

Valley Royals Vaisakhi Festival Track Meet
ROLLING SCHEDULE
Sunday, April 15, 2018 at Rotary Stadium - Abbotsford

Track events

Youngest to oldest and female then male

Field Events

JD's 3 throws/Jumps

14 to Open 3 throws / Jumps top 8 get 3 more

** Masters are welcome to compete in the Open category

9:00am	Coaches Meeting		
9:30am	100m Hurdles YOUTH F only 100m Special Olympics (SO) 110m Hurdles YOUTH M only		
9:45 am	60m F Age 9 – 11 (2007 – 2009) 60m M Age 9 – 11 (2007 – 2009) 100m F Age 12 – Open (2006 & up) 100m Special Olympics (SO) 100m M Age 12 – Open (2006 & up)	10:00 am	SP F Age 14 to Open (2004 & Up) SP SO LJ M Age 14 to open (2004 & Up) HJ F Age 14 to Open (2004 & Up)
10:45am	Opening Ceremonies Athletes and parents please be seated in the Stands with your Club		
11:00 am	600m F Age 9 – 11 (2007 – 2009) 600m SO 600m M Age 9 – 11 (2007 – 2009) 800m F Age 12 to Open (2006 & up) 800m M Age 12 to Open (2006 & up)	11:00 am	SP F Age 9 – 13 (2005 – 2009) LJ F Age 14 to open (2004 & Up) HJ M Age 14 to Open (2004 & Up)
11:45 am	Kids Fun Race – 50m or less – Ages 8 and under – Parent Participation encouraged		
11:45 am – 12:15 pm BC Athletics Officials – Lunch Break 12:00-2:00 FREE Vaisakhi Festival Lunch			
		12:15 pm	SP M Age 9 – 13 (2005 – 2009) LJ M Age 9 – 13 (2005 – 2009) HJ F Age Age 9 – 13 (2005 – 2009)
12:15 pm	200m F Age 11 (2007 only) 200m M Age 11 (2007 only) 300m F Age 12 – 15 (2006 – 2003) 300m M Age 12 – 15 (2006 – 2003) 400m F Age 16 to Open (2002 & up) 400m M Age 16 to Open (2002 & up)	1:00 pm	Race Walk Instruction & Mini-Javelin Demonstrations
1:00 pm	1200m F Age 12 – 15 (2006 – 2003) 1200m M Age 12 – 15 (2006 – 2003) 1500m F Age 16 to Open (2002& up) 1500m M Age 16 to Open (2002 & up)	1:00 pm	SP M Age 14 to open (2004 & Up) LJ F Age 9 – 13 (2005 – 2009) HJ M Age Age 9 – 13 (2005 – 2009)
1:45 pm	*800m Exhibition Racewalk Event	1:45 pm	Mini-Javelin Exhibition Event
2:00 pm	*Team 4 x 100 Relay (2M & 2F per team) *Tug-of-War (Form Teams at Registration Tent) *Family 4 x 100 Relay (1 parent and 1 grandparent (if possible) per team)		

*BC Athletics Officials not required