

**Nick Wilkes Invitational/Classic Track and Field Meet,
Wednesday April 13th, 2016**

Electronic Timing

Hi athletes and coaches:

The Nick Wilkes Invitational: This meet is meant to focus on early season participation and experience. It is a free meet, but there will be electronic timing. This meet is part of the Maple Ridge and Coquitlam schedules, but other schools and individuals are welcome to attend the meet. Students must **bring stickers** for each event and they will be marshalled into heats at the start location of each event. Schools should register that they are coming to the meet by visiting the mrsstrackandcrosscountry.com website and clicking on the school registration link. There is no need to enter athletes' names. We will try to accommodate all athletes in the events listed.

Classic 400 and 800 meters: Instead of CLASSIC HEATS, the Marshal will do his best to pull the fastest runners from each school in order to make the heats competitive. You may want to encourage your fastest runners to step forward when the marshal asks, "Who wants to compete in the most competitive heat?"

Please Remember:

All the timers and officials are volunteers: staff members, students, parent helpers, or other coaches so be kind and patient. I have created new sections to accommodate the new standards for javelin weights and hurdle heights.

When: Wednesday, April 13th, 2016

Where: Maple Ridge Secondary School Track, 21911 122nd Avenue, Maple Ridge Secondary.

Registration: Just email Ken Elphick at kelpick@sd42.ca to let him know that your school is coming and give him an approximate number of athletes. Priority goes to Maple Ridge and Coquitlam Schools but we've always had space for schools and athletes from other districts.

Things you need to know

1. The meet will start at 3:30pm, so please be there on time. The meet can run ahead by up to 30 minutes so be at the meet early.
2. The track events (other than hurdles) are organized in (8,9) and (10, 11, 12) grade groupings. This is done for marshalling purposes. I will try to race them as 8's, Jr's, and seniors, but will combine some grades to be efficient.

3. All hurdlers, steeple chasers, and high jumpers must have spikes, especially as the weather may be rainy. I'm asking the officials to enforce this rule.
4. All athletes should have **stickers, one per event, stating their name, grade, sex, and school.** Writing these out in advance of arrival helps to keep the meet moving. Make sure they are not jumbo sized stickers.

Eg. Ken Elphick Gr. 10 Boy, MRSS

5. When an athlete finishes a running event his/her sticker will be collected. Athletes should stay in their lanes after crossing the finish lane for laned events. If they are running a non-laned event the athletes will be lined up in the order they finish and stickers will be collected.
6. Stickers are less important for field events, but they help speed up the process of collecting names.
7. There will be blocks provided. It is not compulsory that athletes use them, but they might as well give it a try.
8. As this is one of the first meets of the year for most schools, feel free to encourage your students to participate in more than one event. I have put some generous limits on entries.
9. The times on the schedule are estimates. The meet may run faster or slower depending on the number of participants so athletes need to pay attention.
10. Track events take priority over field events. We'll try our best to accommodate athletes who miss a throw or long jumps. Unfortunately, once the **high jump bar** is raised it will not be dropped.
11. Heat results will be posted as quickly as possible. There will not be any comparative results provided at the meet. (Only heats). I will send the collated results by email a day or two after the meets.
12. Please bring your own throwing implements. I'll provide as many as I can.

2016 Nick Wilkes Invitational Schedule, April 13th (Final Draft-7 April)

*****Instead of CLASSIC HEATS, the Marshal will do his best to pull the fastest runners from each school in order to make the heats competitive. You may want to encourage your fastest runners to step forward when the marshal asks, "Who wants to compete in the most competitive heat?" *****

Track

Hurdles will take place in 5 lanes only 3-7

3:30	110 meter hurdles	11/12	Boys 39"/99.06 cm
3:35	100 meter hurdles	9/10	Boys 36"/91.5 cm
3:40	100 meter hurdles	11/12	Girls 33" 83.6cm
3:45	80 meter hurdles	Jr. Girls	30"/76.2cm
3:50	80 meter hurdles	Grade 8 Boys	30"/76.2cm
4:00	80 meter hurdles	Grade 8 girls	30"/76.2cm

4:05- OPEN **Girls and Boys** 1500 steeple chase with water .76m

4:15- OPEN Boys 2000 steeple chase with water .84m

4:30- 400 Meters 8/9 Girls

4:40- 400 8/9 Boys

4:50- 400 Girls(10,11,12)

5:00- 400 Boys (10,11,12)

5:10 3000m Open Girls

5:25 3000m Open Boys

5:40- 100 Meters 8/9 Girls (Timed finals)
100 8/9 Boys

5:55- 100 Girls (10,11,12)

100 Boys (10,11,12)

6:05- 800 Meters 8/9 Girls

6:15- 800 8/9 Boys

6:25- 800 Girls (10,11,12)

6:35- 800 Boys (10,11,12)

For relays, age groups will be run together if there are enough teams to create age specific groups.

6:40 4x100 Open Girls

6:55 4x100 Open Boys

FIELD EVENTS: NICK WILKES 2016

Field Events	Boys
Girls	
LJ Pit #1- 3:30- Sr Girls (11,12) 4:45- Jr Girls (9,10) 6:00- Grade 8 Girls	LJ Pit #2 3:30- Gr. 8 Boys 4:45- Sr Boys (11,12) 6:00- Jr. Boys (9,10)
HJ- Mat #1- 3:30 – Grade 8 Girls –start at 1.10m 4:45- Sr Girls (Gr. 10,11,12) start 1.20m 6:00- Jr. Girls (9/10)	HJ- Mat #2- 3:30- Sr Boys(Gr. 11,12) start at 1.30m 4:45 Jr. Boys(9,10) start at 1.15m 6:00- Grade 8 Boys –start at 1.10m
Javelin- 3:30 – Grade 8 Girls 500 gram javelin 4:10- Sr. Girls (Grades 11,12) 600gr 6:10- Jr. Girls (9/10) 500 gram	Javelin- 4:50- Sr. Boys (Grades 11,12) 800 gr 5:30- Gr.8 Boys 600 gram jav 6:50- Jr. Boys (9/10) 700 gram
Shot Put	
4: 10 Jr. Girls (9/10) 3kg shot 4:50- Sr. Girls (Grades 11,12) 4kg shot 6:10- Grade 8 Girls 3kg shot	Shot Put 3:30- Jr.Boys(9/10) 5kg shot 5:30- Sr. Boys (Grades 11,12) 6kg 6:50- Grade 8 boys- 4kg shot
Discus	
4:50- Grade 8 Girls (1kg) 5:30- Jr. Girls (Grade 9/10) (1kg) 6:50- Sr. Girls (Grades 11,12) 1kg	Discus 3:30- Sr. Boys (Grades 11, 12) 1.75kg 4:10- Gr. 8 Boys (1kg) 6:10- Jr. Boys (Grades 9/10) 1.5kg