

## About the 2018 Valley Royals Vaisakhi Festival Track & Field Meet

**Valley Royals**  
Track & Field Club  
valleyroyals.ca

### Vaisakhi Festival

### Track & Field Meet

**Sunday**  
April 15, 2018  
9am to 4pm

**Venue:**  
Rotary Stadium,  
Abbotsford, BC

**Highlights of the Day:**

- \*BC Athletics Sanction Meet
- \*Open to All Clubs & Individuals
- \*Lots of Door Prizes & Awards
- \*All Ages & Abilities encouraged
- \*Family Events, Relays & Tug of War
- \*Traditional Dress, Bhangra, Gatka, & Dastar Competitions
- \*Langar (Free Lunch) for all

**FREE**  
Admission &  
Participation

**REGISTRATION ALERT:** For insurance reasons, participants without a BC Athletics membership number must Pre-Register in TRACKIE BEFORE April 12, 2018 (Only BC Athletics Members can register on site the day of the meet). If you have any questions or require any help with the registration process, please contact Debbie Focle at [debbieandabresia@hotmail.com](mailto:debbieandabresia@hotmail.com)

**PROUDLY SUPPORTED BY:**

For More Info or Registration for Track & Field Events go to  
[WWW.VALLEYROYS.CA](http://WWW.VALLEYROYS.CA)

The Vaisakhi Meet is a fusion of Western athletic track & field events and East-Indian/Punjabi athletic demonstrations and cultural events. This meet attracts track & field athletes from clubs across the Lower Mainland as well as novice athletes from the Abbotsford area who are interested in giving track & field a try.

All athletic events will be provided for free (no registration cost) thanks to generous sponsors of the event. From 12-noon to 2:00 PM a traditional Vaisakhi Langar Lunch is provided for free. There will be special events such as Bhangra Dance, Henna Hand Painting and Turban Tying on the Community Stage and a demonstration of the Indian-style martial art of "Gatka".

The Valley Royals has invited "Special Olympics" athletes to participate in this year's track & field events and have asked them to demonstrate "Mini Javelin" a throws event that is unique to "Special - O" which uses a Practice Javelin (originally designed to serve as a safely-tipped practice implement)

There will be some special guest dignitaries speaking briefly to welcome the diverse group of people who will be coming together to enjoy this event. Everyone is welcome to view the athletic and cultural events provided. To register online to participate in the free Track & Field events being offered throughout the day go to [ValleyRoyals.ca](http://ValleyRoyals.ca) and click on the link to Trackie Online Registration. The Deadline for Registration is Thursday April 12th and the Meet is on SUNDAY April 15th at Rotary Stadium in Abbotsford.