



# South Fraser Track & Field Club

## Fraser Valley High School Invitational Track Meet

Saturday April 23<sup>rd</sup>, 2016

**Bear Creek Park, Surrey, B.C.**

### Featuring

Bantam: 14 Years - Born 2002 – Grade 8

Junior: 15 and 16 Years - Born in 2001 or 2000 – Grade 9 & 10

Senior: 17 and 18 Years - Born in 1999 or 1998 – Grade 11 & 12

Open: 19 to 34 Years - Born 1997 to 1982

Masters: 35 Years + Born 1981 or earlier

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**Hosted and Organized by the South Fraser Track & Field Club**

**Sanctioned By:** BC Athletics Association

**Entry Fees:** \$10.00 per Event, \$16.00 per Relay, Max. \$360.00 Per School. **Late fee:** \$20 per Event.  
\*BC high school athletes who are not registered with BC Athletics, or whose school is not registered with BC Athletics, will be required to pay \$3 more for each unregistered athlete\*

BC Schools wishing information on registration with BC Athletics should phone 604-737-3173 or consult the BC Athletics website at [www.bcathletics.org](http://www.bcathletics.org)

**Deadline for Entries: Monday, April 18th, 2016 at 11:59pm**

All registration is online via Trackie <http://www.trackie.com/online-registration/>

Late registration will be accepted until Thursday, April, 21st.

Late Entries pay **\$20.00** per late event.

Email entries late registration to: Shirley Young at [chedro@telus.net](mailto:chedro@telus.net)

**IF there is room, we will accommodate LATE ENTRIES** on the day of event, except for the relays (no late fee). **There will be NO REFUNDS.**

- 1) HS Implement weights and measures will be according to BCSSCCTFA standards.
- 2) Open and Master Category implement weights and measures will be according to BCA standards.

**REGISTRATION PACKAGES:** Payment MUST be received before club/school package is released. Payment can be made at the meet. **Make all cheques payable to “South Fraser Track and Field Club.”** Clubs/Schools must designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their club members (the meet registration booth will NOT be able to hand out individual bib numbers).

**AWARDS:** All ages: Medals for 1<sup>st</sup> to 3<sup>rd</sup>, Ribbons 4<sup>th</sup> to 8<sup>th</sup> places. Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. No mail-outs.

**RELAYS:** 14-18 year olds: Medals for 1<sup>st</sup> to 3<sup>rd</sup>

**A CONCESSION STAND** will be open during the meet.

**EQUIPMENT:** All other equipment and implements will be provided by the meet. Spike size is 7mm (max.) for track events. Athletes may use their own throwing implements as long as they have been weighed in at 9:00 am on day of the meet. Meet starting blocks will be provided and no other blocks may be used.

**FIRST AID:** St. John’s Ambulance service will be onsite. Surrey Memorial Hospital – 1km distance away.

**MARSHALLING:** Check-in for all field events is at the event site. Check-in for all track events is at the start line area for the event. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.

**COMPETITOR'S NUMBERS:** Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official).

**ATHLETES WITH CONFLICTING EVENTS:** Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

**TRACK EVENTS:** ALL EVENTS ARE TIMED FINALS.

Events may be run up to 30 minutes earlier than the scheduled time.

**ELECTRONIC TIMING:** will be used for all running events. Wind readings will be provided for long jump. Athletes in track events **must check in at event area** 20 minutes prior to the start of the event. Field event contestants will **check in at their event site** at least 20 minutes before the start of the event. All athletes must be officially entered in the meet. No entries will be taken at the marshalling areas.

**QUALIFYING FOR FINALS:**

**Field Events:** Athletes 14 years old and older who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts.

**Track Events:** ALL EVENTS ARE TIMED FINALS.

**PROTESTS:** Protests must be submitted in writing to the Meet Director and the Jury of Appeal within 30 minutes of the posting of the results of the event concerned. A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned. **JURY OF APPEAL:** A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final.

## SCHEDULE

Track events run Youngest to Oldest – Women before Men, with exception in Hurdles (oldest to youngest men before oldest to youngest women)

Sprint Hurdles – 110m, 100m and 80m Hurdles. Senior Male 39”, Junior Male 36”, Bantam Male 33”, Senior Female 33”, Junior Female 30”, Bantam Female 30”

### April 23rd, 2016 SFTC Fraser Valley Invitational Track & Field Meet

Track	Time	HJ	LJ	TJ	SP	DT	JT	HT	WT
Weigh in Coaches meeting	8:30am								All M/W Open/Masters
Sprint Hurdles	9:00am								
1500/2k Steeple	9:45am								
200/300/400 Hurdles F	10:30am	14M/Open/Masters	17/18M	All W	14W/Open/Masters	15/16W	17/18W		
1500m F	11:00am								
	11:15am					17/18M			
	11:30am	14W/Open/Masters							
100m Final	11:45am								
	12:00am		15/16W		14M/Open/Masters	17/18W	15/16M		
	12:30	17/18M							
	12:45pm					15/16M			
400m Final	1:00pm		15/16M		15/16W		14M/Open/Masters		
<b>3000m Final</b>	1:30pm	15/16W		All M		14W/Open/Masters			
<b>200m Final</b>	2:15pm		17/18W		17/18M	14M/Open/Masters	14W/Open/Masters		
	2:30pm	15/16M							
	2:45pm		14M/Open/Masters		17/18W		15/16W	All W/M	
<b>800m Final</b>	3:15pm								
	3:30pm	17/18W							
	3:45pm		14W/Open/Masters		15/16M		17/18M		
4x100m	4:00pm								
4x400m	4:30pm								

**Throwing Events and Weights:**

Age Category	SP	DT	JT	HT	WT
Bantam (14) Gr. 8	M – 4K F – 3K	M – 1K F – 1K	M – 600g F – 500g	M – 4K F – 3K	
Junior (15-16)	M – 5K F – 3K	M – 1.5K F – 1K	M – 700g F – 500g	M – 5K F – 3K	
Senior (17-18)	M – 6K F – 4K	M – 1.75K F – 1K	M – 800g F – 600g	M – 6K F – 4K	
Open (20-34)	M – 7.260K F – 4K	M – 2K F – 1K	M – 800g F – 600g	M – 7.260K F – 4K	M – 15.88K F – 9.08K
Master (35-49)	M – 7.260K F – 4K	M – 2K F – 1K	M – 800g F – 600g	M – 7.260K F – 4K	M – 15.88K F – 9.08K
Master (50-59)	M – 6K F – 3K	M – 1.5K F – 1K	M – 700g F – 500g	M – 6K F – 3K	M – 11.34K F – 7.26K
Master (60-69)	M – 5K	M – 1K	M – 600g	M – 5K	M – 9.08K
Master (60-74)	F – 3K	F – 1K	F – 400g	F – 3K	F – 5.45 K
Master (70-79)	M – 4K	M – 1K	M – 500g	M – 4k	M – 7.26K
Master (75+)	F – 2K	F – .75K	F – 400g	F – 2K	F – 4.00K
Master (80+)	M – 3K	M – 1K	M – 400g	M – 3K	5.5K

Fraser Valley Invitational High School Meet, Saturday, April 23rd, 2016

Entry deadline: **Monday, April 18th, 2016 at 11:59pm**

**Late registration will be accepted until Thursday, April, 21st**

**Email entries late registration only to: Shirley Young at [chedro@telus.net](mailto:chedro@telus.net)**

**Late Registration ONLY form**

Name of Club or School: \_\_\_\_\_

**Athlete**

Last name, First name    Year    F/M    Event 1/ Seed    Event 2 /Seed    Event 3 /Seed  
 (Please use event # from table below)

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**Event Numbers:**

Event:	Gr.8-W	Gr.8-M	Jr.-W	Jr.-M	Sr.-W	Sr.-M	Open-W	Open-M	Masters-W	Masters-M
Hurdles	1	2	3	4	5	6				
100M	7	8	9	10	11	12	100	101	200	201
200M	13	14	15	16	17	18	102	103	202	203
400M	19	20	21	22	23	24	104	105	204	205
800M	25	26	27	28	29	30	106	107	206	207
1500M	31	32	33	34	35	36	108	109	208	209
3000M	37	38	39	40	41	42	110	111	210	211
4x100	43	44	45	46	47	48				
4x400	49	50	51	52	53	54				
HJ	55	56	57	58	59	60	112	113	212	213
LJ	61	62	63	64	65	66	114	115	214	215
TJ	67	68	69	70	71	72	116	117	216	217
SP	73	74	75	76	77	78	118	119	218	219
DT	79	80	81	82	83	84	120	121	220	221
JT	85	86	87	88	89	90	122	123	222	223
HT	91	92	93	94	95	96	124	125	224	225
WT							126	127	226	227

Total # of Individual events \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

Total # of Relays \_\_\_\_\_ x \$16.00 = \$ \_\_\_\_\_

BC Athletics Fee (if not a member) \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

**Make Cheque payable to: South Fraser Track and Field Club**