



2022 RICHMOND RELAYS

APRIL 16 / 2022

Hosted by the Richmond Kajaks Track & Field Club

FINAL SCHEDULE – APRIL 15TH

- Location:** Clement Track & Collier Throws Center @ Minoru Park
7191 Granville Ave, Richmond, BC V6Y 4G2
- Events:** 60m / 100m / 200m / 400m / 800m / 1500m / 3000m / 80H / 100H / 110H / 4 x 100 / 4 x 400 / 1200 Medley (200-200-200-600) / Distance Medley (1200/400/800/1600) / **High Jump (TIME CHANGE)** / Long Jump / Shot Put / Hammer Throw / Javelin (NEW)
- Divisions:** 9Y – 13Y / Grade 8 / Junior HS / Senior HS / Open
- Registration:** Athletes and Coaches can register online at:
- Entry Fee:** \$10.00 per individual event / \$20.00 per relay team
- Entry Deadline:** Wednesday April 13, 2022 @ 11:59 PM
- Track Events:** All athletes can check in at starting line of their race
- Field Events:** All athletes can check in at their event.
Athletes in throwing events and horizontal jumps will receive 4 attempts only
Weigh-ins for throwing events will open at 8:30 AM and will be located at the Collier Throws Center
- Contact:** Meet Director: Garrett Collier (headcoach@kajaks.ca)
Event Coordinator: Karen Fisher Hagel (info@kajaks.ca)
Meet Registrar: Dawn Driver (dawn_driver@hotmail.com)



TRACK EVENT SCHEDULE - FINAL SCHEDULE – APRIL 15TH

Time	Event	Gender	Divisions
10:00 AM	3000M	Mixed	Junior HS / Senior HS / Open
10:20 AM	100H	Men	Grade 8 / Junior HS
10:30 AM	1500M	Women	Junior HS / Senior HS / Open
10:40 AM	1500M	Men	Junior HS / Senior HS / Open
10:50 AM	4 x 100M	Women	9Y-13Y / Junior HS / Senior HS / Open
11:05 AM	4 x 100M	Men	9Y-13Y / Junior HS / Senior HS / Open
11:20 AM	800M	Women	Grade 8 / Junior HS / Senior HS / Open
11:40 PM	800M	Men	Grade 8 / Junior HS / Senior HS / Open
12:00 PM	400M	Women	Grade 8 / Junior HS / Senior HS / Open
12:10 PM	400M	Men	Grade 8 / Junior HS / Senior HS / Open
12:20 PM	1200M Relay (200/200/200/400)	Girls	11Y - 13Y
12:30 PM	1200M Relay (200/200/200/400)	Boys	11Y - 13Y
12:40 PM	60M	Girls	9Y - 11Y
12:55 PM	60M	Boys	9Y - 11Y
1:10 PM	100M	Women	12Y - 13Y / Grade 8 / Junior HS / Senior HS / Open
1:25 PM	100M	Men	12Y - 13Y / Grade 8 / Junior HS / Senior HS / Open
1:40 PM	DMR (1200/400/800/1600)	Women	Junior HS / Senior HS / Open
1:50 PM	DMR (1200/400/800/1600)	Men	Junior HS / Senior HS / Open
2:00 PM	4 x 400M	Women	Junior HS / Senior HS / Open
2:10 PM	4 x 400M	Men	Junior HS / Senior HS / Open
2:20 PM	200M	Women	Grade 8 / Junior HS / Senior HS / Open
2:30 PM	200M	Men	Grade 8 / Junior HS / Senior HS / Open



FINAL SCHEDULE – APRIL 15TH

FIELD EVENTS SCHEDULE

Time	Event	Gender	Division
9:30 AM	Hammer Throw	Women	Junior HS / Senior HS / Open
10:00 AM	Long Jump (Pit A)	Men	Grade 8 / Junior HS / Senior HS / Open
10:00 AM	Long Jump (Pit B)	Boys	9Y – 13Y
10:30 AM	Hammer Throw	Men	Junior HS / Senior HS / Open
11:00 AM	Long Jump (Pit A)	Women	Grade 8 / Junior HS / Senior HS / Open
11:00 AM	Long Jump (Pit B)	Girls	9Y – 13Y
11:30 AM	Shot Put	Girls	9Y - 13Y
1:00 PM	High Jump	Women/Men	Grade 8 / Junior HS / Senior HS / Open
12:00 PM	Shot Put	Boys	9Y - 13Y
1:00 PM	Shot Put	Women	Grade 8 / Junior HS / Senior HS / Open
2:00 PM	Shot Put	Men	Grade 8 / Junior HS / Senior HS / Open
3:00 PM	Javelin	Women/Men	Grade 8 / Junior HS / Senior HS / Open

** High Jump time has changed. Schedule will be: Grade 8 women/men; Grade 9/10 women/men; Grade 11/12 women/men/ Open

Updated: April 15, 2002