

2018 FRASER VALLEY TRACK & FIELD CHAMPIONSHIPS
MONDAY MAY 14TH , TUESDAY MAY 15TH & THURSDAY MAY 17TH

ROTARY STADIUM, ABBOSTFORD

Division: Grade 8/ Junior (Gr. 9 and 10) /Senior (Gr. 11 and 12)

Division Specific Events:

Grade 8 Girls and Boys 200m Hurdles @ 30"	Open Junior 300m Hurdles W@ 30" / M @33 1500m Steeplechase W & M @ 30" 1500m Race Walk Hammer – Women (3K) Men (5K)	Open Senior 400m Hurdles – W @ 30" M @ 36" 1500 Women's Steeple @30" 2000m Men's Steeple @ 33"
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TRACK EVENT ORDER

Senior Girls/Junior Girls/ Grade 8 Girls Senior Boys/Junior Boys/Grade 8 Boys

**EXCEPTIONS - Please refer to schedule*

Sprint Hurdle Order / Steeplechase / Intermediate Hurdles /4 X 100m & 4 X 400m Relay Finals

Day 1- Monday May 14th, 2018 - Track Schedule

Time	Event
3:00 pm	400m (Heats)
4:15 pm	3000m (Timed Finals)
5:45 pm	400m (Finals) (Para/Special O finals first) Senior Girls/Junior Girls/ Grade 8 Girls Senior Boys/Junior Boys/Grade 8 Boys
6:15 pm	1500 m Race Walk (Timed Finals)
6:45 pm	4 x100m (Heats-Jr./Sr. Divisions only)
7:45 pm	Completion of Day 1

Day 1- Monday May 14th, 2018- Field Schedule

Time	Event
3:00 pm	Shot Put- Gr. 8 Girls (3K)
	Triple Jump- Gr. 8 Boys
	Javelin- Jr. Girls (500g)
	Long Jump- Jr. Boys
	Discus- Sr. Girls (1K)
	High Jump- Sr. Boys
5:00 pm	High Jump- Gr. 8 Girls
	Shot Put- Gr. 8 Boys (4K)
	Triple Jump- Jr. Girls
	Javelin- Jr. Boys (700g)
	Long Jump- Sr. Girls
	Discus- Sr. Boys (1.75 K)
6:15	Junior Boys Discus (1.5K)

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PERCY PERRY STADIUM, COQUITLAM

Day 2- Tuesday May 15th 2018 – Track Schedule

Time	Event
3:00 pm	100m (Heats)
4:15 pm	Intermediate Hurdles – Timed Finals 400m Hurdles @36" (Sr. Boys) 400m Hurdles @ 30" (Sr. Girls) 300m Hurdles @ 33" (Jr. Boys) 300m Hurdles @ 30" (Jr. Girls) 200m Hurdles @ 30" (Gr. 8 Boys) 200m Hurdles @ 30" (Gr. 8 Girls)
5:15 pm	1500m (Timed Finals)
6:00 pm	100m (Final) (Para/Special O finals first) Senior Girls/Junior Girls/ Grade 8 Girls Senior Boys/Junior Boys/Grade 8 Boys
6:45 pm	4x 400m (Timed Finals) *Grade 8 Girls/ Boys / Jr. Girls/ Jr. Boys/ Sr. Girls/ Sr. Boys
9:00 pm	Completion of Day 2

Day 2- Tuesday May 15th, 2017 - Field Schedule

Time	Event
3:00 pm	Discus- Gr. 8 Girls (1K)
	High Jump- Gr. 8 Boys
	Shot Put- Jr. Girls (3 K)
	Triple Jump- Jr. Boys
	Javelin- Sr. Girls (600g)
	Long Jump- Sr. Boys
4:30 pm	Long Jump- Gr. 8 Girls
	Discus- Gr. 8 Boys (1K)
	High Jump- Jr. Girls
	Shot Put- Jr. Boys (5K)
	Triple Jump- Sr. Girls
	Javelin- Sr. Boys (800g)
6:00 pm	Javelin- Gr. 8 Girls (500g)
	Long Jump- Gr. 8 Boys
	Discus- Jr. Girls (1K)
	High Jump- Jr. Boys
	Shot Put- Sr. Girls (4K)
	Triple Jump- Sr. Boys

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PERCY PERRY STADIUM, COQUITLAM

Day 3- Thursday May 17th 2018 - Track Schedule

Time	Event
10:00 pm	800m (Heats)
11:00 pm	200m (Heats)
12:00 pm	*Sprint Hurdles Heats 110m Hurdles/ @36" (Sr. Boys) 100m Hurdles/@ 36"(Jr. Boys) 100m Hurdles @33" (Grade 8 Boys) 100m Hurdles / @33" (Sr. Girls) 80m Hurdles @ 30" (Jr. Girls) 80m Hurdles @ 30" (Gr. 8 Girls)
12:30 pm	Steeplechase – Timed Finals 1500m Steeplechase @ 30"(Jr. Girls) 1500m Steeplechase @ 30"(Sr. Girls) 1500m Steeplechase @ 30"(Jr. Boys) 2000m Steeplechase @ 33"(Sr. Boys)
	200m (Finals)
2:00 pm	800m (Finals)
2:40 pm	Sprint hurdles final- See Sprint Hurdles Heat for the order for the finals
3:25 pm	Individual Awards Presentation
3:30 pm	4x100m (Gr. 8 Timed Finals – Jr & Sr. Finals) *Grade 8 Girls/ Boys / Jr. Girls/ Jr. Boys/ Sr. Girls/ Sr. Boys
4:00 pm	Team Awards Presentation
4:30 pm	End of Meet

Day 3- Thursday May 17th 2018 - Field Schedule

Time	Event
9:30 am	Triple Jump- Gr. 8 Girls
	Javelin- Gr. 8 Boys (600g)
	Long Jump- Jr. Girls
	High Jump- Sr. Girls
	Hammer- Sr. Boys (6K)
10:00 pm	Boys OPEN Pole Vault
11:00 pm	Hammer- Jr. Girls (3K)
12:00 pm	Hammer – Jr. Boys (5K) Shot Put- Sr. Boys (6K)
12:30 pm	Girls OPEN Pole Vault 44. Shot Put- Para/Special O
1:30 pm	Hammer Sr. Girls (4K)

BC High School Track and Field- Technical Specifications

GIRLS	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4kg	1 kg	600 g
Junior	3 kg	3 kg	1 kg	500 g
Grade 8	3 kg	3 kg	1 kg	500 g
Boys	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

	Boys	Girls
Grade 8	100m- 33'' (0.84m)	80 m- 30'' (0.762m)
Junior	100m- 36'' (0.914m)	80m- 30'' (0.762m)
Senior	110m- 36'' (0.914m)	100m- 33'' (0.84m)
Grade 8	200m- 30'' (0.762m)	200m- 30'' (0.762m)
Junior	300m- 33'' (0.84m)	300m 30'' (0.762m)
Senior	400m- 36'' (0.914m)	400m- 30'' (0.762m)

Steeplechase Specifications

BOYS	
Junior	1500m- 30'' (0.762m) with water
Senior	1500m- 33'' (0.84m) with water
Girls	
Junior	1500m- 30'' (0.762m) with water
Senior	1500m- 30'' (0.762m) with water