannot run in the same event in their own age category.

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

**Supervision of athletes:** Athletes must be accompanied to the meet by their school coach.

**Race bibs:** Coaches can pick up an envelope with race bibs at the finish line. Race bibs must be worn on the front during competition.

**Event check-in:** Field events should warm up and check in at the event 30 min before the scheduled start time. Track events will be marshaled at the start of the event.

**Field events:** Competitors will get a maximum of 3 throws and 3 jumps.

**Girls High Jump:** Starting height = 1.20m; increase by 5cm. Warm-ups start at 3:30

**Boys High Jump:** Starting height = 1.40m; increase by 5cm. Warm-ups start at 5:00 (or when the high jump finishes)

**Schedule of Events:** The scheduled times are estimates only. The meet may run faster or slower. Events can run ahead by up to 30 minutes.

*See schedule below*

## Track Event Schedule

MONDAY, MAY 4TH		THURSDAY, MAY 7TH	
TIME	EVENT/CATEGORIES	TIME	EVENT/CATEGORIES
<b>3:15</b>	Coach's Meeting	<b>3:30</b>	100m Final Gr8G, Gr8B, JrG, JrB, SrG, SrB
<b>3:30</b>	1500m Steeplechase Gr8, Jr Girls, boys, Sr Girls @30' 2000m Steeplechase Sr boys @33'	<b>4:00</b>	1500m Racewalk Open Girls and Open Boys
<b>4:15</b>	100m Heats Gr8G, Gr8B, JrG, JrB, SrG, SrB	<b>4:20</b>	110 mH (36') Sr Boys 100 mH (36") JrB 100 mH (33") SrG, Gr8B 80 mH (30") Gr8G, JrG
<b>5:15</b>	400m Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB	<b>5:05</b>	3000m Open Girls, Open Boys
<b>6:00</b>	4x100m Relay Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB	<b>5:55</b>	200m Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB
<b>6:40</b>	200mH (27") Gr8G,Gr8B 300mH (30") JrG, JrB	<b>6:40</b>	800 m Gr8G, Gr8B, JrG, JrB, SrG, SrB
<b>7:10</b>	400mH (30") SrG, SrB	<b>7:15</b>	4 x 400m Gr8G, Gr8B, JrG, JrB, SrG, SrB
<b>7:20</b>	1500m Gr8G, Gr8B, JrG, JrB, SrG, SrB		

## Field Event Schedule May 4th

<b>Time</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Discus</b>	<b>Hammer</b>
<b>3:30</b>	Gr8/Jr Boys	Sr Girls	Gr.8/Jr Girls	
<b>4:30</b>	Gr8/Jr Girls	Sr Boys	Sr Girls	
<b>5:30</b>	Sr Girls	Gr8/Jr Girls	Gr8/Jr Boys	
<b>6:00</b>			Sr Boys	
<b>6:40</b>	Sr Boys	Gr8/Jr Boys		Open Girls
<b>7:10</b>				Open Boys

### **Field Event Schedule May 7th**

<b>Time</b>	<b>Long Jump</b>	<b>Shot Put</b>	<b>Javelin</b>
<b>3:45</b>	Gr8/JrBoys Pit A	Sr Girls	Sr Boys
<b>4:25</b>	Sr Boys Pit B	Gr8/Jr Boys	Gr8/Jr Girls
<b>5:15</b>	Gr8/Jr Girls Pit A	Sr Boys	Sr Girls
<b>6:00</b>	Sr Girls Pit B	Gr8/Jr Girls	Gr8/Jr Boys