

# Valley Royals Vaisakhi Festival All Comers Track and Field Meet

## April 15, 2017

Gerry and Jane Swan Track at Rotary Stadium  
32470 Haida Drive, Abbotsford, BC

Map link:

<https://www.google.ca/maps/place/32470+Haida+Dr,+Abbotsford,+BC+V2T+5A6/@49.0655161,-122.3274365,17z/data=!3m1!4b1!4m5!3m4!1s0x548435160a678827:0xea56c054f9dd00ff!8m2!3d49.0655161!4d-122.3252478>

The Valley Royals are proud to present their first annual Vaisakhi Track and Field meet. We are excited to showcase the sport of track and field as part of the Vaisakhi cultural event. Vaisakhi, also known as Baisakhi, is a festival among the Punjab community which is meant to celebrate the Punjab New Year and Harvest Festival. This will be a unique event where the Vaisakhi cultural celebration will be incorporated into the track meet with entertainment, food, demonstration events and fun races and games.

This is an ALL COMERS meet with events open to all ages and abilities with some restrictions with respect to distances and implement weights at certain ages (see schedule below)

**Registration –** register in advance at trackie.com - link will be available soon. Or by filling out a form available from Valley Royals friends and family. Registration is available day of the meet and opens at 8:00am.  
**Registration for each event CLOSES 1 hour before the scheduled event.**

**Entry Fee -** \$5.00 – All Day

**Awards –** Special Awards will be given – categories to be determined - stay tuned!  
Registered participants will be eligible for Door Prize draws

# Valley Royals Vaisakhi Festival All Comers Track and Field Meet

## April 15, 2017

Gerry and Jane Swan Track at Rotary Stadium  
32470 Haida Drive, Abbotsford, BC

**Schedule -** TENTATIVE – Check back closer to meet date for finalized schedule ROLLING FORMAT. Schedule will be adjusted based on entries. Please arrive early, pay close attention to how the meet is progressing and listen carefully to announcements to ensure you do not miss your event.

8:00 am Registration opens (note: **cut off is 1 hour before each scheduled event**)

9:00 am Opening speeches and announcements

### **Track (females followed by males, youngest to oldest ) – ROLLING SCHEDULE**

9:30 am 100m HURDLES YOUTH Men and Women only (qualify for CW Games)

9:45 am 100m Ages 12 to Open (2005 & up), 60m Ages 9 – 11 (2006 to 2008) – Timed Finals (Blocks available to those 14 & up)

10:45 am 600m Ages 9 - 11 (2006 - 2008), 800m Ages 12 to Open (2005 & up) - Timed Finals

11:30 am Kids Fun Race - 50m or less depending on age  
No pre entry required, just show up when announced.  
Open to all children under 8 years of age. The kids will be split into the appropriate category at the start line. Parent participation is encouraged for the smaller kids that might need help

**12:00 – 1:30pm Cultural Celebration break that will include Food, Dancing, Demonstration events  
See Program available day of event for more details.**

1:45 pm 400m Ages 16 to Open (2001 & up), 300m 12 – 15 (2005 to 2002), 200m 11 (2006) - Timed Finals

2:30 1500m Ages 16 - Open (2001 and Up), 1200m 12 - 15 (2005 to 2002) - Timed Finals

3:00 pm 400m HURDLES - YOUTH Men and Women only (qualify for CW Games)

3:30 pm 800m Exhibition Race Walk Event – All Ages and abilities – 15 minute instruction session available to beginners at 2:30

4:00 pm Relay Races –Family fun and Competitive Races available  
Competitive teams – must contain 2 female 2 male members and 1 participant under 12.  
Family teams must contain one parent and one grandparent (if possible).

4:45 pm

Tug of War event – see program day of for specifications. Don't have a team? Show up when announced and we will find you one.

# Valley Royals Vaisakhi Festival All Comers Track and Field Meet

## April 15, 2017

Gerry and Jane Swan Track at Rotary Stadium  
32470 Haida Drive, Abbotsford, BC

### Field Events

FIELD	Shot Put 4 throws	Long Jump – 4 jumps	High Jump
10 am	Women (14 +)	Men (14 +)	Women (14+)
11:00 am	Women (9 – 13)	Women (14 +)	Men (14 +)
<b>12:00 – 1:30 pm</b>	<b>Cultural Celebration break that will include Food, Dancing, Demonstration events – See Program available day of race for more details.</b>		
1:30 pm	Men (9 – 13)	Men (9 – 13)	Women (9-13)
2:30 pm	Men (14 +)	Women (9 – 13)	Men (9-13)

### Shot Put weights (as per BC Athletics)

#### Women

2K – 9, 10, 11 year olds ( Masters 75 +)  
(Born 2006, 2007, 2008)  
3K – 12 – 17 year olds ( Masters 50 – 74)  
(Born 2000 – 2005)  
4K 18 to Open ( Masters 35 – 39)  
(Born 1999 & earlier)

#### Men

2K – 9, 10, 11 year olds  
(Born 2006, 2007, 2008)  
3K – 12, 13 year olds ( Masters 80+)  
(Born 2004, 2005)  
4K 14, 15 year olds ( Masters 70 – 79)  
(Born 2003, 2002)  
5K 16 year olds ( Masters 60-69)  
(Born 2001)  
6K 18, 19 year olds ( Masters 50 – 59)  
(Born 1999, 1998)  
7.26K Open ( Masters 35 – 49)  
(Born 1997 & earlier)

High Jump Starting Heights – to be agreed at time of event

Long Jump take off distance – to be agreed at time of event