



South Fraser Track & Field Club

Fraser Valley High School Invitational Track Meet

**Saturday April 24th, 2010
Bear Creek Park, Surrey, B.C.**

Featuring

Bantam: 14 Years - Born 1996 or later – Grade 8
Junior: 15 and 16 Yrs: Born in 1994 or 1995
Senior: 17 and 18 Yrs: Born in 1992 or 1993

**Hosted and Organized by the South Fraser Track & Field Club in partnership with
Fleetwood Park Secondary School**

Sanctioned By: BC Athletics Association

Entry Fees: \$7.00 per Event, \$10.00 per Relay, Max. \$300.00 per School

***** 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: Saturday, April 17, 2010

All entries received later than Saturday, April 17, or Phone Entries, will be considered as late entries and will be assessed double the entry fee of \$14.00 per event.
Day of meet entries in High School Events will be accepted.

Entries mailed to: Shirley Young, #24 7330 – 122nd Street, Surrey, BC V3W 1B4
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

A concession stand is open during the meet.

Spike Size: 7mm for track events:

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.

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** 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—**

Directions to Bear Creek Park: exit 50 on Hwy 1; go along 160th, Turn right on 88th Ave. The entry to the park is on the left before King George Hwy.

Fraser Valley High School Track & Field Meet Schedule

Track	Time	Field						
		High Jump	Long Jump	Shot put	Discus	Javelin	Hammer throw	Triple jump
Weigh In	9:00 AM						Age classes scored separately	Age classes scored separately
Coaches Meeting	10:00 AM							
1500m (All ages)	10:00 AM	14M	17/18M	14W	15/16W	15/16M		All Women
100m Finals (All ages)	11:00 AM						All Men	
	11:45 AM	14W	15/16W	14M	17/18M	17/18W		
400m (All ages)	12:30 PM				17/18W			
	12:45 PM	17/18M	15/16M	15/16W		14M		
3000m (All ages)	1:00 PM							
	01:15 pm						All Women	
200m Finals (All ages)I	2:00 PM	15/16W	17/18W	17/18M	15/16M	14W		
800m (All ages)	2:45 PM	15/16M	14M	17/18W	14W	15/16W		All Men
	3:30 PM	17/18W	14W	15/16M	14M	17/18M		
4 x 100m Relay (All ages)	4:00 PM							
4 X 400m Relay All ages	04:30 pm							

Implement weights and measures will be according to BCSSCCTFA standards.
<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: Mark Graf sftc-president@hotmail.com

Fraser Valley Invitational High School Meet, April 24th, 2010

Entry deadline: Midnight April 16th, 2010

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 Women	Gr. 8 Men	Jr. Women	Jr. Men	Sr. Women	Sr. Men
100M	7	8	9	10	11	12
200M	31	32	33	34	35	36
400M	13	14	15	16	17	18
800M	37	38	39	40	41	42
1500M	1	2	3	4	5	6
3000M	25	26	27	28	29	30
HJ	211	212	213	214	215	216
LJ	221	222	223	224	225	226
TJ	231	232	233	234	235	236
Shot	241	242	243	244	245	246
Disc	251	252	253	254	255	256
Hamr	261	262	263	264	265	266
Jav.	271	272	273	274	275	276
4x100M	19	20	21	22	23	24
4x400M	44	45	46	47	48	49

Total # of Individual events _____ x \$7.00 = \$ _____ Total # of Relays _____ x \$10.00 = \$ _____
BC Athletics Fee (if not a member) _____ x \$3.00 = \$ _____