

34th Annual Pacific Invitational 2013 BC Masters Championships

On behalf of the Langley Mustangs Track & Field Club, we extend a warm welcome and to all participating U.S. and Canadian Athletes.

This venue is McLeod Athletic Park, (216th Street and 56th Avenue) in Langley, British Columbia, Canada, the site of the 2013, 2014 Legion National Youth Championships.

June 14th, 15th, 16th, 2013

We expect close to 1000 athletes competing from the JD to Master's age groups.

As well, this meet is officially sanctioned BC Athletics as well as endorsed by the International Paralympic Committee. All results can be used for national and international ranking.

Brent Dolfo

Langley Mustangs – Meet Director

brent_dolfo@yahoo.ca 604 533-0453



Meet Director:	Brent Dolfo	Email: brent_dolfo@yahoo.ca	Phone: (604) 533-0453
Meet Entries:	Shirley Young	Email: chedro@telus.net	604-575-7990

Entries: (US dollars at Par): ENTRIES DEADLINE 10:00pm, Sunday June 9th, 2013

- Entries can be emailed to : Shirley Young chedro@telus.net (preferred)
- Entries can also be mailed to Shirley Young 17486 58A Avenue Cloverdale BC, V3S 1M8
- All individual non-Masters fees are \$8.00 per event (except the multi-events which are \$25).
- Master's: \$15.00 per event Relays: \$10 per team
- Little Rascals: \$10 for all 4 events combined

Divisions:

- Junior Development (J.D.): Born in 2000-2004 (9 -13) single age groupings.
- Midget: Born in 1998 (14) Midget-(15) Youth Born in 1996-97 (16-17), Junior (Jr.) Born in 1994-95 (18/19) Open (ages 20-34)
14 year olds and 15 year olds will complete and be scored separately on the track. They will be scored separately in their field events run together simultaneously
- Wheelchair and Para-Athletes welcome
- Masters in 5 year age categories (beginning at 35 M/F as of June 14, 2013).
- Little Rascals (age 6,7,8)

Late Registration and Fee

- Age groups, (except Masters) are based on birth date as of Dec. 31st, 2013.
- Entries received after June 9, 2013 will be charged a late entry fee.
- Late entries will be charged \$15.00 for each event Junior Development through Open. Master's late entries are \$25.00.
- Late entries may not receive correct seeding
- **Day of Event Individual entries accepted at discretion of the Meet Director**
- **No phone entries. No substitution of events at the meet**
- All scratches after June 9th, 2013 entry deadline will not be refunded

Facility:

- Day of the Meet entries will be accepted for the 4 X100 meter relay
- Synthetic/Polyurethane track, jump and Javelin run-ups. Spikes = 6 mm. (1/4").
- Concrete throwing surfaces for Shot Put, Hammer, and Discus.
- Finish Lynx Electronic Timing System.
- Concession, on site, with hot dogs, hamburgers, sandwiches, drinks and treats, etc. until the end of Saturday, June 15th, 2013 with no late fee.

Rules:

60M, 100 M, and 200M: IAAF rules will be used to determine the finalists.

- 2 Heats, top 3 from each heat plus next 2 fastest times.
- 3 Heats, top 2 from each heat plus next 2 fastest times.
- 4 Heats, winner of each heat plus next 4 fastest times.
- 100M/200M events with 8 or less competitors will be run as a final at the time of the heats.

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

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) Midget (Weighted Hurdles)
- 300M Hurdles for Youth and some Masters. (Weighted Hurdles.)
- 400M Hurdles for Junior, Open, and some Masters. (Weighted Hurdles)

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 with the official making the final decision.

Throws & Horizontal Jumps

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

Conflicting Track/Field Events

- To avoid missing jumps or races, athletes should report to BOTH event Officials. Athletes cannot “catch up” on missed rounds of throws/jumps.

Results

- Results will be posted at the track and on www.langleymustangs.com

Awards

- First Nation designed medals will be available. Double Ribbons: 4th through 8th. Relays will be ribbons 1st through 8th. Master’s medal winners will receive BC Athletics Medals.
- Medals **MUST** be picked up at the meet – there will be **NO** mail out of medals or ribbons
- This meet will be run in accordance with I.A.A.F and Canadian Track and Field Association Rules.
- All events may be run up to 30 minutes ahead of schedule at the meet director’s discretion.
- Athletes must compete in their age group except in the Heptathlon or Decathlon.
- Each club is responsible for the supervision and conduct of their own athletes.
- Spectators are required to stay out of the competition area. Athletes should only be in these areas when participating in an event. **All coaches and athletes must stay out of the infield.**
- Starting blocks will be provided for athletes 14 years and older

2013 TRACK SCHEDULE

Friday Steeplechase 6:00 pm (1500M, 2000M, 3000M)

Racewalk 7:00pm (3000m)

Heptathlon Friday 4:00pm 100m Hurdles, 7:20pm 200M Saturday 800 meters 2:00pm

Decathlon Friday 4:10pm 100 M 7:40pm 400M Saturday 110m hurdles 9:45am 1500m 2:40pm

Octathlon Friday 4:15pm 100M 6:50pm 400M Saturday 110m hurdles 9:40am 1000m 2:50pm

Track Events Order Wheelchair, then Masters- 2003, Women then Men

Saturday	3000/2000M (13+)	Sprint Hurdles	200M* Heats	60M* Heats	800/600M Finals	60M Finals	200M Finals
	8:30am	9:50am	12:15pm	3:00pm	3:30pm	4:30pm	5:00pm
Sunday	Distance Hurdles	1500/1200M 1000M	100 M* Heats	Little Rascals Races	4 X100M Relays	100M Finals	400/300M
	8:45am	9:45am	11:00am	12:40pm	1:00pm	2:00pm	2:45pm

4 X100 relays are competed in the following age groups Masters, Youth-Open, 14-15, 12-13, 9-11

LITTLE RASCALS (Age 6,7,8) ball throw, hurdles, standing long jump and 50 meters starts

Sunday 11:30 am on infield

IMPORTANT NOTES

SPRINT HURDLES WILL RUN 110M, 100M, 80M, 60M HIGHEST TO LOWEST HEIGHTS

DISTANCE HURDLES WILL RUN 400M, 300M, 200M, HIGHEST TO LOWEST HEIGHTS

* IF THERE IS 8 RUNNERS OR LESS, EVENT WILL GO TO FINALS DURING HEATS

** WHEELCHAIR 400 METERS WILL TAKE PLACE AFTER 4 x100'S

2013 FIELD SCHEDULE

Birth	High Jump	Long Jump	Triple Jump	Pole Vault	Shot-Put	Discus	Hammer	Javelin
04 Girls 9	Sun.9:00 A	Sat 1:00 B			Sun.8:30A			
04 Boys 9	Sun.10:00A	Sun.12:30B			Sun.2:00			
03 Girls 10	Sat.11:30B	Sat.1:15A			Sat.1:15	Sat.3:15		Sun.3:15
03 Boys10	Sun.12:00B	Sat.8:30 A			Sat.10:00	Sun.1:15		Sun.9:00
02 Girls 11	Sat.8:45 A	Sat.2:00B			Sat.12:00	Sat.3:15		Sun.4:00
02 Boys11	Sun.12:30A	Sat.9:00 B			Sat. 2:30	Sat.12:45		Sun.2:45
01 Girls 12	Sun.2:15 B	Sat.10:15B			Sun.1:00	Sat.8:30	Sun.9:45	Sat. 3:45
01 Boys12	Sat .9:00 B	Sat.11:45B			Sat. 3:45	Sat.9:30	Sun.12:15	Sun.10:45
00 Girls 13	Sat.10:15 B	Sun.12:00A	Sun.10:00A	Sat.1:30	Sun.12:00	Sat.8:30	Sun.9:45	Sat.3:45
00 Boys 13	Sun.10:15B	Sat.2:00A	Sun.11:00A	Sat.9:00	Sat.4:45	Sat.9:30	Sun.12:15	Sun. 8:30
Midget Girls (98-99)	Sun.2:30A	Fri.7:00 A	Sun.1:00A	Sat.1:30	Sat 8:45	Sat.1:45	Sun.8:30	Sat. 2:30
Midget Boys (98-99)	Sun.11:30A	Sat.3:00B	Fri.7:00 B	Sat.9:00	Sat. 11:00	Sun.2:15	Fri. 5:00	Sun. 1:30
Youth W (96-97)	Sun.1:30 B	Sat.12:15A	Sun.9:30B	Sat.1:30	Sun.3:00	Sat.1:45	Sun.10:45	Sat. 10:30
Youth M (96-97)	Sat.12:45 A	Sat.9:00A	Sun.10:30B	Sat.9:00	Sun.9:30	Sat.11:30	Fri. 5:00	Sun.12:00
Jr./Open M	Sat.12:45 A	Sat. 2:45A	Sun.11:30B	Sat.9:00	Sun 9:30	Sat.11:30	Fri. 5:00	Sun.12:00
Jr./Open W	Sun 1:30 B	Sat.12:15A	Sun.9:30 B	Sat.1:30	Sun.3:00	Sat. 1:45	Sun.10:45	Sat. 10:30
Women's Heptathlon	Fri.4:30A	Sat.10:30A			Fri.6:15			Sat. 12:00
Decathlon	Fri. 6:30A	Fri. 4:45A		Sat.12:00	Fri. 5:45	Sat.10:30		Sat. 1:15
Octathlon	Sat.10:15A	Fri. 4:45A			Fri. 5:45			Sat. 1:15
Master W.	Sat.1:00B	Sat.3:30 A	Sun 1:30B	Sat.1:30	Sun 3:00	Sat.4:00	Fri. 6:30	Sat. 10:30
Master M.	Sun.1:45 A	Sat.11:30A	Sun 9:00A	Sat.9:00	Sun.12:30	Sat 5:00	Fri. 7:30	Sat.9:30
Master M.W	Weighted Throw	Fri. 4:00	Discus Circle					
Para-Throws			Club Throw	Fri.7:00*	Sat.1:00*	Sat.5:00*		Sat.4:00*

*circle near Javelin

Pacific Invitational

Event List-By Age Group

Event # Girls 9 years

- 1 Women 9 Year Olds 60 Meter
- 2 Women 9 Year Olds 100 Meter
- 3 Women 9 Year Olds 600 Meter
- 4 Women 9 Year Olds 1000 Meter
- 5 Women 9 Year Olds 60 Meter Hurdles
- 6 Women 9 Year Olds High Jump
- 7 Women 9 Year Olds Long Jump
- 8 Women 9 Year Olds Shot Put 2 kg
- 9 Women 9 Year 4 X 100 RELAY

Girls 10 years

- 19 Women 10 Year Olds 60 Meter
- 20 Women 10 Year Olds 100 Meter
- 21 Women 10 600 Meter Run
- 22 Women 10 Year Olds 1000 Meter
- 23 Women 10 Year Olds 60 Meter Hurdles
- 24 Women 10 Year Olds High Jump
- 25 Women 10 Year Olds Long Jump
- 26 Women 10 Year Olds Discus Throw
- 27 Women 10 Year Olds Javelin Throw
- 28 Women 10 Year Olds Shot Put
- 29 Women 10 Year 4 X 100 RELAY

Girls 11 years

- 41 Girls 11 Year Olds 60 Meter
- 42 Women 11 Year Olds 100 Meter
- 43 Women 11 Year Olds 200 Meter
- 44 Women 11 Year Olds 600 Meter
- 45 Women 11 Year Olds 1000 Meter
- 46 Women 11 Year Olds 60 Meter Hurdles
- 47 Women 11 Year Olds High Jump
- 48 Women 11 Year Olds Long Jump
- 49 Women 11 Year Olds Discus Throw
- 50 Women 11 Year Olds Javelin Throw
- 51 Women 11 Year Olds Shot Put
- 52 Women 11 Year 4 X 100 RELAY

Women 12 years

Event # Boys 9 years

- 10 Men 9 Year Olds 60 Meter
- 11 Men 9 Year Olds 100 Meter
- 12 Men 9-10 600 Meter
- 13 Men 9 Year Olds 1000 Meter Run
- 14 Men 9 Year Olds 60 Meter Hurdles
- 15 Men 9 Year Olds High Jump
- 16 Men 9 Year Olds Long Jump
- 17 Men 9 Year Olds Shot Put 2 kg
- 18 Men 9 Year 4 X 100 RELAY

Boys 10 years

- 30 Men 10 Year Olds 60 Meter
- 31 Men 10 Year Olds 100 Meter
- 32 Men 9-10 600 Meter Run
- 33 Men 10 Year Olds 1000 Meter
- 34 Men 10 Year Olds 60 Meter Hurdles
- 35 Men 10 Year Olds High Jump
- 36 Men 10 Year Olds Long Jump
- 37 Men 10 Year Olds Discus Throw
- 38 Men 10 Year Olds Javelin Throw
- 39 Men 10 Year Olds Shot Put
- 40 Men 10 Year 4 X 100 RELAY

Men 11 years

- 53 Boys 11 Year Olds 60 Meter
- 54 Men 11 Year Olds 100 Meter
- 55 Men 11 Year Olds 200 Meter
- 56 Men 11 Year Olds 600 Meter
- 57 Men 11 Year Olds 1000 Meter
- 58 Men 11 Year Olds 60 Meter Hurdles
- 59 Men 11 Year Olds High Jump
- 60 Men 11 Year Olds Long Jump
- 61 Men 11 Year Olds Discus Throw
- 62 Men 11 Year Olds Javelin Throw
- 63 Men 11 Year Olds Shot Put
- 64 Men 11 Year 4 X 100 RELAY

Men 12 years

65 Women 12 Year Olds 100 Meter
66 Women 12 Year Olds 200 Meter
67 Women 12 Year Olds 300 Meter
68 Women 12 Year Olds 800 Meter
69 Women 12-13 1200 Meter
70 Women 12 Year Olds 80 Meter Hurdles
71 Women 12 Year Olds 200 Meter Hurdles
72 Women 12 Year Olds High Jump
73 Women 12 Year Olds Long Jump
74 Women 12 Year Olds Discus Throw
75 Women 12 Year Olds Hammer Throw
76 Women 12 Year Olds Javelin Throw
77 Women 12 Year Olds Shot Put
78 Women 12 Year 4 X 100 RELAY

Women 13 years

93 Women 13 Year Olds 100 Meter
94 Women 13 Year Olds 200 Meter
95 Women 13 Year Olds 300 Meter
96 Women 13 Year Olds 800 Meter
97 Women 12-13 1200 Meter Run
98 Women 13 Year Olds 2000 Meter
99 Women 13 Year Olds 80 Meter Hurdles
100 Women 13 Year Olds 200 Meter Hurdles
101 Women 13 Year Olds High Jump
102 Women 13 Year Olds Long Jump
103 Women 13 Year Olds Triple Jump
104 Women 13 Year Olds Discus Throw
105 Women 13 Year Olds Hammer Throw
106 Women 13 Year Olds Javelin Throw
107 Women 13 Year Olds Shot Put
108 Women Pole Vault
109 Women 13Year 4 X 100 RELAY

14 Women Midget

127 Women 14-15 100 Meter
128 Women 14-15 200 Meter
129 Women 14-15 300 Meter
130 Women 14-15 800 Meter
131 Women 14-15 1200 Meter
132 Women 14-15 2000 Meter
133 Women 14-15 80 Meter Hurdles
134 Women 14-15 200 Meter Hurdles
135 Women 14-15 1500 Meter Steeplechase
136 Women 14-15 High Jump

79 Men 12 Year Olds 100 Meter
80 Men 12 Year Olds 200 Meter
81 Men 12 Year Olds 300 Meter
82 Men 12 Year Olds 800 Meter
83 Men 12-13 1200 Meter Run
84 Men 12 Year Olds 80 Meter Hurdles
85 Men 12 Year Olds 200 Meter Hurdles
86 Men 12 Year Olds High Jump
87 Men 12 Year Olds Long Jump
88 Men 12 Year Olds Discus Throw
89 Men 12 Year Olds Hammer Throw
90 Men 12 Year Olds Javelin Throw
91 Men 12 Year Olds Shot Put
92 Men 12 Year 4 X 100 RELAY

Men 13 years

110 Men 13 Year Olds 100 Meter Dash
111 Men 13 Year Olds 200 Meter Dash
112 Men 13 Year Olds 300 Meter Dash
113 Men 13 Year Olds 800 Meter Run
114 Men 13 1200 Meter Run
115 Men 13 Year Olds 2000 Meter Run
116 Men 13 Year Olds 80 Meter Hurdles
117 Men 13 Year Olds 200 Meter Hurdles
118 Men 13 Year Olds High Jump
119 Men 13 Year Olds Long Jump
120 Men 13 Year Olds Triple Jump
121 Men 13 Year Olds Discus Throw
122 Men 13 Year Olds Hammer Throw
123 Men 13 Year Olds Javelin Throw
124 Men 13 Year Olds Shot Put
125 Men 13 Pole Vault
126 Men 13 Year 4 X 100 RELAY

14 Men Midget

145 Men 14-15 100 Meter
146 Men 14-15 200 Meter
147 Men 14-15 300 Meter
148 Men 14-15 800 Meter
149 Men 14-15 1200 Meter
150 Men 14-15 2000 Meter
151 Men 14-15 100 Meter Hurdles
152 Men 14-15 200 Meter Hurdles
153 Men 14-15 1500 Meter Steeplechase
154 Men 14-15 High Jump

137 Women 14-15 Long Jump
138 Women 14-15 Triple Jump
139 Women 14-15 Discus Throw
140 Women 14-15 Hammer Throw
141 Women 14-15 Javelin Throw
142 Women 14-15 Shot Put
143 Women 14-15 Pole Vault
144 Women 14-15 Year 4 X 100 RELAY

15 Women Midget

163 Women 14-15 100 Meter
164 Women 14-15 200 Meter
165 Women 14-15 300 Meter
166 Women 14-15 800 Meter
167 Women 14-15 1200 Meter
168 Women 14-15 2000 Meter
169 Women 14-15 80 Meter Hurdles
170 Women 14-15 200 Meter Hurdles
171 Women 14-15 1500 Meter Steeplechase
172 Women 14-15 High Jump
173 Women 14-15 Long Jump
174 Women 14-15 Triple Jump
175 Women 14-15 Discus Throw
176 Women 14-15 Hammer Throw
177 Women 14-15 Javelin Throw
178 Women 14-15 Shot Put
179 Women 14-15 Pole Vault
180 Women 14-15 Year 4 X 100 RELAY

16-17 Women Youth

199 Women Heptathlon
200 Women 16-17 100 Meter
201 Women 16-17 200 Meter
202 Women 16-17 400 Meter
203 Women 16-17 800 Meter
204 Women 16-17 1500 Meter
205 Women 16-17 3000 Meter
206 Women 16-17 2000 Meter Steeplechase
207 Women 16-17 100 Meter Hurdles
208 Women 16-17 300 Meter Hurdles
209 Women 16-17 Shot Put
210 Women 16-17 High Jump
211 Women 16-17 Long Jump
212 Women 16-17 Triple Jump
213 Women 16-17 Discus Throw

155 Men 14-15 Long Jump
156 Men 14-15 Triple Jump
157 Men 14-15 Discus Throw
158 Men 14-15 Hammer Throw
159 Men 14-15 Javelin Throw
160 Men 14-15 Shot Put
161 Men 14-15 Pole Vault
162 Men 14-15 Year 4 X 100 RELAY

15 Men Midget

181 Men 14-15 100 Meter
182 Men 14-15 200 Meter
183 Men 14-15 300 Meter
184 Men 14-15 800 Meter
185 Men 14-15 1200 Meter
186 Men 14-15 2000 Meter
187 Men 14-15 100 Meter Hurdles
188 Men 14-15 200 Meter Hurdles
189 Men 14-15 1500 Meter Steeplechase
190 Men 14-15 High Jump
191 Men 14-15 Long Jump
192 Men 14-15 Triple Jump
193 Men 14-15 Discus Throw
194 Men 14-15 Hammer Throw
195 Men 14-15 Javelin Throw
196 Men 14-15 Shot Put
197 Men 14-15 Pole Vault
198 Men 14-15 Year 4 X 100 RELAY

16-17 Men Youth

218 Men 16-17 100 Meter
219 Men 16-17 200 Meter
220 Men 16-17 400 Meter
221 Men 16-17 800 Meter
222 Men 16-17 1500 Meter
223 Men 16-17 3000 Meter
224 Men 16-17 2000 Meter Steeplechase
225 Men 16-17 110 Meter Hurdles
226 Men 16-17 300 Meter Hurdles
227 Men 16-17 Shot Put
228 Men 16-17 High Jump
229 Men 16-17 Long Jump
230 Men 16-17 Triple Jump
231 Men 16-17 Discus Throw
232 Men 16-17 Hammer Throw

214 Women 16-17 Hammer Throw
215 Women 16-17 Javelin Throw
216 Women 16-17 Pole Vault
217 Women 16-17 Year 4 X 100 RELAY

18-19 Women Junior

237 Women Heptathlon
238 Women 18-19 100 Meter
239 Women 18-19 200 Meter
240 Women 18-19 400 Meter
241 Women 18-19 800 Meter
242 Women 18-19 1500 Meter
243 Women 18-19 3000 Meter
244 Women 18-19 2000 Meter Steeplechase
245 Women 18-19 100 Meter Hurdles
246 Women 18-19 400 Meter Hurdles
247 Women 18-19 High Jump
248 Women 18-19 Long Jump
249 Women 18-19 Triple Jump
250 Women 18-19 Discus Throw
251 Women 18-19 Shot Put
252 Women 18-19 Hammer Throw
253 Women 18-19 Javelin Throw
254 Women 18-19 Pole Vault
255 Women 18-19 Year 4 X 100 RELAY

20 + Women Senior

401 Women 20+ Heptathlon
275 Women 20 + 100 Meter
276 Women 20 + 200 Meter
277 Women 20 + 400 Meter
278 Women 20 + 800 Meter
279 Women 20 + 1500 Meter
280 Women 20 + 3000 Meter
281 Women 20 + 3000 Meter Steeplechase
282 Women 20 + 100 Meter Hurdles
283 Women 20 + 400 Meter Hurdles
284 Women 20 + High Jump
285 Women 20 + Long Jump
286 Women 20 + Triple Jump
287 Women 20 + Shot Put
288 Women 20 + Discus Throw
289 Women 20 + Hammer Throw
290 Women 20 + Javelin Throw
291 Women 20 + Pole Vault

233 Men 16-17 Javelin Throw
234 Men Pole Vault
235 Men Octathlon (not offered in 2012)
236 Men 16-17 Year 4 X 100 RELAY
401 Men Octathlon

18-19 Men Junior

256 Men Decathlon
257 Men 18-19 100 Meter
258 Men 18-19 200 Meter
259 Men 18-19 400 Meter
260 Men 18-19 800 Meter
261 Men 18-19 1500 Meter
262 Men 18-19 3000 Meter
263 Men 18-19 3000 Meter Steeplechase
264 Men 18-19 110 Meter Hurdles
265 Men 18-19 400 Meter Hurdles
266 Men 18-19 High Jump
267 Men 18-19 Long Jump
268 Men 18-19 Triple Jump
269 Men 18-19 Discus Throw
270 Men 18 19 Javelin Throw
271 Men 18-19 Shot Put
272 Men 18-19 Hammer Throw
273 Men 18-19 Pole Vault
274 Men 18-19 Year 4 X 100 RELAY

20 + Men Senior

402 Men 20+ Decathlon
294 Men 20 + 100 Meter
295 Men 20 + 200 Meter
296 Men 20 + 400 Meter
297 Men 20 + 800 Meter
298 Men 20 + 1500 Meter
299 Men 20 + 3000 Meter
300 Men 20 + 3000 Meter Steeplechase
301 Men 20 + 110 Meter Hurdles
302 Men 20 + 400 Meter Hurdles
303 Men 20 + High Jump
304 Men 20 + Long Jump
305 Men 20 + Triple Jump
306 Men 20 + Discus Throw
307 Men 20 + Javelin Throw
308 Men 20 + Shot Put
309 Men 20 + Hammer Throw
310 Men 20 + Pole Vault

292 Women 20 + Year 4 X 100 RELAY
293 Open Womens Racewalk 3000m

Master Women 35+

403 Women 35+ Heptatlon
313 Women 35 + 100 Meter
314 Women 35 + 200 Meter
315 Women 35 + 400 Meter
316 Women 35 + 800 Meter
317 Women 35 + 1500 Meter
318 Women 35 + 3000 Meter
319 Women 35 + 2000 Meter Steeplechase
320 Women 35 -39 100 Meter Hurdles
321 Women 40-49 80 Meter Hurdles
322 Women 50 +59 m 80 Meter Hurdles
323 Women 60 + 80Meter Hurdles
324 Women 35-49 400 Meter Hurdles
325 Women 50-59 300 Meter Hurdles
326 Women 60-100 300/200 Meter Hurdles
327 Women 35 + High Jump
328 Women 35 + Long Jump
329 Women 35 + Triple Jump
330 Women 35 + Discus Throw
331 Women 35 + Hammer Throw
332 Women 35 + Javelin Throw
333 Women 35 + Shot Put
334 Women 35 + Weight Throw
335 Women 35 +Pole Vault
336 Women 35 + Year 4 X 100 RELAY
337 Women 35 + Racewalk 3000m

Wheelchair

368 Men 100 Meter Wheelchair
369 Men 200 Meter Wheelchair
370 Men 400 Meter Wheelchair
371 Men 800 Meter Wheelchair
372 Men 1500 Meter Wheelchair
373 Men Wheelchair Shot Put
374 Men Wheelchair Discus
375 Men Javelin Wheelchair

376 Women 100 Meter Wheelchair
377 Women 200 Meter Wheelchair
378 Women 400 Meter Wheelchair
379 Women 800 Meter Wheelchair

311 Men 20 + Year 4 X 100 RELAY
312 Open Mens Racewalk 3000m

Master Men 35+

404 Men 35+ Decathlon
338 Men 35-59 100 Meter
339 Men 60-100 100 Meter
340 Men 35-59 200 Meter
341 Men 60-100 200 Meter
342 Men 35 + 400 Meter
343 Men 35 + 800 Meter
344 Men 35 + 1500 Meter
345 Men 35 + 3000 Meter
346 Men 60-74 2000 Meter Steeplechase
347 Men 35-59 3000 Meter Steeplechase
348 Men 35-49 110 Meter Hurdles
349 Men 50-59 100 Meter Hurdles
350 Men 60-69 100 Meter Hurdles
351 Men 70-79 80 Meter Hurdles
352 Men 80 +80 Meter Hurdles
353 Men 35-49 400 Meter Hurdles
354 Men 50-59 400 Meter Hurdles
355 Men 60-69 300 Meter Hurdles
356 Men 70-100 300/200 Meter Hurdles
357 Men 35 + Long Jump
358 Men 35 + High Jump
359 Men 35 + Triple Jump
360 Men 35 +Discus Throw
361 Men 35 + Hammer Throw
362 Men 35 + Javelin Throw
363 Men 35 + Shot Put
364 Men 35 + Weight Throw
365 Men 35 + Pole Vault
366 Men 35 + Year 4 X 100 RELAY
367 Men 35 + Racewalk 3000m

Ambulatory (Visually Impaired, CP, Amputee)

384 Men 100m
385 Men 200m
386 Men 400m
387 Men 800m
388 Men LONG JUMP
389 Men HIGH JUMP
390 Men SHOT PUT
391 Men JAVELIN

380 Women 1500 Meter Wheelchair
381 Women Wheelchair Shot Put
382 Women Wheelchair Discus
383 Women Wheelchair Javelin
403 Mixed Club Throw

392 Women 100m
393 Women 200m
394 Women 400m
395 Women 800m
396 Women LONG JUMP
397 Women HIGH JUMP
398 Women SHOT PUT
399 Women JAVELIN
400 Women DISCUS

Little Rascals (Age 6,7,8)

401 Girls 4 event- 50 meters, Ball Throw, Standing Long Jump, mini-hurdles
402 Boys 5 event- 50 meters, Ball Throw, Standing Long Jump, mini-hurdles

34th Pacific Open Invitational

June 14, 15, 16th, 2013

Cost Summary Page:

Name of Club/School _____

Contact

Name _____ Email _____

Phone Home _____ Cell _____

Address: _____

City/Province/State _____

Entries must be received by Deadline: 10 pm, June 9, 2013

Total Number of Junior Development to Open Events Entered _____ X \$8= _____

Total Number of Women's Heptathlon/Decathlon Entries _____ X \$25= _____

Total Number of Wheelchair/Para-Athletic Events Entered _____ X \$8 = _____

Total Number of Masters Events Entered _____ X \$15= _____

Total Number of Relays Teams Entered _____ X \$10= _____

Total Number of Late Fee Events JD-Open _____ X \$15= _____

Total Number of Late Fee Events Masters _____ X \$25= _____

Total Amount Owing _____

Please make cheque payable to Langley Mustangs Track and Field

Send Entries to Shirley Young chedro@telus.net (preferred)

Mailed entries to be sent to: 17486 58A Avenue Cloverdale V3S 1M8