

37th Annual Pacific Invitational Track & Field Meet



June 17 - 19, 2016

**McLeod Athletic Park
58 Avenue & 214 Street, Langley BC**

On behalf of the Langley Mustangs, we extend a warm welcome to the close to 1,000 athletes from JD to Masters who are expected to participate in this year's event!

The venue this year is McLeod Athletic Park in Langley, British Columbia, Canada, site of both the 2013 and 2014 Legion National Youth Championships.

This meet is officially sanctioned BC Athletics and 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
brent_dolfo@yahoo.ca
(604) 533-0453

LATE ENTRIES ONLY: Shirley Young
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604-575-7990

ENTRIES (US dollars at Par) DEADLINE midnight, Sunday, June 12, 2016:

- **ENTRIES WILL BE DONE THROUGH TrackieREG:**
<http://www.trackie.com/online-registration>
- All individual fees are \$10 per event
- Little Rascals: \$10 for all 4 events combined. Registration at the track only.

Late Registration and Fee

- **After, June 12, 2016, all late entries will be charged \$20 per event**
- **Late entries may not receive correct seeding**

Divisions:

- Junior Development (J.D.): (9 -13 yrs) single age groupings
- Midget (14-15 yrs), Youth (16-17 yrs), Junior (18/19 yrs), Open (20-34 yrs)
- Little Rascals (age 6,7,8 yrs)
- Masters (scored as single entry group)

BC Athletics Membership

- All Masters must be a BCA member or equivalent in another jurisdiction to complete
- Schools with BCA membership should use school number for the membership number
- US Athletes with USATA membership, please enter "USATA" in membership field when registering via Trackie

Masters Event Scoring

- **Due to anticipated high number of entrants, all masters throws and horizontal jumps will be limited to 4 attempts**
- **All Masters Medals will be determined on "age-graded" scoring**

Finalists – 60M & 100M

- **60/100M events with 8 or fewer competitors will be run as a final at the time of the heats**
- All other track events will run as Timed Finals
- **Finalists will be determined by heat winners and next fastest times to fill lanes**

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Track Events

- Events may be run up to 30 minutes earlier than the scheduled time

Hurdles

- 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

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 will receive 3 attempts
- Midget through Open receive 3 attempts; top eight qualify for 3 additional attempts

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. Ribbons: 4th through 8th.
- Medals MUST be picked up at the meet – there will be NO mail out of medals or ribbons

Protests

- After discussion with the event referee, further protest must be submitted in writing to the Chief of Officials and the Jury of Appeal within 30 minutes of the posting of the results
- A \$25.00 protest fee is to accompany all protests. If the protest is upheld then the protest fee will be returned
- JURY OF APPEAL: A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All Jury of Appeal decisions are final

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TRACK SCHEDULE

SATURDAY		SUNDAY	
8:30 am	3000/2000m	8:45 am	Distance Hurdles 400, 300,200m Hurdles
9:45 am	Sprint Hurdles 110,100,80,60m Hurdles	9:30 am	1500/1200/1000m
12:15 pm	200m Timed Finals	11:15 am	100m Heats
2:15 pm	60m Heats (Junior Development)	1:30 pm	Little Rascals Race
3:15 pm	800/600m	1:45 pm	400m Wheelchair
4:00 pm	60m Finals	1:50 pm	100m Finals
		2:45 pm	400/300m Finals

Important Notes:

- Track events will run Wheelchair (100 – 1500m), then Oldest to Youngest Women and then Men with the Exception of Hurdles which will run by event Distance - longest to shortest
- **Little Rascals'** (age 6,7,8) 4 events of ball throw, hurdles, standing long jump and 50 meters starts on the infield, **Sunday at 11:30 am.** Registration for Little Rascals at the track only.
- If there are 8 runners or less, events will run as finals during the scheduled heats
- **60M/100M finalists will be determined by heat winners plus fastest times to fill available lanes**
- Track events are a rolling start and may run up to 30 minutes ahead of schedule

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FRIDAY FIELD EVENTS

	Shot Put	Hammer	Weight Throw
3:00			Masters W
4:15			Masters M
5:45	SP, Club Throw Para	Masters W	
7:00		Masters Men	

SATURDAY FIELD EVENTS

	High Jump Pit A	High Jump Pit B	Long Jump Pit A	Long Jump Pit B	Pole Vault	Shot Put	Discus	Javelin
8:30			10 M				12,13 W	
9:00	Midget W	12 M		11 W	13M and W, Midget W, Masters W and M (under 3m)	Midget M		Masters M
9:30			Youth M (9:45)				12,13 M	
10:00	Masters M			12 G (10:15)		10 M		
10:30		13 W	13M		Youth, Jr, Midget, Open Masters M		Para	Masters W
11:00						Midget W		
11:30		10W	Masters M				Midget, Youth Jr, Open M	13 M
12:00	Youth, Jr, Open M			12M		11 G		
12:30			Youth, Jr Open W				10,11 B	Youth W
1:00		Masters W		9 W		12 G		
1:30	11W		10W				Midget, Youth, Jr Open W	Midget W
2:00				11 M	Youth, Jr, Open, Masters W	11 B		
2:30			13 W				10,11 W	12 W
3:00						12 B		
3:30				Midget M			Masters W	13 W
4:00			Jr,Open M			13 M		
4:30							Masters M	

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SUNDAY FIELD EVENTS

	High Jump Pit A	High Jump Pit B	Long Jump Pit B	Triple Jump Pit A	Triple Jump Pit B	Shot Put	Hammer	Javelin
8:30						9 M		
9:00	9 W							10, 11 M
9:30				Masters M	Youth, Junior, Masters Open, W	Youth Jr, Open M		
10:00	9M	13M					12,13 M	10,11 W
10:30					Youth, Midget, Jr, Open M	Youth, Jr, Open W		
11:00			9 M				12, 13 W	Youth, Midget M
11:30	Midget M	10 M			13W	Master W		
12:00							Midget, W	Jr, Open W
12:30	11 M			Midget W	13M	Masters M		
1:00		Youth, Jr, Open W					Jr, Open W	12 M
1:30					Masters W LONG JUMP	10 W		
2:00	12 W		Midget W			9 W	Midget, Youth, Junior, Open Men	Jr Open, M
3:00						13 W		

NOTE: Youth Hammer Women will compete with Junior Hammer Women