



VALLEY ROYALS In-Club Youth Performance Trials (Sanctioned)
Sunday June 27, 2021 12PM to 5PM

Events: Long Jump, Highjump, Shot Put, 100m, Sprint Hurdles, 800/600m, 200, 400, Distance Hurdles
CSI/HP Events available (Canadian Sport Institute / High Performance)

Location: Rotary Stadium – 32470 Haida Drive, Abbotsford, BC

ROLLING SCHEDULE - YOUNGEST TO OLDEST – APPROXIMATE TIMES NOTED ON ATTACHED SCHEDULE

Registration: Link to Trackie registration will be posted on website and social media

NOTE: Please register ASAP. We may have to limit the number of participants per event. If the event is too full, the event may be closed to new entries.

Deadline is NOON June 25, 2021. – NO LATE ENTRIES ALLOWED

Entry Fee: \$10 per athlete – Valley Royals Members
\$20 per athlete – Non Members

General Info:

Event performances will be published as official results. However, placement and awards will not be given as competition is not permitted under the current provincial health orders.

For more information on the In-Club Youth Performance Trials, and helpful links to various webpages about the event, check out <https://valleyroyals.ca/>

If you have not done so already, get connected with the club on:

Instagram

<https://www.instagram.com/valleyroyals/>

Facebook

<https://www.facebook.com/ValleyRoyalsTrackAndFieldClub>



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SCHEDULE

TRACK – Zone 1

NOON	100 m	U9 & Older
12:30 pm	Sprint Hurdles	100m /110m Hurdles U16 & Older CSI/HP to follow (CSI/HP = Canada Sport Institute / High Performance)
1:30 PM	1500m	U18 & older CSI/HP to follow (CSI/HP = Canada Sport Institute / High Performance)
	600m	U10 & 12
	800m	U 14 & up
2:30 PM	200m	U12 and Older CSI/HP to follow (CSI/HP = Canada Sport Institute / High Performance)
3:30 PM	400m	U18 and older CSI/HP to follow (CSI/HP = Canada Sport Institute / High Performance)
4:30 PM	Distance Hurdles	300m – U16 and Masters 400m -U18 and older CSI/HP to follow (CSI/HP = Canada Sport Institute / High Performance)

FIELD

NOON	Shot Put - JD's – Zone 3 Long Jump – U16 and up –Zone 2 CSI/ HP to follow 2
1:30	Long Jump - JD's – Zone 2 Shot Put – U16 and up – Zone 3 CSI / HP to follow
2:30	High Jump – U12 & U14 - Age 10 and up only - Zone 3
3:30	High Jump – U 16 and Up – Zone 3 CSI/HP to follow