

# SOUTH FRASER

TRACK AND FIELD CLUB

*presents the*

## Fraser Valley Invitational

HIGH SCHOOL TRACK MEET

Saturday April 30<sup>th</sup>, 2011

Bear Creek Park, Surrey, B.C.

*featuring*

*Bantam:* 14 Yrs – Grade 8 (1997+)

*Junior:* 15 & 16 Yrs – Grade 9 & 10 (95-96)

*Senior:* 17 & 18 Yrs – Grade 11 & 12 (93-94)

*Sanctioned by:* BC Athletics

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***Entry Fees:*** \$7.00 per Event, \$10.00 per Relay, Max. \$300.00 per 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 per each unregistered athlete for each day\*\*\*\*

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

***Deadline for Entries:*** Friday April 22<sup>nd</sup>, 2011

All entries received later than Friday April 22<sup>nd</sup>, or Phone Entries, will be considered as late entries and assessed double the entry fee of \$14.00 per event.

Day of meet entries in High School Events will be accepted.

**SOUTH FRASER**

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**Entries mailed to:** Shirley Young, 17486 58A Avenue Surrey BC V3S 1M8

Entries may be emailed (complete with event numbers) to **chedro@telus.net**

*If the entry is faxed or emailed, numbers will not be issued until the entry fee is paid*

**General Info:** 7mm for track events. A concession stand is open during the meet. Electronic Timing will be used, as well as wind readings for 100m 200m LJ & TJ.

**Equipment:** All other equipment and implements will be provided by the meet. 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.

**Athletes** in track events **must check in at event area** 15 minutes prior to the start of the event. Field event contestants will **check in at their event site** at least 15 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!

Track	Time	HJ	LJ	TJ	SP	Discus	Javelin	Hammer
weigh in	9.00am							
Coaches Meeting	9.45am							
1500m	10.00am	14M	17/18M	All W	14W	15/16W	15/16M	
	10.45am					17/18M		
100m	11.00am							
	11.30am					17/18W		
	11.45am	14W	15/16W		14M		17/18W	
	12.15pm					15/16M		
400m	12.30pm							
	12.45pm	17/18M	15/16M		15/16W		14M	
3000m	1.00pm					14W		
	1.45pm					14M		
200m	2.00pm	15/16W	17/18W		17/18M		14W	
800m	2.45pm	15/16M	14M	All M	17/18W		15/16W	All M/W
	3.30pm	17/18W	14W		15/16M		17/18M	
4x100m	4.00pm							
4x400m	4.30pm							

All Events are finals and will be scored separately according to the the 3 High School age groups. Implementation weights (HS) and measures will be according to BCSSCCTFA. High School Rules Apply.

<http://www.bcsscctfa.bc.ca/webs/track/track.html>

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

Entries from individuals not with a school/club must be accompanied by the entry fee

For further information: Zebe Piaseczny sftc-president@hotmail.com

## Fraser Valley Invitational High School Meet, April 30<sup>th</sup>, 2011

**Entry deadline:** Midnight April 22<sup>nd</sup>, 2011

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

Athlete (Please use event # from table below)

Last name, Firstname      Year   F/M      Event 1/ Seed    Event 2 /Seed    Event 3 /Seed

_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Event:	Sr. Women	Sr. Men	Jr. Women	Jr. Men	Grade8 W	Grade 8 M
100M	1	2	3	4	5	6
200M	74	75	76	77	78	79
400M	7	8	9	10	11	12
800M	13	14	15	16	17	18
1500M	80	81	82	83	84	85
3000M	86	87	88	89	90	91
HJ	43	46	44	47	45	48
LJ	49	50	51	52	53	54
TJ	92	93	94	95	96	97
Shot	55	56	57	58	59	60
Disc	98	99	100	101	102	103
Hamr	104	105	106	107	108	109
Jav.	110	111	112	113	114	115
4x100M	31	32	33	34	35	36
4x400M	37	38	39	40	41	42

Total # of Individual events \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_ Total # of Relays \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

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