



**2005 Kajaks High School Meet
Wednesday, April 20, 2005
Clement Track (Minoru Park), Richmond, BC**

Supported by: Richmond Leisure Services
Meet Director: Jonathan Mara

Sanctioned by: BC Athletics
Entry Chair: Adelle Johns
Email Contact: penj@telus.net

Mail entries to: 2005 Kajaks High School Meet,
Attn.: Adelle Johns
8180 Seafair Drive, Richmond, BC V7C 1X1

Tel: 604-271-3817
Fax: 604-271-3816

Divisions: Gr.8 - Grade 8
Jr. - Grades 9 & 10
Sr. - Grades 11 & 12

Most events will be separated by age (Gr.8, Jr., Sr.) and by sex (Men & Women) but some events may be mixed, by age and/or sex, but will be scored separately.

Entry Fees: \$6.00/event for 1st two events per athlete for priority seeding on a first come first serve basis and free for any additional events for that athlete on a waiting list basis until the passing of the April 15, 2005 registration deadline.

Registration Deadline: April 15, 2005

Late Registration: April 17 & 18, 2005 at an Entry Fee of \$10.00/event for 1st two events and free for any additional events on a first come first serve basis.
April 20, 2005 for Field Events only at an Entry fee of \$10.00/event for 1st two events and free for any additional events on a first come first serve basis.
No day of event, April 20, 2005, entries will be accepted for track entries.

Awards: Ribbons for 1st; 2nd; 3rd
Aggregate Awards for Men and Women in each division
Points: 1st (10); 2nd (8); 3rd (6); 4th (5); 5th (4); 6th (3); 7th (2); 8th (1)
Team Aggregate Awards for Total of Men (all divisions) and Women (all divisions)

Other: This meet will be run by BC Athletics, Athletics Canada and IAAF Rules
Track spikes not to exceed 7mm in length
Throwing implements provided. Personal implements to be weighed in 1 hour prior to event
Equipment and implements brought to the event are the responsibility of the owners
Starting blocks provided. Athletes wishing to use their own may do so.
In events that combine groups (age or sex) each will be scored separately
Track events will not be delayed. Athletes report to field event official and advise that they will be competing in a track event soon. Delays in returning to the field event will result in missed attempts.
Where numbers of entries do not warrant a heat the event will be run as a final
Gr.8 & Jr. athletes are permitted to enter higher level events, but must do so for all events for the duration of the meet.

2005 Kajaks High School Meet
Wednesday, April 20, 2005
Clement Track (Minoru Park), Richmond, BC

TIME	TRACK EVENTS	FINAL / HEAT	MAX. # HEATS	MAX. # ATHLETES
2:45 - 4:00 PM	Entry Package Pick-up for all track & field events. Throwing implement weigh-in.			
3:30 PM	100m - Gr.8 - Women	H	4	32
3:45 PM	100m - Gr.8 - Men	H	4	32
4:00 PM	100m - Jr.- Women	H	4	32
4:15 PM	100m - Jr. - Men	H	4	32
4:30 PM	100m - Sr. - Women	H	2	16
4:40 PM	100m - Sr. - Men	H	2	16
4:50 PM	1, 500m - Gr.8; Jr.; Sr. - Women	F	1	24
5:05 PM	1,500m - Gr.8; Jr.; Sr. - Men	F	1	24
5:20 PM	400m - Gr.8 - Women	F	2	16
5:30 PM	400m - Gr.8 - Men	F	2	16
5:40 PM	400m - Jr.- Women	F	2	16
5:50 PM	400m - Jr. - Men	F	2	16
6:00 PM	400m - Sr. - Women	F	2	16
6:10 PM	400m - Sr. - Men	F	2	16
6:20 PM	1, 500m Race Walk - Gr.8; Jr.; Sr. - Women & Men	F	1	24
6:35 PM	200m - Gr.8 - Women	F	2	16
6:45 PM	200m - Gr.8 - Men	F	2	16
6:55 PM	200m - Jr.- Women	F	2	16
7:05 PM	200m - Jr. - Men	F	2	16
7:15 PM	200m - Sr. - Women	F	2	16
7:25 PM	200m - Sr. - Men	F	2	16
7:35 PM	3,000m - Gr.8; Jr.; Sr. - Women	F	1	24
7:45 PM	3,000m - Gr.8; Jr.; Sr. - Men	F	1	24
7:55 PM	100m - Gr.8 - Women	F	1	8
8:00 PM	100m - Gr.8 - Men	F	1	8
8:05 PM	100m - Jr.- Women	F	1	8
8:10 PM	100m - Jr. - Men	F	1	8
8:15 PM	100m - Sr. - Women	F	1	8
8:20 PM	100m - Sr. - Men	F	1	8
8:25 PM	800m - Gr.8; Jr.; Sr. - Women	F	3	16
8:45 PM	800m - Gr.8; Jr.; Sr. - Men	F	3	16

TIME	FIELD EVENTS					
	High Jump	Long Jump "A"	Long Jump "B"	Shot Put	Hammer Throw	Javelin
3:30 PM	Jr. Men	Gr.8 Women	Gr.8 Men	Gr.8 Women	Gr.8; Jr.; Sr. Men	Gr.8; Jr.; Sr. Women
Max.#:	15	15	15	15	24	24
4:30 PM	Sr. Men	Sr. Women	Jr. Men	Gr.8 Men	Gr.8; Jr.; Sr. Women	Gr.8; Jr.; Sr. Men
Max.#:	15	15	15	15	24	24
					Discus	
5:30 PM	Sr. Women	Jr. Women	Sr. Men	Jr. Women	Gr.8; Jr.; Sr. Men	
Max.#:	15	15	15	15	24	
		Triple Jump "A"	Triple Jump "B"			
6:30 PM	Jr. Women	Gr.8 Women	Gr.8 Men	Jr. Men	Gr.8; Jr.; Sr. Women	
Max.#:	15	15	15	15	24	
7:30 PM	Gr.8 Women	Jr. Women	Jr. Men	Sr. Women		
Max.#:	15	15	15	15		
8:30 PM	Gr.8 Men	Sr. Women	Sr. Men	Sr. Men		
Max.#:	15	15	15	15		



**2005 Kajaks High School Meet
 Wednesday, April 20, 2005
 Clement Track (Minoru Park), Richmond, BC**

Supported by: Richmond Leisure Services
Meet Director: Jonathan Mara

Sanctioned by: BC Athletics
Entry Chair: Adelle Johns

Tel: 604-271-3817
Fax: 604-271-3816

Email Contact: penj@telus.net

**Mail entries to: 2005 Kajaks High School Meet,
 Attn: Adelle Johns
 8180 Seafair Drive, Richmond, BC V7C 1X1**

ENTRY FORM

Please use one Entry Form per athlete and return with payment to "Kajaks" at the address above.
All fees are due prior to package pick-up.

Athlete Name: _____

Sex: Male
 Female

School: _____

Division: Grade 8: Junior: Senior:

Events: _____

Fee: \$ 6.00

_____ \$ 6.00

_____ \$ -

_____ \$ -

_____ \$ -

Total: \$