



**Langley Secondary Hosted:
Fraser Valley Spring Relays - BCA Sanctioned Meet
Hosted by Langley Senior Secondary
12:00-5:00 PM April 25, 2012**

Location:

McLeod Athletic Park Stadium, located at 216th ST & 56th Ave. Langley BC

Facility:

Track: Completely refurbished eight lane, 400m oval, polyurethane surface, fully automatic timing. Shot Put: concrete circles and packed sand landing: Jumps: official jumping pits and polyurethane runways and pole vault pit.

Heated dressing rooms are located under the grandstand.

Meet Director:

Brent Dolfo 604 533-0453. Please contact Brent regarding any questions about the meet.

Eligibility:

All High School aged athletes are eligible.

Entry Fees:

\$7.00 / event if submitted by e-mail or Hy-Tek file.

\$10.00 / relay... Relay entries will accepted up to 1 hr prior to the event.

Schools:

Maximum \$250.00 per school

Entry Submission:

Shirley Young 17486 58A Avenue Cloverdale V3S 1M8 604-575-7990

Hy-Tek, E-mail: chedro@telus.net (preferred)

****ENTRY DEADLINE**:** **Thursday April 20th 2012.** All entries must be received by this date to avoid late entry fees.

Competition Rules and Other Information

Registration Packages:

REGISTRATION PACKAGES:

Payment must be received before package is released. Payment can be made at the meet. Make all cheques payable to "Langley Mustangs Track and Field Club"

COMPETITION CATEGORIES:

Senior Boys & Girls (11 & 12) Junior Boys & Girls (9 & 10) Grade 8 Boys & Girls

Any athlete competing in a higher category must do so in all events entered.

Awards:

Ribbons will be awarded to 1st – 8th places. All ribbons must be picked up at the meet, as none will be mailed out.

MARSHALLING:

Check-in for all field events are at the event site. Check-in for all track events is at the start line area. All athletes must check-in a minimum of 30 minutes prior to the scheduled start time.

COMPETITOR'S NUMBERS:

Competition numbers must be worn on the back for laned track events, on the front for non-laned track events, and front or back for field events (at the discretion of the official).

SPIKE LENGTH:

IAAF rules are in effect

ORDER OF TRACK EVENTS:

All track events will be run oldest to youngest with females going first.

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.

ALL TRACK EVENTS WILL BE TIMED FINALS

All track events will be seeded according to times submitted and run as timed finals. Coaches please provide your athlete's PB. Where age groups are combined each group will be timed or scored separately.

FIELD EVENTS ATTEMPTS

Grade 8, and Jr. Boys and Girls Javelin, Shot Put and Long Jump will be three jumps only. Senior Boys Girls and Boys will receive 4 jumps each. High Jump and Pole Vault will run as per IAAF rules

COMPETITIVE ATTIRE:

All athletes are encouraged to wear their club or school singlet.

JURY OF APPEAL:

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

CONCESSION:

There will be a concession available in the facility during the meet.

EVENT SCHEDULE

There will be a rolling schedule on the track. Track events may be run up to 20 minutes early.

RESULTS

Results will be available at the meet and online at www.langleymustangs.com following the meet

Implements will be provided. Schools and/or athletes may use their own competition implements...please arrive early enough to have the implements weighed.

Shot Put Weights

Senior Girls	4kg (8lb 13 oz)	Senior Boys	5.43 kg (12 lb)
Junior Girls	4kg (8lb 13 oz)	Junior Boys	4kg (8lb 13 oz)
Gr.8 Girls	4kg (8lb 13 oz)	Gr. 8 Boys	4kg (8lb 13 oz)

Javelin Weights

Senior Girls	600 grams	Senior Boys	800 grams
Junior Girls	600 grams	Junior Boys	800 grams
Gr. 8 Girls	600 grams	Gr. 8 Boys	600 grams

800 Meters 1:00-1:45pm

Sr. Girls Timed Final
 Sr. Boys Timed Final
 Jr. Girls Timed Final
 Jr. Boys Timed Final
 Gr. 8 Girls Timed Final
 Gr. 8 Boys Timed Final

100 Meters 1:45 -2:45

Sr. Girls Timed Final
 Sr. Boys Timed Final
 Jr. Girls Timed Final
 Jr. Boys Timed Final
 Gr. 8 Girls Timed Final
 Gr. 8 Boys Timed Final

400 Meters 3:00 -3:45

Sr. Girls Timed Final
 Sr. Boys Timed Final
 Jr. Girls Timed Final
 Jr. Boys Timed Final
 Gr. 8 Girls Timed Final
 Gr. 8 Boys Timed Final

4 x 100 Relay 3:50 -4:20

Sr. Girls Timed Final
 Sr. Boys Timed Final
 Jr. Girls Timed Final
 Jr. Boys Timed Final
 Gr. 8 Girls Timed Final
 Gr. 8 Boys Timed Final

4 x 400 Relay 4:20 -5:00

Sr. Girls Timed Final
 Sr. Boys Timed Final
 Jr. Girls Timed Final
 Jr. Boys Timed Final
 Gr. 8 Girls Timed Final
 Gr. 8 Boys Timed Final

	1300	1330	1400	1430	1500	1530	1600
HJ #1	Jr. Boys		Sr. Girls Jr. Girls		8 Girls		
HJ #2	8 Boys		Sr. Boys				
LJ #1	Sr. Girls		Jr. Boys		Sr. Boys		
LJ #2		8 Girls		8 Boys		Jr. Girls	
SP	Jr. Girls 8 Girls	Jr. Boys 8 Boys		Sr. Boys	Sr. Girls	Para- Athletics	
JAV	Sr. Boys		Jr. Girls 8 Girls		Jr. Boys 8 Boys	Sr. Girls	
PV	All Girls		All Boys				

Fraser Valley Spring Relays 2011 - 4/25/12

Hosted by Langley Sec School

Langley BC

Event #	Event Name
1	Women 100 Meter Dash Senior
2	Men 100 Meter Dash Senior
3	Women 100 Meter Dash Junior
4	Men 100 Meter Dash Junior
5	Women 100 Meter Dash Grade 8
6	Men 100 Meter Dash Grade 8
7	Women 400 Meter Dash Senior
8	Men 400 Meter Dash Senior
9	Women 400 Meter Dash Junior
10	Men 400 Meter Dash Junior
11	Women 400 Meter Dash Grade 8
12	Men 400 Meter Dash Grade 8
13	Women 800 Meter Dash Senior
14	Men 800 Meter Dash Senior
15	Women 800 Meter Dash Junior
16	Men 800 Meter Dash Junior
17	Women 800 Meter Dash Grade 8
18	Men 800 Meter Dash Grade 8
31	Women 4x100 Meter Relay Senior
32	Men 4x100 Meter Relay Senior
33	Women 4x100 Meter Relay Junior
34	Men 4x100 Meter Relay Junior
35	Women 4x100 Meter Relay Grade 8
36	Men 4x100 Meter Relay Grade 8
37	Women 4x400 Meter Relay Senior
38	Men 4x400 Meter Relay Senior
39	Women 4x400 Meter Relay Junior
40	Men 4x400 Meter Relay Junior
41	Women 4x400 Meter Relay Grade 8
42	Men 4x400 Meter Relay Grade 8
43	Women High Jump Senior
44	Women High Jump Junior
45	Women High Jump Grade 8
46	Men High Jump Senior
47	Men High Jump Junior
48	Men High Jump Grade 8
49	Women Long Jump Senior
50	Men Long Jump Senior
51	Women Long Jump Junior
52	Men Long Jump Junior
53	Women Long Jump Grade 8
54	Men Long Jump Grade 8
55	Women Shot Put 4 kg Senior
56	Men Shot Put 5.43kg Senior
57	Women Shot Put 4 kg Junior
58	Men Shot Put 4 kg Junior
59	Women Shot Put 4 kg Grade 8
60	Men Shot Put 4 kg Grade 8
61	Women Javelin Throw 600 g Senior
62	Men Javelin Throw 800 g Senior
63	Women Javelin Throw 600 g Junior
64	Men Javelin Throw 800 g Junior
65	Women Javelin Throw 600 g Grade 8

66	Men Javelin Throw 600 g Grade 8
67	Women Pole Vault Senior
68	Men Pole Vault Senior
69	Women Pole Vault Junior
70	Men Pole Vault Junior
71	Women Pole Vault Grade 8
72	Men Pole Vault Grade 8
73	Para-Athletics Shot Put

Fraser Valley Spring Relays

April 25, 2012

Cost Summary Page: (entry sheets below)

Name of School or Club: _____

Contact Name: _____ E mail: _____

Phone - Home: _____ Work: _____ Fax: _____

Address: _____

City/Prov: _____ P.C. _____

Entries must be received by Deadline: April 20, 2012

Total Number of Athletes _____ x \$7.00 = \$ _____

Total Owing = \$ _____

Maximum amount \$250

Make Cheques Payable to: Langley Mustangs Track and Field Club

Send Entries to:

Shirley Young 17486 58A Avenue Cloverdale V3S 1M8
E-mail: chedro@telus.net (preferred)

