



Royal Canadian Legion Outdoor Track And Field Meet Saturday, May 04, 2019



**SPONSORED BY WEST KOOTENAY ZONE
ROYAL CANADIAN LEGION BRANCHES
HOSTED BY THE TRAIL TRACK & FIELD CLUB
SANCTIONED BY BC ATHLETICS**

- Meet Director: Dan Horan
- Location: Haley Park, Trail, B.C. Located across from Webster school in Warfield.
- Time: 10:00 a.m.
- Age Classes: Single age groups determined as of the year of birth (2010-2006), U16 (2005-2004), U18 (2003-2002), U20 (2001-2000) and Senior (1999 and earlier). Athletes must compete in their age class. This year there are a limited number of events for Master's (35+ years) athletes (100-400 Metres, Discus and High Jump) for both men and women.
- Awards: Ribbons: 1st – 3rd place.
- Entries: Mail to: Trail Track & Field Club
3577 Carnation Drive
Trail, B.C. V1R 2W4
E-mail: dhoran@telus.net
- Information: Phone: 250-368-5291
E-mail: dhoran@telus.net
Web-site: www.trailtrackclub.ca
- Entry Fees: \$12.00 per Athlete if a member of BC Athletics. Competitors who are not BC Athletics members must pay an additional \$3.00 Day of Event Fee. This applies to elementary and high school student athletes who do not hold an annual BC Athletics Competitive Athlete membership or do not compete for a BC Athletics School Club member school or School District Club. Day of Event Fee athletes must compete for their school. Day of Event Fees do not apply to adults. Late entries will cost \$20.00 plus applicable Day of Event Fee. Entry fees are for the whole competition, not each event. Please make cheques payable to the **Trail Track & Field Club**.
- Deadline: Entries must be received by **Thursday, May 02, 2019**. E-mail entries are accepted. Payments may be made on Saturday. Late entries will be accepted at the competition until 9:15 am. Events may be added at the competition at no additional cost as long as the athlete is already registered.
- Facilities: 8 lane polyurethane surface. Change rooms and showers at the track. **Concession will be available.**

Equipment: All equipment will be provided. Athletes wishing to use personal equipment must have its use authorized at least 30 minutes prior to the start of the meet.

Department: Coaches are requested to advise all athletes & their families to be alert and aware of competitions in progress. The infield is out of bounds. Encouragement of athletes by coaches, parents and friends is permitted providing it does not interfere with the fairness and progress of the competitions. Competitors in the Hammer Throw should have some experience in the event.

Protests: Protests shall be in writing and received within 30 minutes of the posting of the results of the event. Coaches should attempt to resolve the protest with the chief official of the event before presenting it to the next level of protest.

Track Events:

60 Meters	-	YOB (2010-2008)
100 Meters	-	All competitors
200 Meters	-	U16, U18, U20, Sen, Mas
300 Meters	-	YOB (2007-2006), U16
400 Meters	-	U18, U20, Sen, Mas
600 Meters	-	YOB (2010-2008)
800 Meters	-	YOB (2007-2006), U16, U18, U20, Sen
1200 Meters	-	U16
1500 Meters	-	U18, U20, Sen
60 Meter Hurdles	-	YOB (2010-2008)
80 Meter Hurdles	-	YOB (2007-2006), U16 (F)
100 Meter Hurdles	-	U16 (M), U18 (F), U20 (F), Sen (F)
110 Meter Hurdles	-	U18 (M), U20 (M), Sen (M)

Field Events:

Long Jump	-	3 jumps	-	YOB (2010-2006)
	-	6 jumps	-	U16, U18, U20, Sen
High Jump	-	5cm raises	-	All competitors
Triple Jump	-	3 jumps	-	YOB (2006)
	-	6 jumps	-	U16, U18, U20, Sen
Shot Put	-	3 throws	-	YOB (2010-2006)
	-	6 throws	-	U16, U18, U20, Sen
Discus	-	3 throws	-	YOB (2008-2006)
	-	6 throws	-	U16, U18, U20, Sen, Mas
Hammer	-	3 throws	-	YOB (2007-2006)
	-	6 throws	-	U16, U18, U20, Sen
Javelin:	-	6 throws	-	U16, U18, U20, Sen

Royal Canadian Legion Outdoor Track And Field Meet Entry Form

First Name	Last Name	YOB	M/F	BCA #	Event	Event	Event

To enter more than 3 events use 2 lines on the Entry form

Please make cheques payable to: **TRAIL TRACK & FIELD CLUB**

Club / School Name: _____

Contact Name: _____

Telephone: _____ Fax: _____

E-mail: _____

of Athletes _____ x \$12.00 = _____ (BC Athletics Members)

of Athletes _____ x \$15.00 = _____ (Non BC Athletics Members)

Total _____