



VALLEY ROYALS HIGH SCHOOL INVITATIONAL

Jane & Gerry Swan Track, ROTARY STADIUM, ABBOTSFORD, BC

SATURDAY MAY 3rd, 2008

Featuring Events In Five Secondary School Divisions

Senior High School Boys (grades 11, 12) Senior High School Girls (grades 10, 11, 12)
Junior High School Boys (grades 9, 10) Junior High School Girls (grades 8, 9)
Juvenile High School Boys (grade 8)

Hosted and Organized by the Valley Royals and held on one of Canada's premier Track & Field facilities

Sanctioned By: BC Athletics Association

Entry Fees: \$8.00 per athlete per individual event and \$12.00 per Relay for High School Division
Or \$250.00 High School Team Fee

***** 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--ie--first event will cost \$11.00 and each additional event \$8.00 *****

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

Deadline for Entries: Monday, April 28, 2008

All entries received later than Monday, April 28, or Phone Entries, will be considered as late entries and will be assessed double the entry fee.

Day of meet entries in High School Events will be accepted only at the Meet Director's discretion.

Entries mailed to: Shirley Young, #24 7330 – 122nd Street, Surrey, BC V3W 1B4
Entries may be faxed to 604-594-7990 or 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

Make Cheques payable to: Valley Royals

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

For further information: Phone 604-859-9801 or cell phone 604-725-4293

VALLEY ROYALS HIGH SCHOOL INVITATIONAL - EVENTS NUMBERING SYSTEM AND SCHEDULE

Note: Schedule is tentative and may have to be altered depending on numbers of entries. However, the meet will not begin before posted starting time and schedule will follow order as shown below.

1. 4x100m Relay HS Girls/Open	11:25 am
2. 4x100m Relay HS Boys/Open	11:35 am
3. 100m heats Gr. 8 Boys	11:45 am
4. 100m heats Gr. 8/9 Girls	11:55 pm
5. 100m heats Gr. 9/10 Boys	12:05 pm
6. 100m heats Gr. 10/11/12 Girls	12:15 pm
7. 100m heats Gr. 11/12 Boys	12:25 pm
8. 1500m Gr. 9/10 Boys final	12:40 pm
9. 1500m Gr. 8/9 Girls final	12:50 pm
10. 1500m Gr. 10/11/12 Girls final	1:00 pm
11. 1500m Gr. 11/12 Boys final	1:10 pm
12. 400m Gr. 8 Boys timed Final	1:20 pm
13. 400m Gr. 8/9 Girls timed Final	1:28 pm
14. 400m Gr. 9/10 Boys timed final	1:35 pm
15. 400m Gr. 10/11/12 Girls timed final	1:43 pm
16. 400m Gr. 11/12 Boys timed final	1:50 pm
100m Gr. 8 Boys final	1:53 pm
100m Gr. 8/9 Girls final	2:00 pm
100m Gr. 9/10 Boys final	2:05 pm
100m Gr. 10/11/12 Girls final	2:10 pm
100m Gr. 11/12 Boys final	2:15 pm
17. 300mH Gr. 8 Boys final	2:25 pm
18. 300mH Gr. 8/9 Girls final	2:32 pm
19. 300mH Gr. 9/10 Boys final	2:40 pm
20. 300mH Gr. 10/11/12 Girls final	2:43 pm
21. 300mH Gr. 11/12 Boys final	3:00 pm
22. 200m Gr. 8 Boys Timed timed final	3:10 pm
23. 200m Gr. 8/9 Girls timed final	3:20 pm
24. 200m Gr. 9/10 Boys timed final	3:30 pm
25. 200m Gr. 10/11/12 Girls timed final	3:40 pm
26. 200m Gr. 11/12 Boys timed Final	3:50 pm
27. 800m Gr. 8 Boys final	4:00 pm

28. 800m Gr. 8/9 Girls final	4:08 pm
29. 800m Gr. 9/10 Boys final	4:15 pm
30. 800m Gr. 10/11/12 Girls final	4:23 pm
31. 800m Gr. 11/12 Boys final	4:30 pm
32. 2000m SC Gr., 10, 11, 12 Girls	4:43 pm
33. 2000m SC Gr. High School Boys	5:00 pm

FIELD EVENTS

34. Javelin Gr. 11/12 Boys	11:45 pm
35. Javelin High School/Open Girls	2:45 pm
36. Pole Vault Girls High School/Open	12:30 pm
37. Pole Vault Boys High School/Open	2:30 pm
38. Long Jump Gr. 8 Boys	1:00 pm
39. Long Jump Gr. 9/10 Boys	1:00 pm
40. Long Jump Gr. 11/12 Boys	2:00 pm
41. Long Jump Gr. 8/9 Girls	3:00 pm
42. Long Jump Gr. 10/11/12 Girls	4:00 pm
43. Hammer Girls High School/Open	12:00 pm
44. Hammer Boys High School/Open Boys	1:00 pm
45. Shot Put Gr. 8 Boys	1:00 pm
46. Shot Put Gr. 9/10 Boys	1:45 pm
47. Shot Put Gr. 8/9 Girls	2:30 pm
48. Shot Put Gr. 10/11/12 Girls	3:15 pm
49. Shot Put Gr. 11/12 Boys	4:15 pm
50. High Jump Gr. 8 Boys	12:00 pm
51. High Jump Gr. 9/10 Boys	1:00 p.m.
52. High Jump Gr. 11/12 Boys	1:00 pm
53. High Jump Gr. 8/9 Girls	2:00 pm
54. High Jump Gr. 10/11/12 Girls	3:00 pm
55. Discus Gr. 10/11/12 Girls	1:45 pm
56. Discus Gr. 9/10 Boys	2:30 pm
57. Discus Gr. 11/12 Boys	3:15 pm

Awards will be presented to 1st, 2nd, 3rd places

A concession stand is usually open during the meet.

Changing room and shower facilities are available at Rotary Stadium.

Spike Size: 7mm for track events: 9mm for High Jump and Javelin. These spike sizes will be for sale at the meet.

Equipment: Athletes must supply their own vaulting poles. 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 least one hour before the start of the event they will be used in. Meet starting blocks will be provided and no other blocks may be used.

Field Events Trials: Number of trials in Horizontal Jumps and Throwing Events to be decided by Field Official, e.g. 3, 4 or 6.

Electronic timing: will be used for all running events. Wind readings will be provided for sprints, hurdles and 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**—if an athlete is not registered on the event list, or does not have authorization from the meet director to be placed on the entry list, that athlete will not be permitted to compete.

Directions to Rotary Stadium: exit #87, North on Clearbrook Road, Right on Maclure Road, Left on Trethewey

Meet Motel: Best Western Bakerview