

# Valley Royals Vaisakhi Festival Track Meet

## ROLLING SCHEDULE

### Friday and Saturday, April 12<sup>th</sup> and 13<sup>th</sup>, 2019

#### Gerry & Jane Swan Track, 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

Schedule subject to change depending on registration.



**Special Olympics**  
British Columbia



### Friday April 12, 2019

Friday Throws Night	Throws Cage (at Rugby Field East of Rotary Stadium)
4:00pm	Hammer F age 14 – Open (2005 & Older)
5:00pm	Hammer M age 14 – Open (2005 & Older)
6:00pm	Discus F age 14 – Open (2005 & Older)
7:00pm	Discus M age 14 – Open (2005 & Older)

### Saturday April 13, 2019

8:30-10am	LEVEL 1 Officials Workshop		
9:30am	Coaches Meeting	9:30am	Coaches Meeting
	<b>Track</b>		<b>Field</b>
10:00 am	80 m Hurdles F 14 - 15 (2005 - 2004)	10:00 am	SP M Age 9 - 13 (2006 - 2010)
	100 m Hurdles M 14 – 15 (2005–2004)		
	100m Hurdles F 16 to Open (2003 & older)		LJ M Age 14 to Open (2005 & Older) Including Special Olympics
	100m Hurdles Special Olympics (SO)		HJ F Age 14 to Open (2005 & Older)
	110 m Hurdles M 16 to Open (2003 & older)		Javelin F 14 to Open (2005 & older) Including Special Olympics
11:00 am	60m F Age 9 – 11 (2008 – 2010)		
	60m M Age 9 – 11 (2008 – 2010)	11:00am	SP F Age 14 to Open (2005 & Older) including Special Olympics
	100m F Age 12 – Open (2007 & Older)		LJ M Age 9 – 13 (2006 – 2010)
	100m Special Olympics (SO)		Javelin M age 14 to Open (2005 & Older) Including Special Olympics
	100m M Age 12 – Open (2007 & Older)		
11:55 pm	Kids Fun Race – 50m or less – Ages 8 and under		

**11:55 am Coaches, Athletes, Parents: Please be seated in the stands with your club**

**12:00 noon Welcome, Opening Ceremonies, Cultural Performances & Parade to Langar at 12:30**

12:00	BC Athletics Officials – Lunch Break		
12:30 pm	600m F Age 9 – 11 (2008 – 2010)	12:30 pm	SP F Age 9 – 13 (2008 – 2010)
	600m M Age 9 – 11 (2008 – 2010)		LJ F Age 14 to open (2005 & Older) Including Special Olympics
	800m Special Olympics		HJ M Age 14 to Open (2005 & Older)
	800m F Age 12 to Open (2007 & Older)		
	800m M Age 12 to Open (2007 & Older)		

**1:00 pm Free Vaisakhi Festival Lunch Opens for Athletes and Spectators**

	Track		Field
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**1 - 4 pm Free Vaisakhi Festival Lunch for Athletes and Spectators**

**This is an authentic Vaisakhi Langar ~ a meal for lingering, relaxing and socializing**  
 As a symbol of humbleness and equality, everyone is invited to participate in the Langar tradition of removing shoes, wearing a head covering (provided), and being seated on the ground (tables/chairs available if needed)

		1:00 pm	PV M & F age 14 to open (2005 & older) Weather Permitting & may last longer than an hour
1:30 pm	200m F Age 11 - open (2008 & older)	1:15 pm	SP M Age 14 to open (2005 & Older) Including Special Olympics
	200m M Age 11 - open (2008 & older)		LJ F Age 9 – 13 (2006 – 2010)
	200m Special Olympics		Javelin F 14 to Open (2005 & older) Including Special Olympics
2:30 pm	300m F Age 12 – 15 (2007 – 2004)	1:45 pm	HJ M Age 9 – 13 (2006 – 2010)
	300m M Age 12 – 15 (2007 – 2004)		
	400m F Age 16 to Open (2003 & up)	2:00 pm	Mini-Javelin Exhibition Event
	400m M Age 16 to Open (2003 & up)		
	400 Special Olympics	3:00 pm	HJ F Age 9 – 13 (2006 – 2010)
3:15 pm	1200m F Age 12 – 15 (2007 – 2004)		
	1200m M Age 12 – 15 (2007 – 2004)		
	1500m F Age 16 to Open (2003& up)		
	1500m M Age 16 to Open (2003 & up)		
	1500 m Special Olympics		

**Thank you for joining us! Stadium Tidy-Up put all recycling or trash in the bins on your way out**