

LANGLEY
LANGLEY
MUSTANGS
TRACK AND FIELD



On behalf of the Langley Mustangs Track & Field Club, I extend a warm welcome and invitation to all of the surrounding U.S. and Canadian Track and Field Clubs and athletes to the

30th Annual Langley Pacific Open Invitational

This venue will take place at our home track - McLeod Athletic Park, (216th Street and 56th Avenue) in Langley, British Columbia, Canada

Friday, June 19

Saturday, June 20

Sunday, June 21

We expect to surpass past attendance records with an expectation of well over 1000 competing athletes - JD's to Master's age groups.

The Meet will be held in our 2800 seat covered grandstand that will host the 2010 B.C. Summer Games. We wish good luck to all those competing this season and hope to **SEE YOU THERE!!**

Brent Dolfo

Langley Mustangs – Meet Director 2009

brent_dolfo@yahoo.ca

www.langleymustangs.com

The *Langley Mustangs Track & Field Club* Presents:

Langley Pacific Open Invitational

June 19th, 20th & 21st, 2009

Meet Director: Brent Dolfo Email: brent_dolfo@yahoo.ca Ph: (604) 533-0453

Registration:

Entry deadline is June 15, 2009 @ 10:00 pm. Entries received after June 16, 2008 (if accepted) may be subjected to a late entry fee and may not receive correct seeding.

ENTRY DEADLINE FOR ENTRIES FROM HY-TEC TEAM MANAGER: JUNE 15, 2009.

**DAY OF EVENT ENTRIES ACCEPTED AT THE DISCRETION OF THE MEET REGISTRAR.
NO PHONE ENTRIES. NO SUBSTITUTION OF EVENTS AT THE MEET.**

Send Entries to: Shirley Young #24-7330 122 Ave. Surrey, B.C. V3W-1B4
E-mail: chedro@telus.net (preferred)

Divisions: Age groups, (except Masters) are based on athletes born from Jan. 1 through Dec. 31.

Junior Development (J.D.): Born in 1994-2000 (9 -14) single age groupings. Midget: Born in 1993 (15)
Juvenile Born in 1992-93 (16-17), Junior (Jr.): Born in 1990-91 (18/19) Open (20-34) and Wheelchair
Athletes welcome. Masters in 5 year age categories (beginning at 35 M/F as of June 18, 2009).

Entry Fees: (US dollars at Par)

J.D., Midget.: \$7.00 per event. Additional \$5.00 late fees.

Youth/ Juv./ Jr/ Open: \$8.00 per event. Additional \$5.00 late fees.

Master's: \$12.00 per event Additional \$5.00 late fees.

Wheelchair: (Track events only) \$7.00 per event. Additional \$5.00 late fees.

Facility:

Synthetic/Polyurethane track, jump and Javelin run-ups. Pin spikes = 6 mm. (1/4").

Concrete throwing surfaces for Shot Put, Hammer, and Discus.

Finish Lynx Electronic Timing System.

Rules:

- ◆ This meet is to be run in accordance with I.A.A.F and Canadian Track and Field Association Rules, except where noted by *.
- ◆ All events may be run up to 30 minutes ahead of schedule at the meet director's discretion.
- ◆ Athletes competing up an age group in one event must compete in that age group in ALL events.
- ◆ Each club is responsible for the supervision and conduct of their own athletes. Coaches and spectators are required to stay out of the competition area. Athletes should only be in these areas when participating in an event. **All coaches, spectators and athletes must stay out of the infield.**
- ◆ When practical, age groups deemed will be combined to race together, but will be scored separately.
- ◆ Starting blocks will be provided for athletes 14 years and older for 100, 200, 400 Meters and Hurdles.

No starting blocks allowed for athletes under 14 years old

100 M & 200M: C.T.F.A rules will be used to determine the finalists.

- ◆ 2 Heats, top 2 plus next best 3 times.
- ◆ 3 Heats, top 2 plus next best 2 times.
- ◆ 4 Heats, top 1 plus next best 4 times.
- ◆ In case of tie, better placing in heat.
- ◆ If still tied, athlete from faster heat.
- ◆ 100M/200M events with 8 or less competitors will be run as a final at the time of the heats.

Hurdles, Sprint/Distance:

- ◆ Sprint Hurdles for all ages. Age 9 to 13, (Training Hurdles.) Age 14 and older, (Weighted Hurdles.)
- ◆ The Hurdle schedule will follow distances, spacing, and heights from 110M to 60M, 400M to 200M.
- ◆ 200M Hurdles for 12 to 13 year olds. (Training Hurdles.)
- ◆ 300M Hurdles for 14 to 15 year olds, and some Masters. (Weighted Hurdles.)
- ◆ 400M Hurdles for 16+. (Weighted Hurdles.)

Timed Finals For: 400M, 800M, 1500M, 3000M, Relays and all Hurdle Events:

Throws & Horizontal Jumps;

Ages 9-13 receive 3 attempts * Ages 14+ receive 3 attempts; top eight qualify for 3 more.

Vertical Jumps;

The bar will be raised 5 cm until two competitors left, and then remaining athletes choose height. Starting Heights will be discussed at the start of the competition

Results:

Results in a Team/Club Format and HY-TEC Team Manager for Windows will be emailed to all clubs and unattached athletes who give us an E-mail address. Full results will be posted on the Web.

Conflicting Track/Field Events:

To avoid missing jumps or races, athletes should report to BOTH event Officials. Officials will **TRY** to facilitate athletes doing both events. Athletes cannot “catch up” on missed rounds of throws/jumps.

Langley Mustangs Web site:
www.langleymustangs.com

Concession/Sales:

Club run concession with hot dogs, hamburgers, sandwiches, drinks and treats, etc.

Awards: First Nation Haida designed medals will be available.

Medals: 1st 2nd 3rd Double Ribbons: 4th through 8th

Medals MUST be picked up at the meet – there will be NO mail out of medals

Directions to The Langley Pacific:

- ◆ **Heading East From #1 freeway:** Take the 200th St. exit south to #10 Hwy. / Langley By-Pass, (You'll see Safeway, Red Robin on right.) Turn left on #10 Hwy. and follow to 56th Ave. (Super Save gas station on the South East corner.) Turn left on 56th and go 1.3 Kilometers. Langley Secondary is on the left. Track is North East of school.
- ◆ **Heading West From #1 freeway:** Take the 232nd St. exit South on Glover Rd., left on Hwy #10 to 56th Avenue (Super Save gas station on South East corner). Turn left on 56th Ave. and go 1.5 kilometers. Langley Secondary is on the left. Track is North East of the school.
- ◆ **From U.S.:** Take the Truck Customs turnoff, Exit 275 on I-5. Go through Truck Customs in Blaine. The street you're on is 176th St. Stay on 176th until you reach the #10 Hwy. in Cloverdale (approx. 7 mi.). Turn right on #10 Hwy. and follow until 56th Ave (approx. 4 mi.), follow above directions from 56th. Ave.
- ◆ **From 99:** Follow #10 Hwy. through Cloverdale and follow above directions for US people.

Motels/Campsites

Travelodge Langley City

21653 Fraser Hwy. Langley, V3A 4H1

1-877-533-4431 2 Doubles

www.stayinlangley.com

*close to the track

Best Western Langley Inn

5978 Glover Rd., Langley V3A 4H9

1-888-530-9311

Breakfast included

www.bestwesternlangley.com

*close to the track

Sandman Hotel

8855 202nd St. Langley

1(604) 888-7263 or 1(800) SANDMAN

4 per room, Breakfast

www.sandman.ca

Hampton Inn & Suites

19500 Langley By-Pass Surrey, V3S 7R2

1(604) 530-6545 or 1(866) 530-6545

www.hamptoninnlangley.com

Ramada Limited

19225 Hwy. # 10, Surrey, B.C.

1-888-576-8388

www.ramadasurrey.com

Sleep Inn

6722 Glover Road, Langley

1(604) 514-3111 or 1(866) 753-3722

www.choicehotels.com/

Welcome!

Enjoy your stay in Langley, BC



MEET SCHEDULE- June 19-21st

Birth	High Jump	Long Jump	Triple Jump	Shot-Put	Discus	Hammer	Javelin
00 Girls 9	Sun. 9:00 A	Sat 3:15 B		Sat. 9:30			
00 Boys 9	Sun. 10:00 A	Sun. 12:30B		Sat. 1:30			
99 Girls 10	Sat. 09:00 A	Sun. 12:00A		Sat. 10:30	Sun. 11:00		Sun. 2:45
99 Boys 10	Sun. 12:00B	Sat. 8:30 A		Sat. 4:00	Sat. 12:15		Sun. 10:00
98 Girls 11	Sat. 10:15 A	Sat. 2:15B	Sun. 11:15A	Sat. 12:30	Sun. 11:00		Sun. 3:30
98 Boys 11	Sun. 12:15A	Sat. 8:30 B	Sun. 10:15B	Sat. 3:15	Sun 8:30		Sat. 11:00
97 Girls 12	Sun. 2:00 B	Sat. 9:30 B	Fri. 7:00 A	Sun.10:15	Sat. 11:15	Sun. 3:00	Sat. 1:00
97 Boys 12	Sat 9:00 B	Sat. 1:00B	Sun. 1:00 A	Sun. 2:00	Sun. 8:30	Sat. 10:15	Sun. 12:00
96 Girls 13	Sat. 11:30 B	Sat. 3:30 A	Sun. 2:00 A	Sun. 8:30	Sat. 10:45	Sun. 3:00	Sat. 4:30
96 Boys 13	Sun 10:15 A	Sat. 2:00 A	Sun. 3:00A	Sat. 4:45	Sun. 12:30	Sat. 10:15	Sun. 9:00
95 Girls 14	Sun. 12:45 B	Fri. 7:00 B	Sun. 2:30B	Sun. 09:15	Sat. 10:45	Sun. 1:45	Sat. 12:00
95 Boys 14	Sun. 11:30A	Sat. 12:00 B	Sun. 8:30 B	Sun. 1:15	Sun. 11:45	Sat. 8:30	Sat. 2:00
94 Girls 15	Sat. 10:15 B	Sat. 12:30A	Sun. 1:30B	Sat. 08:30	Sun. 12:30	Sun. 1:45	Sat. 3:00
94 Boys 15	Sat 2:00 A	Sat. 4:00 B	Sun 11:30B	Sat. 11:30	Fri. 7:00	Sat. 09:00	Sun. 2:00
Juvenile. W (93-92)	Sun 1:30 A	Sat. 10:30 B	Sun. 9:30A	Sun. 3:00	Sat. 2:00	Sun. 10:00	Sat. 9:00
Juvenile. M (93-92)	Sat. 3:15 A	Sat. 9:30A	Sun. 10:30A	Sun. 11:15	Sat. 12:45	Sat. 9:00	Sun. 1:00
Jr./Open M	Sat. 12:45 A	Sat. 3:30A	Sun. 12:30 B	Sun 11:15	Sat. 12:45	Sat. 9:00	Sat 3:45
Jr./Open W	Sun 10:30 B	Sat. 10:30 A	Sun. 9:30 A	Sun 3:00	Sat. 2:00	Sun. 10:00	Sat. 9:00
Master W.	Sat. 2:00 A	Sat. 4:30 A	Sun. 9:15B	Sun12:30	Sat 1:15	Sun.10:00	Fri 7:00
Master M.	Sat. 1:45 B	Sat. 11:30A	Sun. 3:30B	Fri 7:00	Sat 3:30	Sun 3:45	Sat.10:00
Women's Heptathlon	Sat 11:30 A	Sun 8:30 A		Sat 1:45			Sun 11:00

Track Events Run Oldest To Youngest Hurdle Event Times Follow Distance, Heights, and Spacing

All Steeple Chase Events (14+) Friday 6:30 pm								
Track Times	3000M (13+)	Sprint Hurdles	200M Heats	60M Heats (9-11)	800M	60M Finals	200M	Hept 200 M
Saturday	9:00Am	10:15 Am	11:30am	1:00pm	1:45 Pm	2:45 P.M.	3:15	4:15
Track Sunday	1500 M 9:00 Am	100 M Heats 11:00 Am	Fathers Day Kids Race/Dads Race 12:30 Pm	800M Women's Hept 1:00 Pm	400 to 200 MH (12+) 1:10 Pm	100M Finals 2:45pm	400M (11+) 3:30 pm	

GIRLS 9 YEARS

347	Girls 9 Year Olds 60 Meter Dash 21	348
122	Women 9 Year Olds 100 Meter Dash	123
74	Women 9 Year Olds 800 Meter Run	75
372	Women 9 Year Olds 1500 Meter Run	95
54	Women 9 Year Olds 60 Meter Hurdles 21	55
200	Women 9 Year Olds High Jump	201
222	Women 9 Year Olds Long Jump	223
262	Women 9 Year Olds Shot Put 2 kg	263

GIRLS 10 YEARS

351	Girls 10 Year Olds 60 Meter Dash	350
120	Women 10 Year Olds 100 Meter Dash	121
74	Women 10 Year Olds 800 Meter Run	75
371	Women 10 Year Olds 1500 Meter Run	373
52	Women 10 Year Olds 60 Meter Hurdles 24:"	53
198	Women 10 Year Olds High Jump	199
220	Women 10 Year Olds Long Jump	221
282	Women 10 Year Olds Discus Throw 750 g	283
318	Women 10 Year Olds Javelin Throw 400 g	319
260	Women 10 Year Olds Shot Put 2 kg	261

GIRLS 11 YEARS

352	Girls 11 Year Olds 60 Meter Dash	353
118	Women 11 Year Olds 100 Meter Dash	119
24	Women 11 Year Olds 200 Meter Dash	25
162	Women 11 Year Olds 400 Meter Dash	163
72	Women 11 Year Olds 800 Meter Run	73
91	Women 11 Year Olds 1500 Meter Run	92
50	Women 11 Year Olds 60 Meter Hurdles 24"	51
368	Women 11 Year Olds 200 Meter Hurdles 24"	369
196	Women 11 Year Olds High Jump	197
218	Women 11 Year Olds Long Jump	219
240	Women 11 Year Olds Triple Jump	241
280	Women 11 Year Olds Discus Throw 750 g	281
316	Women 11 Year Olds Javelin Throw 400 g	317
258	Women 11 Year Olds Shot Put 2 kg	259

GIRLS 12 YEARS

116	Women 12 Year Olds 100 Meter Dash	117
22	Women 12 Year Olds 200 Meter Dash	23
160	Women 12 Year Olds 400 Meter Dash	161
70	Women 12 Year Olds 800 Meter Run	71
89	Women 12 Year Olds 1500 Meter Run	90
48	Women 12 Year Olds 80 Meter Hurdles 27"	49
139	Women 12 Year Olds 200 Meter Hurdles 24"	140
194	Women 12 Year Olds High Jump	195
216	Women 12 Year Olds Long Jump	217
238	Women 12 Year Olds Triple Jump	239
278	Women 12 Year Olds Discus Throw 750 g	279
298	Women 12 Year Olds Hammer Throw 3 kg	299
314	Women 12 Year Olds Javelin Throw 400 g	315
256	Women 12 Year Olds Shot Put 2 kg	257

BOYS 9 YEARS

348	Boys 9 Year Olds 60 Meter Dash 21"	
123	Men 9 Year Olds 100 Meter Dash	
75	Men 9 Year Olds 800 Meter Run	
95	Men 9 Year Olds 1500 Meter Run	
55	Men 9 Year Olds 60 Meter Hurdles 21"	
201	Men 9 Year Olds High Jump	
223	Men 9 Year Olds Long Jump	
263	Men 9 Year Olds Shot Put 2 kg	

BOYS 10 YEARS

350	Boys 10 Year Olds 60 Meter Dash 24"	
121	Men 10 Year Olds 100 Meter Dash	
75	Men 10 Year Olds 800 Meter Run	
373	Men 10 Year Olds 1500 Meter Run	
53	Men 10 Year Olds 60 Meter Hurdles 24"	
199	Men 10 Year Olds High Jump	
221	Men 10 Year Olds Long Jump	
283	Men 10 Year Olds Discus Throw 750 g	
319	Men 10 Year Olds Javelin Throw 400 g	
261	Men 10 Year Olds Shot Put 2 kg	

BOYS 11 YEARS

353	Boys 11 Year Olds 60 Meter Dash	
119	Men 11 Year Olds 100 Meter Dash	
25	Men 11 Year Olds 200 Meter Dash	
163	Men 11 Year Olds 400 Meter Dash	
73	Men 11 Year Olds 800 Meter Run	
92	Men 11 Year Olds 1500 Meter Run	
51	Men 11 Year Olds 60 Meter Hurdles 24"	
369	Men 11 Year Olds 200 Meter Hurdles 24"	
197	Men 11 Year Olds High Jump	
219	Men 11 Year Olds Long Jump	
241	Men 11 Year Olds Triple Jump	
281	Men 11 Year Olds Discus Throw 750 g	
317	Men 11 Year Olds Javelin Throw 400 g	
259	Men 11 Year Olds Shot Put 2 kg	

BOYS 12 YEARS

117	Men 12 Year Olds 100 Meter Dash	
23	Men 12 Year Olds 200 Meter Dash	
161	Men 12 Year Olds 400 Meter Dash	
71	Men 12 Year Olds 800 Meter Run	
90	Men 12 Year Olds 1500 Meter Run	
49	Men 12 Year Olds 80 Meter Hurdles 27"	
140	Men 12 Year Olds 200 Meter Hurdles 24"	
195	Men 12 Year Olds High Jump	
217	Men 12 Year Olds Long Jump	
239	Men 12 Year Olds Triple Jump	
279	Men 12 Year Olds Discus Throw 1 kg	
299	Men 12 Year Olds Hammer Throw 3 kg	
315	Men 12 Year Olds Javelin Throw 600 g	
257	Men 12 Year Olds Shot Put 3 kg	

GIRLS 13 YEARS

114	Women 13 Year Olds 100 Meter Dash
20	Women 13 Year Olds 200 Meter Dash
158	Women 13 Year Olds 400 Meter Dash
68	Women 13 Year Olds 800 Meter Run
87	Women 13 Year Olds 1500 Meter Run
2	Women 13 Year Olds 3000 Meter Run
46	Women 13 Year Olds 80 Meter Hurdles 30"
136	Women 13 Year Olds 200 Meter Hurdles 27"
192	Women 13 Year Olds High Jump
214	Women 13 Year Olds Long Jump
236	Women 13 Year Olds Triple Jump
276	Women 13 Year Olds Discus Throw 750 g
296	Women 13 Year Olds Hammer Throw 3 kg
312	Women 13 Year Olds Javelin Throw 400 g
254	Women 13 Year Olds Shot Put 3 kg

WOMEN 14 YEARS

112	Women 14 Year Olds 100 Meter Dash
18	Women 14 Year Olds 200 Meter Dash
156	Women 14 Year Olds 400 Meter Dash
66	Women 14 Year Olds 800 Meter Run
85	Women 14 Year Olds 1500 Meter Run
2	Women 14 Year Olds 3000 Meter Run
44	Women 14 Year Olds 80 Meter Hurdles 30"
134	Women 14 Year Olds 300 Meter Hurdles 30"
77	Women 14 Year Olds 1500 Meter Steeplechase 30"
190	Women 14 Year Olds High Jump
212	Women 14 Year Olds Long Jump
234	Women 14 Year Olds Triple Jump
274	Women 14 Year Olds Discus Throw 1 kg
294	Women 14 Year Olds Hammer Throw 3 kg
310	Women 14 Year Olds Javelin Throw 600 g
252	Women 14 Year Olds Shot Put 3 kg

MIDGET WOMEN 15 YEARS

110	Women 15 Year Olds 100 Meter Dash
16	Women 15 Year Olds 200 Meter Dash
154	Women 15 Year Olds 400 Meter Dash
64	Women 15 Year Olds 800 Meter Run
85	Women 15 Year Olds 1500 Meter Run
2	Women 15 Year Olds 3000 Meter Run
42	Women 15 Year Olds 80 Meter Hurdles 30"
130	Women 15 Year Olds 300 Meter Hurdles 30"
77	Women 15 Year Olds 1500 Meter Steeplechase 30"
188	Women 15 Year Olds High Jump
210	Women 15 Year Olds Long Jump
232	Women 15 Year Olds Triple Jump
272	Women 15 Year Olds Discus Throw 1 kg
292	Women 15 Year Olds Hammer Throw 3 kg
308	Women 15 Year Olds Javelin Throw 600g
250	Women 15 Year Olds Shot Put 3 kg

BOYS 13 YEARS

115	Men 13 Year Olds 100 Meter Dash
21	Men 13 Year Olds 200 Meter Dash
159	Men 13 Year Olds 400 Meter Dash
69	Men 13 Year Olds 800 Meter Run
88	Men 13 Year Olds 1500 Meter Run
3	Men 13 Year Olds 3000 Meter Run
45	Men 13 Year Olds 80 Meter Hurdles 30"
137	Men 13 Year Olds 200 Meter Hurdles 27"
193	Men 13 Year Olds High Jump
215	Men 13 Year Olds Long Jump
237	Men 13 Year Olds Triple Jump
277	Men 13 Year Olds Discus Throw 1 kg
297	Men 13 Year Olds Hammer Throw 3 kg
313	Men 13 Year Olds Javelin Throw 600 g
255	Men 13 Year Olds Shot Put 3 kg

MEN 14 YEARS

113	Men 14 Year Olds 100 Meter Dash
19	Men 14 Year Olds 200 Meter Dash
157	Men 14 Year Olds 400 Meter Dash
65	Men 14 Year Olds 800 Meter Run
84	Men 14 Year Olds 1500 Meter Run
3	Men 14 Year Olds 3000 Meter Run
38	Men 14 Year Olds 100 Meter Hurdles 33"
133	Men 14 Year Olds 300 Meter Hurdles 30"
374	Men 14 Year Olds 1500 Meter Steeplechase 30"
191	Men 14 Year Olds High Jump
213	Men 14 Year Olds Long Jump
235	Men 14 Year Olds Triple Jump
275	Men 14 Year Olds Discus Throw 1 kg
295	Men 14 Year Olds Hammer Throw 4 kg
311	Men 14 Year Olds Javelin Throw 600g
253	Men 14 Year Olds Shot Put 4 kg

MIDGET MEN 15 YEARS

111	Men 15 Year Olds 100 Meter Dash
17	Men 15 Year Olds 200 Meter Dash
155	Men 15 Year Olds 400 Meter Dash
370	Men 15 Year Olds 800 Meter Run
84	Men 15 Year Olds 1500 Meter Run
3	Men 15 Year Olds 3000 Meter Run
37	Men 15 Year Olds 100 Meter Hurdles 33"
133	Men 15 Year Olds 300 Meter Hurdles 30"
375	Men 15 Year Olds 1500 Meter Steeplechase 30"
189	Men 15 Year Olds High Jump
211	Men 15 Year Olds Long Jump
233	Men 15 Year Olds Triple Jump
273	Men 15 Year Olds Discus Throw 1 kg
293	Men 15 Year Olds Hammer Throw 4 kg
309	Men 15 Year Olds Javelin Throw 600 g
251	Men 15 Year Olds Shot Put 4 kg

JUVENILE/YOUTH WOMEN

108	Women 16-17 100 Meter Dash
14	Women 16-17 200 Meter Dash
151	Women 16-17 400 Meter Dash
60	Women 16-17 800 Meter Run
81	Women 16-17 1500 Meter Run
2	Women 16-17 3000 Meter Run
39	Women 16-17 100 Meter Hurdles 30"
129	Women 16-17 400 Meter Hurdles 30"
77	Women 16-17 1500 Meter Steeplechase 30"
186	Women 16-17 High Jump
208	Women 16-17 Long Jump
230	Women 16-17 Triple Jump
268	Women 16-17 Discus Throw 1 kg
290	Women 16-17 Hammer Throw 4 kg
306	Women 16-17 Javelin Throw 600.g
248	Women 16-17 Shot Put 4 kg

JUNIOR WOMEN

106	Women 18-19 100 Meter Dash
10	Women 18-19 200 Meter Dash
149	Women 18-19 400 Meter Dash
60	Women 18-19 800 Meter Run
81	Women 18-19 1500 Meter Run
2	Women 18-19 3000 Meter Run
36	Women 18-19 100 Meter Hurdles 33"
129	Women 18-19 400 Meter Hurdles 30"
76	Women 18-19 2000 Meter Steeplechase 30"
186	Women 18-19 High Jump
208	Women 18-19 Long Jump
230	Women 18-19 Triple Jump
268	Women 18-19 Discus Throw 1 kg
290	Women 18-19 Hammer Throw 4 kg
306	Women 18-19 Javelin Throw 600.g
246	Women 18-19 Shot Put 4 kg
106	Women 18-19 100 Meter Dash

OPEN & MASTERS WOMEN

1	Women 18-19 Heptathlon
106	Women 20-34 100 Meter Dash
10	Women 20-34 200 Meter Dash
149	Women 20-34 400 Meter Dash
60	Women 20-34 800 Meter Run
81	Women 20-34 1500 Meter Run
2	Women 20-34 3000 Meter Run
36	Women 20-34 100 Meter Hurdles 33"
129	Women 20-34 400 Meter Hurdles 30"
186	Women 20-34 High Jump
208	Women 20-34 Long Jump
230	Women 20-34 Triple Jump
268	Women 20-34 Discus Throw 1 kg
290	Women 20-34 Hammer Throw 4 kg
306	Women 20-34 Javelin Throw 600.g
244	Women 20-34 Shot Put 4 kg
1	Women 18-19 Heptathlon
106	Women 20-34 100 Meter Dash

JUVENILE/YOUTH MEN

109	Men 16-17 100 Meter Dash
15	Men 16-17 200 Meter Dash
153	Men 16-17 400 Meter Dash
63	Men 16-17 800 Meter Run
82	Men 16-17 1500 Meter Run
3	Men 16-17 3000 Meter Run
32	Men 16-17 110 Meter Hurdles 39- 36
362	Men 16-17 400 Meter Hurdles 33"
378	Men 16-17 2000 Meter Steeplechase 36"
185	Men 16-17 High Jump
209	Men 16-17 Long Jump
231	Men 16-17 Triple Jump
271	Men 16-17 Discus Throw 1.50 1.75
289	Men 16-17 Hammer Throw
307	Men 16-17 Javelin Throw 700 800g
249	Men 16-17 Shot Put 5 kg 6 kg

JUNIOR MEN

107	Men 18-19 100 Meter Dash
13	Men 18-19 200 Meter Dash
150	Men 18-19 400 Meter Dash
59	Men 18-19 800 Meter Run
82	Men 18-19 1500 Meter Run
3	Men 18-19 3000 Meter Run
32	Men 18-19 110 Meter Hurdles 39- 36
125	Men 18-19 400 Meter Hurdles 36"
78	Men 18-19 1500 Meter Steeplechase 36"
79	Men 18-19 3000 Meter Steeplechase 36"
185	Men 18-19 High Jump
207	Men 18-19 Long Jump
231	Men 18-19 Triple Jump
271	Men 18-19 Discus Throw 1.50 1.75
289	Men 18-19 Hammer Throw
307	Men 18-19 Javelin Throw 700 800g
249	Men 18-19 Shot Put 5 kg 6 kg

OPEN & MASTERS MEN

105	Men 20-34 100 Meter Dash
11	Men 20-34 200 Meter Dash
145	Men 20-34 400 Meter Dash
150	Men 20-34 400 Meter Dash
59	Men 20-34 800 Meter Run
82	Men 20-34 1500 Meter Run
3	Men 20-34 3000 Meter Run
30	Men 20-34 110 Meter Hurdles 42"
125	Men 20-34 400 Meter Hurdles 36"
79	Men 20-34 3000 Meter Steeplechase 36"
185	Men 20-34 High Jump
205	Men 20-34 Long Jump
227	Men 20-34 Triple Jump
267	Men 20-34 Discus Throw 2 kg
289	Men 20-34 Hammer Throw
303	Men 20-34 Javelin Throw 800 g
245	Men 20-34 Shot Put 7.260 kg
78	Men 20-50 1500 Meter Steeplechase 36"

358	Women 20-39 3000 Meter Steeplechase 30"	100	Men 35-39 100 Meter Dash
97	Women 35-39 100 Meter Dash	9	Men 35-39 200 Meter Dash
5	Women 35-39 200 Meter Dash	145	Men 35-39 400 Meter Dash
144	Women 35-39 400 Meter Dash	56	Men 35-39 800 Meter Run
60	Women 35-39 800 Meter Run	82	Men 35-39 1500 Meter Run
81	Women 35-39 1500 Meter Run	3	Men 35-39 3000 Meter Run
2	Women 35-39 3000 Meter Run	31	Men 35-39 110 Meter Hurdles 39"
129	Women 35-39 400 Meter Hurdles 30"	125	Men 35-39 400 Meter Hurdles 36"
359	Women 35-39 2000 Meter Steeplechase 30"	360	Men 35-39 3000 Meter Steeplechase 36"
180	Women 35-39 High Jump	181	Men 35-39 High Jump
202	Women 35-39 Long Jump	203	Men 35-39 Long Jump
224	Women 35-39 Triple Jump	225	Men 35-39 Triple Jump
268	Women 35-39 Discus Throw 1 kg	265	Men 35-39 Discus Throw 2.00,1.50,1
284	Women 35-39 Hammer Throw 4kg 3kg	285	Men 35-39 Hammer Throw
300	Women 35-39 Javelin Throw	301	Men 35-39 Javelin Throw
242	Women 35-39 Shot Put 4 kg & 3kg	243	Men 35-39 Shot Put 7.26,6.00,5.
97	Women 40-44 100 Meter Dash	100	Men 40-44 100 Meter Dash
5	Women 40-44 200 Meter Dash	9	Men 40-44 200 Meter Dash
144	Women 40-44 400 Meter Dash	145	Men 40-44 400 Meter Dash
60	Women 40-44 800 Meter Run	56	Men 40-44 800 Meter Run
81	Women 40-44 1500 Meter Run	82	Men 40-44 1500 Meter Run
129	Women 40-44 400 Meter Hurdles 30"	356	Men 40-44 3000 Meter Run
359	Women 40-44 2000 Meter Steeplechase 30"	31	Men 40-44 110 Meter Hurdles 39"
180	Women 40-44 High Jump	125	Men 40-44 400 Meter Hurdles 36"
202	Women 40-44 Long Jump	360	Men 40-44 3000 Meter Steeplechase 36"
224	Women 40-44 Triple Jump	181	Men 40-44 High Jump
268	Women 40-44 Discus Throw 1 kg	203	Men 40-44 Long Jump
284	Women 40-44 Hammer Throw 4kg 3kg	225	Men 40-44 Triple Jump
300	Women 40-44 Javelin Throw	265	Men 40-44 Discus Throw 2.00,1.50,1
242	Women 40-44 Shot Put 4 kg & 3kg	285	Men 40-44 Hammer Throw
97	Women 45-49 100 Meter Dash	301	Men 40-44 Javelin Throw
5	Women 45-49 200 Meter Dash	243	Men 40-44 Shot Put 7.26,6.00,5.
144	Women 45-49 400 Meter Dash	100	Men 45-49 100 Meter Dash
60	Women 45-49 800 Meter Run	9	Men 45-49 200 Meter Dash
81	Women 45-49 1500 Meter Run	145	Men 45-49 400 Meter Dash
129	Women 45-49 400 Meter Hurdles 30"	56	Men 45-49 800 Meter Run
359	Women 45-49 2000 Meter Steeplechase 30"	82	Men 45-49 1500 Meter Run
180	Women 45-49 High Jump	356	Men 45-49 3000 Meter Run
202	Women 45-49 Long Jump	31	Men 45-49 110 Meter Hurdles 39"
224	Women 45-49 Triple Jump	125	Men 45-49 400 Meter Hurdles 36"
268	Women 45-49 Discus Throw 1 kg	360	Men 45-49 3000 Meter Steeplechase 36"
284	Women 45-49 Hammer Throw 4kg 3kg	181	Men 45-49 High Jump
300	Women 45-49 Javelin Throw	203	Men 45-49 Long Jump
242	Women 45-49 Shot Put 4 kg & 3kg	225	Men 45-49 Triple Jump
97	Women 50-54 100 Meter Dash	265	Men 45-49 Discus Throw 2.00,1.50,1
5	Women 50-54 200 Meter Dash	285	Men 45-49 Hammer Throw
144	Women 50-54 400 Meter Dash	301	Men 45-49 Javelin Throw
60	Women 50-54 800 Meter Run	243	Men 45-49 Shot Put 7.26,6.00,5.
81	Women 50-54 1500 Meter Run	100	Men 50-54 100 Meter Dash
131	Women 50-54 300 Meter Hurdles 30"	9	Men 50-54 200 Meter Dash
359	Women 50-54 2000 Meter Steeplechase 30"	145	Men 50-54 400 Meter Dash
180	Women 50-54 High Jump	56	Men 50-54 800 Meter Run
202	Women 50-54 Long Jump	82	Men 50-54 1500 Meter Run
224	Women 50-54 Triple Jump	356	Men 50-54 3000 Meter Run
268	Women 50-54 Discus Throw 1 kg	33	Men 50-54 100 Meter Hurdles 36-33"
284	Women 50-54 Hammer Throw 4kg 3kg	367	Men 50-54 400 Meter Hurdles 33"
300	Women 50-54 Javelin Throw	360	Men 50-54 3000 Meter Steeplechase 36"
242	Women 50-54 Shot Put 4 kg & 3kg	181	Men 50-54 High Jump

97	Women 55-59 100 Meter Dash	203	Men 50-54 Long Jump
5	Women 55-59 200 Meter Dash	225	Men 50-54 Triple Jump
144	Women 55-59 400 Meter Dash	265	Men 50-54 Discus Throw 2.00,1.50,1
81	Women 55-59 1500 Meter Run	285	Men 50-54 Hammer Throw
131	Women 55-59 300 Meter Hurdles 30"	301	Men 50-54 Javelin Throw
180	Women 55-59 High Jump	243	Men 50-54 Shot Put 7.26,6.00,5.
202	Women 55-59 Long Jump	100	Men 55-59 100 Meter Dash
224	Women 55-59 Triple Jump	9	Men 55-59 200 Meter Dash
268	Women 55-59 Discus Throw 1 kg	145	Men 55-59 400 Meter Dash
284	Women 55-59 Hammer Throw 4kg 3kg	56	Men 55-59 800 Meter Run
300	Women 55-59 Javelin Throw	82	Men 55-59 1500 Meter Run
242	Women 55-59 Shot Put 4 kg & 3kg	356	Men 55-59 3000 Meter Run
97	Women 60-64 100 Meter Dash	33	Men 55-59 100 Meter Hurdles 36-33"
5	Women 60-64 200 Meter Dash	367	Men 55-59 400 Meter Hurdles 33"
144	Women 60-64 400 Meter Dash	360	Men 55-59 3000 Meter Steeplechase 36"
81	Women 60-64 1500 Meter Run	181	Men 55-59 High Jump
131	Women 60-64 300 Meter Hurdles 30"	203	Men 55-59 Long Jump
180	Women 60-64 High Jump	225	Men 55-59 Triple Jump
202	Women 60-64 Long Jump	265	Men 55-59 Discus Throw 2.00,1.50,1
224	Women 60-64 Triple Jump	285	Men 55-59 Hammer Throw
268	Women 60-64 Discus Throw 1 kg	301	Men 55-59 Javelin Throw
284	Women 60-64 Hammer Throw 4kg 3kg	243	Men 55-59 Shot Put 7.26,6.00,5.
300	Women 60-64 Javelin Throw	98	Men 60-64 100 Meter Dash
242	Women 60-64 Shot Put 4 kg & 3kg	7	Men 60-64 200 Meter Dash
97	Women 65-69 100 Meter Dash	145	Men 60-64 400 Meter Dash
5	Women 65-69 200 Meter Dash	56	Men 60-64 800 Meter Run
144	Women 65-69 400 Meter Dash	356	Men 60-64 3000 Meter Run
81	Women 65-69 1500 Meter Run	33	Men 60-64 100 Meter Hurdles 36-33"
180	Women 65-69 High Jump	132	Men 60-64 300 Meter Hurdles 30"
202	Women 65-69 Long Jump	361	Men 60-64 2000 Meter Steeplechase 36"
224	Women 65-69 Triple Jump	181	Men 60-64 High Jump
268	Women 65-69 Discus Throw 1 kg	203	Men 60-64 Long Jump
284	Women 65-69 Hammer Throw 4kg 3kg	225	Men 60-64 Triple Jump
300	Women 65-69 Javelin Throw	265	Men 60-64 Discus Throw 2.00,1.50,1
242	Women 65-69 Shot Put 4 kg & 3kg	285	Men 60-64 Hammer Throw
131	Women 65-100 300 Meter Hurdles 30"	301	Men 60-64 Javelin Throw
97	Women 70-74 100 Meter Dash	243	Men 60-64 Shot Put 7.26,6.00,5.
5	Women 70-74 200 Meter Dash	98	Men 65-69 100 Meter Dash
144	Women 70-74 400 Meter Dash	7	Men 65-69 200 Meter Dash
81	Women 70-74 1500 Meter Run	145	Men 65-69 400 Meter Dash
180	Women 70-74 High Jump	56	Men 65-69 800 Meter Run
202	Women 70-74 Long Jump	356	Men 65-69 3000 Meter Run
224	Women 70-74 Triple Jump	33	Men 65-69 100 Meter Hurdles 36-33"
268	Women 70-74 Discus Throw 1 kg	132	Men 65-69 300 Meter Hurdles 30"
284	Women 70-74 Hammer Throw 4kg 3kg	361	Men 65-69 2000 Meter Steeplechase 36"
300	Women 70-74 Javelin Throw	181	Men 65-69 High Jump
242	Women 70-74 Shot Put 4 kg & 3kg	203	Men 65-69 Long Jump
97	Women 75-79 100 Meter Dash	225	Men 65-69 Triple Jump
5	Women 75-79 200 Meter Dash	265	Men 65-69 Discus Throw 2.00,1.50,1
144	Women 75-79 400 Meter Dash	285	Men 65-69 Hammer Throw
81	Women 75-79 1500 Meter Run	301	Men 65-69 Javelin Throw
180	Women 75-79 High Jump	243	Men 65-69 Shot Put 7.26,6.00,5.
202	Women 75-79 Long Jump	98	Men 70-74 100 Meter Dash
224	Women 75-79 Triple Jump	7	Men 70-74 200 Meter Dash
268	Women 75-79 Discus Throw 1 kg	145	Men 70-74 400 Meter Dash
284	Women 75-79 Hammer Throw 4kg 3kg	56	Men 70-74 800 Meter Run
300	Women 75-79 Javelin Throw	356	Men 70-74 3000 Meter Run
242	Women 75-79 Shot Put 4 kg & 3kg	132	Men 70-74 300 Meter Hurdles 30"
97	Women 80-84 100 Meter Dash	361	Men 70-74 2000 Meter Steeplechase 36"

30th Annual Langley Pacific Open Invitational

June 19th, 20th & 21st, 2009

**Cost Summary Page:
Please Print CLEARLY**

Name of School or Club: _____

Contact Name: _____ E mail: _____

Phone - Home: _____ Work: _____ Fax: _____

Address: _____

City/Prov: _____ P.C. _____
State _____ Zip Code _____

Entries Must be Received by Deadline: June 15, 2009

Total Number of Junior Development, Midget Events: _____ x \$7.00 = \$ _____

Total Number of Juvenile/Junior/Open Events: _____ x \$8.00 = \$ _____
Women's Heptathlon: _____ x \$25.00 = \$ _____

Total Number of Masters Events: _____ x \$12.00 = \$ _____

Total Number of Wheelchair Events _____ x \$7.00 = \$ _____

Total owing to Langley Mustangs= \$ _____

US \$ at Par

Make Cheque Payable to: Langley Mustangs Track and Field Club

Send Entries to: Shirley Young #24-7330 122 Ave. Surrey, B.C. V3W-1B4
E-mail: chedro@telus.net (preferred)