

# 2024 RICHMOND RELAYS

APRIL 13 / 2024

Hosted by the Richmond Kajaks Track & Field Club



**Location:** Clement Track & Collier Throws Center @ Minoru Park  
7191 Granville Ave, Richmond, BC V6Y 4G2

**Pole Vault Only:** Mercer Stadium  
511 Royal Avenue, New Westminister BC, V3L 1H9

**Events:** 60m / 100m / 400m / 800m / 1500m / 3000m / 80H / 100H / 110H / Sprint Medley Relay / High Jump / Long Jump / Shot Put / Hammer Throw/Pole Vault/**Javelin**

**Divisions:** JD9 / JD10 / JD11 / JD12 / JD13 / U16 / U18 / U20 / Open

**Registration:** Athletes and Coaches can register <https://trackie.com/event/2024RichmondRelays>

**Entry Fee:** \$15.00 per individual event / \$30.00 per relay team for BC Athletics members  
\$5 day of event fee for non-members

**Entry Deadline:** Wednesday April 10, 2024 @ 11:59 PM

**Track Events:** All athletes can check in at starting line of their race.  
Sprint Medley Relay is distances: 200m, 200m, 400m, 800m. This event is mixed = 2 male, 2 female runners on each team.

**Field Events:** All athletes can check in at their event.

NOTE: If you have a field event and a track event starting at, or approximately at, the same time, please check in and get your mark and/or practice attempts in the field event, prior to running your track event. This way, the field officials know to expect you, and you won't delay the field event when you get back. You may miss some attempts, but you will be prepared when you return to the field event.

Weigh-ins for throwing events will open at 8:30 AM and will be located at the Collier Throws Center

**Pole Vault:** This is a stand-alone event taking place at Mercer Stadium in New Westminster.

**Minimum starting height for vaulters is 2.40m.**

**Saturday April 13<sup>th</sup>:**

10:30am Women – one flight

1:30pm Men – one flight

**Contact:** Meet Director: Michaela Colluney ([events@kajaks.ca](mailto:events@kajaks.ca))

Meet Manager: Karen Fisher Hagel ([info@kajaks.ca](mailto:info@kajaks.ca))

Meet Registrar: Dawn Driver ([dawn\\_driver@hotmail.com](mailto:dawn_driver@hotmail.com))



## TRACK EVENT SCHEDULE (FINAL)

Time	Event	Note	Gender	Divisions
9:00 AM	3000m	Final	Female	U16 – Open
9:20 AM	3000m	Final	Male	U16 – Open
10:00 AM	100m	Heats	Female	U16 – Open
10:15 AM	100m	Heats	Male	U16 – Open
11:00 AM	60m	Final	Female	JD 9, JD 10, JD 11
11:15 AM	60m	Final	Male	JD 9, JD 10, JD 11
11:30 AM	1500m	Final	Male	U16 – Open
11:45 AM	1500m	Final	Female	U16 – Open
12:00 PM	100m	Final	Female	JD 9, JD 10, JD 11, JD 12, JD 13
12:15 PM	100m	Final	Male	JD 9, JD 10, JD 11, JD 12, JD 13
12:30 PM	100m	Final	Female	U16 – Open
12:45 PM	100m	Final	Male	U16 - Open
1:00 PM	800m	Final	Female	U16 - Open
1:15 PM	800m	Final	Male	U16 - Open
1:45 PM	80mH – 30"/0.762m	Final	Female	U16
2:00 PM	100mH – 30"/0.762m	Final	Female	U18
2:10 PM	100mH – 33"/0.84m	Final	Male	U16
2:15 PM	100mH – 33"/0.84m	Final	Female	U20 / Open
2:25 PM	110mH – 36"/0.914m	Final	Male	U18
2:35 PM	110mH – 39"/0.991m	Final	Male	U20
2:45 PM	110mH – 42"/1.067m	Final	Male	Open
3:00 PM	400m	Final	Women	U18 – Open
3:10 PM	400m	Final	Men	U18 – Open
3:30 PM	Sprint Medley Relay	Final	MIXED	U16 - Open



FIELD EVENTS SCHEDULE (FINAL, updates in RED)

Time	Event	Gender	Division
10:00 AM	Long Jump	Male	JD 9, JD 10, JD 11, JD 12, JD 13
10:00 AM	High Jump	Female	JD 9, JD 10, JD 11, JD 12, JD 13
10:00 AM	Hammer Throw	Female	U16 – U18
10:00 AM	Shot Put	Male	U16 – Open
11:00 AM	High Jump	Female	U16 - Open
11:30 AM	Long Jump	Female	JD 9, JD 10, JD 11, JD 12, JD 13
11:30 AM	Hammer Throw	Male	U16 – U18
11:30 AM	Shot Put	Female	U16 – Open
12:30pm	Long Jump	Female	U16 - Open
1:00 PM	High Jump	Male	JD 9, JD 10, JD 11, JD 12, JD 13
1:00 PM	Hammer Throw	Female	U20 – Open
1:00 PM	Hammer Throw	Male	U20 - Open
2:00 PM	Long Jump	Male	U16 – Open
2:30 PM	Hammer Throw	Male	U20 – Open
2:00 PM	Javelin	M/F	U20 - Open
3:00 PM	High Jump	Male	U16 – Open

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