



VALLEY ROYALS INVITATIONAL

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

SATURDAY MAY 4th, 2013

Featuring Events In Three Age Divisions

1. Sr/Jr. Men & Women
2. Youth Men & Women
3. Midget Men & Women

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

Sanctioned By: BC Athletics Association

Performances at this meet can be used for Canadian or BC Teams Qualifying Times / Marks

Entry Fees: \$8.00 per athlete per individual event or you may elect to pay a team entry fee of \$250.00

***** Canadian Athletes who are not registered with BC Athletics or an Athletics Canada Branch Association, will be required to pay an additional \$3. For these athletes the first event will cost \$11.00 and each additional event \$8.00 *****

BC Schools wishing information on registration with BC Athletics should phone 604-333-3550 or consult the BC Athletics website at: <http://www.bcatletics.org>

Deadline for Entries: Monday, April 29, 2013

All entries received later than Monday, April 29, or Phone Entries, will be considered to be late entries and will be assessed double the entry fee.

Entries: All entries are to be made online: www.trackie.com/online-registration/register.php?id=772
Entry fees can be paid online, or at the meet.

Entry Fees payable to: Valley Royals

PLEASE NOTE: 1) Events may be moved ahead as much as one hour, please listen to announcer carefully throughout meet.
2) Final, revised schedule will be posted THURS, April 2, 2013

For further information contact April Arsene (Meet Director): arsene@telus.net

EVENTS OFFERED

110mH Sr M	Shot Put Youth M
110mH Youth M	Shot Put Jr M
100mH Jr F	Shot Put Sr M
100mH Sr F	Shot Put Midget F
100mH Youth F	Shot Put Youth F
100mH Midget M	Shot Put Jr F
80mH Midget F	Shot Put Sr F
100m Heats Midget M	Hammer Midget M
100m Heats Youth M	Hammer Youth M
100m Heats Jr M	Hammer Jr M
100m Heats Sr M	Hammer Sr M
100m Heats Midget F	Hammer Midget F
100m Heats Youth F	Hammer Youth F
100m Heats Jr F	Hammer Jr F
100m Heats Sr F	Hammer Sr F
800m Midget M	Triple Jump Midget F
800m Youth M	Triple Jump Youth F
800m Jr M	Triple Jump Jr F
800m Sr M	Triple Jump Sr F
800m Midget F	High Jump Midget M
800m Youth F	High Jump Youth M
800m Jr F	High Jump Jr M
800m Sr F	High Jump Sr M
200mH Midget M	High Jump Midget F
300mH Youth M	High Jump Youth F
400mH Jr M	High Jump Jr F
400mH Sr M	High Jump Sr F
200mH Midget F	Javelin Midget M
300mH Youth F	Javelin Youth M
400mH Jr F	Javelin Jr M
400mH Sr F	Javelin Sr M
1200m Midget M	Javelin Midget F
1200m Midget F	Javelin Youth F
1500m Youth M	Javelin Jr F
1500m Jr M	Javelin Sr F
1500m Sr M	Discus Midget M
1500m Youth F	Discus Youth M
1500m Jr F	Discus Jr M
1500m Sr F	Discus Sr M
300m Midget M	Discus Midget F
400m Youth M	Discus Youth F
400m Jr M	Discus Jr F
400m Sr M	Discus Sr F
300m Midget F	Long Jump Midget M
400m Youth F	Long Jump Youth M
400m Jr F	Long Jump Jr M
400m Sr F	Long Jump Sr M
	PV Midget M
	PV Youth M
	PV Jr M
	PV Sr M
	PV Midget F
	PV Youth F
	PV Jr F
	PV Sr F
	Long Jump Jr W
	Long Jump Sr W

REVISED SCHEDULE (as of May 2, 2013) – VR Invitational May 4, 2013

TRACK EVENTS

Event	Time
110m Hurdles - Jr/Sr - Men	11:00
110m Hurdles - Youth - Men	11:07
100m Hurdles -Jr/Sr - Women	11:15
100m Hurdles -Youth - Women	11:22
100m Hurdles - Midget - Men	11:30
80m Hurdles - Midget -Women	11:40
100m heats - Jr/Sr - Men	11:50
100m heats - Jr/Sr - Women	12:00
100m heats - Youth - Men	12:10
100m heats - Youth - Women	12:20
100m heats - Midget - Men	12:35
100m heats - Midget - Women	12:45
800m - Jr/Sr - Men - FINAL	12:55
800m - Jr/Sr - Women - FINAL	13:05
800m - Youth - Men - FINAL	13:15
800m - Youth - Women - FINAL	13:25
800m - Midget - Men - FINAL	13:35
800m - Midget - Women - FINAL	13:45
200m Hurdles - Midget - Men	14:05
200m Hurdles - Midget - Women	14:15
300m Hurdles -Youth - Men	14:25
300m Hurdles -Youth Women	14:35
400m Hurdles -Jr/Sr Men	14:45
400m Hurdles -Jr/Sr - Women	14:45
100m -Jr/Sr - Men - FINAL	15:00
100m - Jr/Sr - Women - FINAL	15:05
100m - Youth - Men - FINAL	15:10
100m - Youth - Women - FINAL	15:15
100m - Midget - Men - FINAL	15:20
100m - Midget - Women - FINAL	15:25
1200m - Midget -Men	15:30
1200m - Midget - Women	15:40
1500m - Jr/Sr - Men	15:55
1500m - Jr/Sr - Men	16:05
1500m - Youth - Men	16:15
1500m - Youth - Women	16:25
400m - Jr/Sr - Men - timed final	16:35
400m - Jr/Sr - Women -timed final	16:40
400m -Youth - Men -timed final	16:45
400m -Youth - Women -timed final	16:50
300m - Midget - Men -timed final	17:00
300m -Midget- Women -timed final	17:05

FIELD EVENTS

Event	Time
Javelin - all ages - Women	11:00
Javelin - Jr/Sr - Men	14:00
Shot put - all ages - women	11:00
Shot put - all ages - Men	12:45
Hammer - all ages - Men	11:00
Hammer- all ages - Women	12:30
Discus - Jr/Sr, Yth -Men	14:00
Discus - Midget - Men	15:00
Discus - Jr/Sr, Yth - Women	16:00
High Jump - all ages - Women	11:00
High Jump - all ages - Men	13:00
Pole Vault - all ages - Women	11:00
Pole Vault -Jr/Sr, Yth - Men	12:30
Triple Jump - Midget -Women	11:00
Triple Jump - Jr/Sr,Yth-Women	12:00
Long Jump - Midget - Men	13:00
Long Jump - Jr/Sr, Yth - Men	13:30
Long Jump - Jr/Sr Women	15:00
CANCELLED	
Javelin - Yth, Midget - Men	