

35th Annual Pacific Invitational



On behalf of the Langley Mustangs, we extend a warm welcome and to all participating 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 13th, 14th, 15th, 2014

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

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

ENTRIES (US dollars at Par) DEADLINE midnight, Sunday June 7th, 2014

➤ **ALL ENTRIES WILL BE DONE THROUGH TrackieREG**
<http://www.trackie.com/online-registration/>

➤ All individual non-Masters fees are \$8.00 per event (except the multi-events which are \$25).

Divisions:

- Master's: \$10.00 per event Relays: \$10 per team
- Little Rascals: \$10 for all 4 events combined

➤ Junior Development (J.D.): Born in 2001-2005 (9 -13) single age groupings.

➤ Midget: Born in 1999,2000 Youth Born in 1998-97 (16-17),

Junior (Jr.) Born in 1996-95 (18/19) Open (ages 20-34)

14 year olds and 15 year olds will complete and be scored together.

➤ Little Rascals (age 6,7,8)

Late Registration and Fee

➤ After, June 7th, 2014, all late entries will be charged \$20.00 for each event Junior Development through Open. Master's late entries are \$25.00. Late entries will be done at the track.

➤ Late entries may not receive correct seeding

➤ Day of the Meet entries will be accepted for the 4 X100 meter relay until the end of Saturday, June 15th, 2014 with no late fee.

Finalists

➤ 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**

Facility:

➤ 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

Sprint Hurdles 9 year old-Open.

- 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
- 400M Hurdles for Junior, Open

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

2014 Track Schedule

Friday Steeplechase 6:30 pm (1500M, 2000M, 3000M)

Racewalk 7:30pm (3000m)

Heptathlon Friday 5:45pm 100m Hurdles, 8:15pm 200M

Saturday 800 meters 2:15pm

Track Events Order Wheelchair, Masters- 2005, Women then Men

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

4 X100 relays are competed in the following age groups, 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

NO MASTER'S HURDLES

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**

2014 Field Schedule

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