



South Fraser Track & Field Club

Fraser Valley High School Invitational Track Meet

Saturday April 22nd, 2017

Bear Creek Park, Surrey, B.C.

Featuring

Bantam: 14 Years - Born 2003 – Grade 8

Junior: 15 and 16 Years - Born in 2002 or 2001 – Grade 9 & 10

Senior: 17 and 18 Years - Born in 2000 or 1999 – Grade 11 & 12

Open: 19 to 34 Years - Born 1998 to 1983

Masters: 35 Years + Born 1982 or earlier

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

Deadline for Entries: Tuesday , April 18th, 2017 at 11:59pm

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

Late registration will be accepted until Thursday, April, 20th.

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

Email entries late registration to: Shirley Young at 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 1st to 3rd, Ribbons 4th to 8th 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 1st to 3rd

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 22nd, 2017 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		
3000m Final	1:30pm	15/16W		All M		14W/Open/Masters		ALL Female	
200m Final	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 Male	
800m Final	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 22nd, 2017

Entry deadline: **Tuesday, April 18th, 2017 at 11:59pm**

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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

- 100M
- 200M
- 400M
- 800M
- 1500M
- 3000M
- 4x100
- 4x400
- HJ
- LJ
- TJ
- SP
- DT
- JT
- HT
- WT

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