



VALLEY ROYALS INVITATIONAL

Jane & Gerry Swan Track, ROTARY STADIUM, ABBOTSFORD, BC

SATURDAY MAY 7th, 2011

Featuring Events In Three Age Divisions

1. Sr/Jr. Men & Women (born 1993 or earlier)
2. Youth Men & Women (born 1994 or 1995)
3. Midget/Bantam Men & Women (born 1996, 1997, 1998, 1999)

Hosted and Organized by the Valley Royals and held on one of Canada's premier Track & Field facilities

Sanctioned By: BC Athletics Association

Performances at this meet can be used for World Jr. Pan American and other Canadian or BC Teams Qualifying Marks – implements for Youth aged throwing events will be World Youth sizes/weights

Entry Fees: \$8.00 per athlete per individual event or you may elect to pay a team entry fee of \$250.00

***** Canadian Athletes who are not registered with BC Athletics or an Athletics Canada Branch Association, will be required to pay \$3 more for each unregistered athlete--ie--first event will cost \$11.00 and each additional event \$8.00 *****

BC Schools wishing information on registration with BC Athletics should phone 604-333-3550 or consult the BC Athletics website at: <http://www.bcathletics.org>

Deadline for Entries: Monday, May 2, 2011

All entries received later than Monday, May 2, or Phone Entries, will be considered to be late entries and will be assessed double the entry fee.

Entries mailed to: Shirley Young, #24 7330 – 122nd Street, Surrey, BC V3W 1B4
Entries may be emailed (complete with event numbers) to
chedro@telus.net

Make Cheques payable to: Valley Royals

For further information: Phone 604-859-9801 or cell phone 604-725-4293

LIST OF EVENTS FOR ENTRIES

The Heptathlon will start on Friday at 4pm, and continue on Saturday starting at 11:00am. Entry fee for the Heptathlon ONLY is \$20.

TRACK EVENTS

- | No. | Event |
|-----|----------------------------------|
| 1 | 110m hurdles-Jr. Men |
| 2 | 110m hurdles-Sr. Men |
| 3 | 110m hurdles-Youth Men |
| 4 | 100m hurdles-Jr./Sr. Women |
| 5 | 100m hurdles-Youth Women |
| 6 | 100m hurdles-Midget Men |
| 7 | 80m hurdles-Midget Women |
| 8 | 100m heats-Jr./Sr. Men |
| 9 | 100m heats-Jr. /Sr. Women |
| 10 | 100m heats-Youth Men |
| 11 | 100m heats-Youth Women |
| 12 | 100m heats-Midget Men |
| 13 | 100m heats-Midget Women |
| 14 | 800m Jr./Sr. Men Final |
| 15 | 800m Jr./Sr. Women Final |
| 16 | 800m-Youth Women Final |
| 17 | 800m-Youth Men Final |
| 19 | 800m-Midget Men Final |
| 20 | 800m-Midget Women Final |
| 21 | 100m Final-Jr./Sr. Men |
| 22 | 200mHur-Midget Women |
| 23 | 200mHur-Midget Men |
| 24 | 300mHur-Youth Women |
| 25 | 300mHur-Youth Men |
| 26 | 400mHur-Jr./Sr. Women |
| 27 | 400mHur-Jr./Sr. Men |
| 28 | 100m Final-Jr./Sr. Women |
| 29 | 100m Final-Youth Men |
| 30 | 100m Final-Youth Women |
| 31 | 100m Final-Midget Men |
| 32 | 100m Final-Midget Women |
| 33 | 1200m-Midget Men |
| 34 | 1200m-Midget Women |
| 35 | 1500m-Youth Men |
| 36 | 1500m-Youth Women |
| 37 | 1500m-Jr./Sr. Men |
| 38 | 1500m-Jr./Sr. Men |
| 39 | 400m-Jr./Sr. Men (timed final) |
| 40 | 400m-Jr./Sr. Women (timed final) |
| 41 | 400m -Youth Men (timed final) |
| 42 | 400m-Youth Women (timed final) |
| 43 | 400m-Midget Men (timed final) |
| 44 | 400m -Midget Women (timed final) |
| 86 | 2000m SC - Women |
| 87 | 2000m SC - Men |

FIELD EVENTS

- | No. | Event |
|-----|----------------------------|
| 45 | Shot put-midget women |
| 46 | Shot put-Youth women |
| 47 | Shot put-Jr./Sr./ Women |
| 48 | Hammer-Midget Women |
| 49 | Hammer-Youth Women |
| 50 | Hammer-Jr./Sr. Women |
| 51 | Triple Jump-Midget Women |
| 52 | Triple Jump-Youth Women |
| 53 | Triple Jump-Jr./Sr. Women |
| 54 | High Jump-Midget Women |
| 55 | High Jump-Youth Women |
| 56 | High Jump-Jr./Sr. Women |
| 57 | Shot put-Midget Men |
| 58 | Shot put-Youth Men |
| 59 | Shot put-Jr./Sr./ Men |
| 60 | Javelin-Midget Men |
| 61 | Javelin-Youth Men |
| 62 | Javelin-Jr./Sr. Men |
| 63 | Discus-Midget Men |
| 64 | Discus-Youth Men |
| 65 | Discus-Jr./Sr./ Men |
| 66 | Long Jump-Midget Men |
| 67 | Long Jump-Youth Men |
| 68 | Long Jump-Jr./Sr./ Men |
| 69 | Pole Vault Sr. & Jr. Women |
| 70 | Pole Vault Youth Women |
| 71 | Pole Vault Midget Women |
| 72 | Pole Vault Sr. & Jr. Men |
| 73 | Pole Vault Youth Men |
| 74 | Pole Vault Midget Men |
| 75 | Hammer - Jr/Sr Men |
| 76 | Hammer - Youth Men |
| 77 | Discus - Jr/Sr Women |
| 78 | Discus - Youth Women |
| 79 | Hept. Women Yth/Jr/Sr |
| 80 | Javelin - Midget Women |
| 81 | Javelin - Youth Women |
| 82 | Javelin - Jr/Sr Women |
| 83 | High Jump-Jr./Sr. Men |
| 84 | High Jump-Midget Men |
| 85 | High Jump-Youth Men |

SCHEDULE of EVENTS – Valley Royals Invitational, May 7, 2011

Track Events			FIELD EVENTS		
No.	Event	Time	No.	Event	Time
86	2000m SC - Women	10:45	45	Shot put-midget women	11:00
87	2000m SC - Men	10:52	46	Shot put-Youth women	11:00
1	110m hurdles-Jr. Men	11:00	47	Shot put-Jr./Sr./ Women	11:00
2	110m hurdles-Sr. Men	11:00	51	Triple Jump-Midget Women	11:00
3	110m hurdles-Youth Men	11:07	54	High Jump-Midget Women	11:00
4	100m hurdles-Jr./Sr. Women	11:15	55	High Jump-Youth Women	11:00
5	100m hurdles-Youth Women	11:22	56	High Jump-Jr./Sr. Women	11:00
6	100m hurdles-Midget Men	11:30	60	Javelin-Midget Men	11:00
7	80m hurdles-Midget Women	11:40	61	Javelin-Youth Men	11:00
8	100m heats-Jr./Sr. Men	11:50	69	Pole Vault Sr. & Jr. Women	11:00
9	100m heats-Jr. /Sr. Women	12:00	70	Pole Vault Youth Women	11:00
10	100m heats-Youth Men	12:10	71	Pole Vault Midget Women	11:00
11	100m heats-Youth Women	12:22	75	Hammer - Jr/Sr Men	11:00
12	100m heats-Midget Men	12:35	76	Hammer - Youth Men	11:00
13	100m heats-Midget Women	12:45	48	Hammer-Midget Women	12:00
14	800m Jr./Sr. Men Final	12:55	49	Hammer-Youth Women	12:00
15	800m Jr./Sr. Women Final	13:05	50	Hammer-Jr./Sr. Women	12:00
16	800m-Youth Women Final	13:08	80	Javelin Women Midget	12:00
17	800m-Youth Men Final	13:15	81	Javelin Women Youth	12:00
19	800m-Midget Men Final	13:33	82	Javelin Women Jr/Sr	12:00
20	800m-Midget Women Final	13:45	52	Triple Jump-Youth Women	12:30
21	100m Final-Jr./Sr. Men	13:55	53	Triple Jump-Jr./Sr. Women	12:30
22	200mHur-Midget Women	14:05	62	Javelin-Jr./Sr. Men	13:00
23	200mHur-Midget Men	14:15	83	High Jump-Jr./Sr. Men	13:00
24	300mHur-Youth Women	14:25	84	High Jump-Midget Men	13:00
25	300mHur-Youth Men	14:35	85	High Jump-Youth Men	13:00
26	400mHur-Jr./Sr. Women	14:45	57	Shot put-Midget Men	13:30
27	400mHur-Jr./Sr. Men	14:55	72	Pole Vault Sr. & Jr. Men	13:30
28	100m Final-Jr./Sr. Women	15:05	73	Pole Vault Youth Men	13:30
29	100m Final-Youth Men	15:10	74	Pole Vault Midget Men	13:30
30	100m Final-Youth Women	15:15	63	Discus-Midget Men	14:00
31	100m Final-Midget Men	15:20	66	Long Jump-Midget Men	14:00
32	100m Final-Midget Women	15:25	58	Shot put-Youth Men	14:30
33	1200m-Midget Men	15:30	59	Shot put-Jr./Sr./ Men	14:30
34	1200m-Midget Women	15:40	64	Discus-Youth Men	15:00
35	1500m-Youth Men	15:50	65	Discus-Jr./Sr./ Men	15:00
36	1500m-Youth Women	16:00	67	Long Jump-Youth Men	15:00
37	1500m-Jr./Sr. Men	16:10	68	Long Jump-Jr./Sr./ Men	15:00
38	1500m-Jr./Sr. Men	16:20	77	Discus - Jr/Sr Women	15:00
39	400m-Jr./Sr. Men (timed final)	16:30	78	Discus - Youth Women	15:00
40	400m-Jr./Sr. Women (timed final)	16:38	79	Hept. Women Yth/Jr/Sr	
41	400m -Youth Men (timed final)	16:45			
42	400m-Youth Women (timed final)	16:52			
43	400m-Midget Men (timed final)	17:00			
44	400m -Midget Women (timed final)	17:10			