



South Fraser Track & Field Club

Fraser Valley High School Invitational Track Meet

Saturday April 20th, 2019

Bear Creek Park, Surrey, B.C.

Featuring

Bantam: 14 Years - Born 2005 – Grade 8

Junior: 15 and 16 Years - Born in 2004 or 2003 – Grade 9 & 10

Senior: 17 and 18 Years - Born in 2002 or 2001 – Grade 11 & 12

Open: 19 to 34 Years - Born 2000 to 1985

Masters: 35 Years + Born 1984 or earlier

For the First time High performance events:

Targets are 800-M (sub1:58) F (sub 2:20)

1500-M (sub 4:10) F (sub 4:45)

3000-M (sub 8:50) F(sub 10:20) pace setters available

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics Association

Important notice:

Athletes (except Masters and Open) have to be registered in this meet as **HIGH SCHOOL** athletes. When selecting the team in Trackie, please select the high school the athlete goes to, **NOT HIS/HER CLUB**. If athletes are registered as "club" athletes, they will be not allowed to compete in the same event with "high school" registered athletes. See [BCSS Notice #47](#) for more information.

Entry Fees: \$10.00 per Event, \$16.00 per Relay, **max. \$360.00 per team**. **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 16th, 2019 at 11:59pm

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

Late registration will be accepted until Thursday, April, 18th,2019

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

Email entries late registration to: Ionut Aron at iaron@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 20th, 2019 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							All Female	
200/300/400 Hurdles F	10:30am	14M/Open/Masters	17/18M	All W	14W/Open/Masters		17/18W		
1500m Final	11:00am							All Male	
1500m Elite	11:15am								
	11:30am	14W/Open/Masters				15/16W			
100m Final	11:45am								
	12:00am		15/16W		14M/Open/Masters	17/18/M	15/16M		
	12:30pm	17/18M							
	12:45pm					17/18W			
400m Final	1:00pm		15/16M		15/16W		14M/Open/Masters		
3000m Final	1:30pm	15/16W		All M		15/16M			

3000m Elite	2:00pm		17/18W		17/18M		14W/Open/Masters		
	2:30pm	15/16M					14W/Open/Masters		
200m Final	2:45pm		14M/Open/Masters		17/18W		15/16W		
800m Final	3:30pm	17/18W					14M/Open/Masters		
800m Elite	3:45pm								
	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 20th, 2019

Entry deadline: **Tuesday, April 16th, 2019 at 11:59pm**

Late registration will be accepted until Thursday, April, 18th, 2019

Email entries late registration only to: Ionut Aron at iaron@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-	Gr.8-	Jr.-	Jr.-	Sr.-	Sr.-	Open-	Open-	Masters-	Masters-
	W	M	W	M	W	M	W	M	W	M
80M Hurdles	1		2							
100M Hurdles		3		4	5					

110M Hurdles						6				
200M Hurdles	7	8								
300M Hurdles			9	10						
400M Hurdles					11	12				
1,500M Steeple			13	14	15		17	18		
2,000M Steeple						16				
100M	19	20	21	22	23	24	200	201	300	301
200M	25	26	27	28	29	30	202	203	302	303
400M	31	32	33	34	35	36	204	205	304	305
800M	37	38	39	40	41	42	206	207	306	307
1500M	43	44	45	46	47	48	208	209	308	309
3000M	49	50	51	52	53	54	210	211	310	311
4x100M	55	56	57	58	59	60				
4x400M	61	62	63	64	65	66				
HJ	67	68	69	70	71	72	212	213	312	313
LJ	73	74	75	76	77	78	214	215	314	315
TJ	79	80	81	82	83	84	216	217	316	317
SP	85	86	87	88	89	90	218	219	318	319
DT	91	92	93	94	95	96	220	221	320	321
JT	97	98	99	100	101	102	222	223	322	323

HT 103 104 105 106 107 108 224 225 324 325

WT 226 227 326 327

800M Elite M event # 400

800M Elite F event # 401

1500M Elite M event #500

1500M Elite W event #501

3000M Elite M event # 600

3000M Elite F event #601

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