



## 2022 RICHMOND RELAYS

APRIL 16 / 2022

Hosted by the Richmond Kajaks Track & Field Club

**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 / Long Jump / Shot Put / Hammer Throw

**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:** Tuesday April 12, 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](mailto:headcoach@kajaks.ca))  
Event Coordinator: 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 (TENTATIVE)

Time	Event	Gender	Divisions
10:00 AM	3000M	Mixed	Junior HS / Senior HS / Open
10:20 AM	80H	Women	Grade 8
10:30 AM	100H	Women	Junior HS
10:40 AM	100H	Men	Junior HS
10:50 AM	110H	Men	Senior HS
11:00 AM	1500M	Women	Junior HS / Senior HS / Open
11:10 AM	1500M	Men	Junior HS / Senior HS / Open
11:20 AM	4 x 100M	Women	9Y-13Y / Junior HS / Senior HS / Open
11:35 AM	4 x 100M	Men	9Y-13Y / Junior HS / Senior HS / Open
11:50 AM	800M	Women	Grade 8 / Junior HS / Senior HS / Open
12:10 PM	800M	Men	Grade 8 / Junior HS / Senior HS / Open
12:30 PM	400M	Women	Grade 8 / Junior HS / Senior HS / Open
12:45 PM	400M	Men	Grade 8 / Junior HS / Senior HS / Open
1:00 PM	1200M Relay (200/200/200/400)	Girls	11Y - 13Y
1:10 PM	1200M Relay (200/200/200/400)	Boys	11Y - 13Y
1:20 PM	60M	Girls	9Y - 11Y
1:10 PM	60M	Boys	9Y - 11Y
1:20 PM	100M	Women	12Y - 13Y / Grade 8 / Junior HS / Senior HS / Open
1:30 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
2:00 PM	DMR (1200/400/800/1600)	Men	Junior HS / Senior HS / Open
2:20 PM	4 x 400M	Women	Junior HS / Senior HS / Open
2:30 PM	4 x 400M	Men	Junior HS / Senior HS / Open
2:40 PM	200M	Women	Grade 8 / Junior HS / Senior HS / Open
2:55 PM	200M	Men	Grade 8 / Junior HS / Senior HS / Open



**FIELD EVENTS SCHEDULE (TENTATIVE)**

**\* ATHLETES IN THROWS AND HORIZONTAL JUMPS WILL RECEIVE 4 ATTEMPTS ONLY**

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
12:00 PM	High Jump	Men	Grade 8 / Junior HS / Senior HS / Open
12:00 PM	Shot Put	Boys	9Y - 13Y
1:00 PM	Shot Put	Girls	Grade 8 / Junior HS / Senior HS / Open
2:00 PM	Shot Put	Boys	Grade 8 / Junior HS / Senior HS / Open