

Nick Wilkes Invitational Track and Field Meet,

Thursday April 27th, 2023



The Nick Wilkes Invitational:

There will be electronic timing.

Welcome to the **21st Annual Nick Wilkes Invitational Track & Field Meet** held at Maple Ridge Secondary School, home of the 2024 BC Summer Games Track & Field Championship. This track meet has become a premier competition in the Fraser Valley over the past two decades, featuring top performances every year. The event was started by teachers at Maple Ridge Secondary to memorialize Nick Wilkes & his achievements. Nick was an exceptional student-athlete who was killed in a tragic accident in 2002. He set the BC High School decathlon record at 6635 points & he still holds 6 school records. Some of his high school performances include 2.06m high jump, 6.59m long jump, 56.98m javelin, & 3.90m pole vault. He was a member of the MRSS team that set a BC record setting 4 x 400m relay in 1995 of 3:22.05 which still stands 3 decades later. In most years, the event attracts between 500-700 athletes from the Fraser Valley region.

Schools should register athletes & relays on Trackie.com and email meet director Andrew Lenton to confirm your school will participate: alenton68@gmail.com

Please Remember:

All the timers and officials are volunteers: staff members, students, parent helpers, or other coaches so be kind and patient. .

When: Thursday, April 27th, 2023

Where: Maple Ridge Secondary School Track, 21911 - 122nd Avenue, Maple Ridge

Registration: Email the Meet Director Andrew Lenton at alenton68@gmail.com to let him know that your school is coming and give him an approximate number of athletes.

Cost: \$50 / School (\$5 / athlete – less than 10 athletes.) Cheques payable to MRSS

Things you need to know

1. Start time is 3:30pm - please be there on time. Events can run ahead by up to 30 minutes.
2. The track events are organized into (8,9) and (10, 11, 12) grade groupings for track competition. Field competition generally follows the same groupings; however, adjustments in competition groupings have been made to align with correct implements for each grade in the throws.
3. Competition numbers will be provided to each athlete & are to be worn on the front of the school uniform.
4. There will be starting blocks provided. It is not compulsory that athletes use them, but are encouraged to use them.
5. Field events – participants in shot put & javelin will get a maximum of 3 throws, following their official warmup throw.
6. Athletes must wear a school uniform to compete.
7. The times on the schedule are estimates. The meet may run faster or slower depending on the number of participants so athletes need to pay attention.
8. 100m qualifying – top 8 times to the final

9. Track events take priority over field events. We'll try our best to accommodate athletes who miss a throw or long jumps. Unfortunately, once the **high jump bar** is raised it will not be dropped.

10. Please bring your own throwing implements; MRSS will provide as many as possible.

Track Schedule (It is a rolling schedule – so times are a guideline only)

3:40pm

- 100m Heats Senior Boys (gr. 10-12) * (top 8 times to final)
- 100m Heats Senior Girls (gr. 10-12)
- 100m Heats Gr. 8-9 Boys
- 100m Heats Gr. 8-9 Girls

4:35

- 400m Senior Boys (gr. 10-12)
- 400m Senior Girls (gr. 10-12)
- 400m Gr. 8-9 Boys
- 400m Gr. 8-9 Girls

5:30

- 4 x 200m Relay Senior Boys * 16 teams max entry
- 4 x 200m Relay Senior Girls * 16 teams max entry
- 4 x 200m Relay Gr. 8-9 Boys * 8 teams max entry
- 4 x 200m Relay Gr. 8-9 Girls * 8 teams max entry

6:00

- 1500m Senior Boys (gr. 10-12)
- 1500m Senior Girls (gr. 10-12)
- 1500m Gr. 8-9 Boys
- 1500m Gr. 8-9 Girls

6:30

- 100m Final Senior Boys
- 100m Final Senior Girls
- 100m Final Gr. 8-9 Boys
- 100m Final Gr. 8-9 Girls

6:55

- Sprint Medley (200-200-400-800) Senior Boys
- Sprint Medley (200-200-400-800) Senior Girls
- Sprint Medley (200-200-400-800) Gr. 8-9 Boys
- Sprint Medley (200-200-400-800) Gr. 8-9 Girls

Field Events

LJ Pit #1

3:30 Senior Girls (gr. 10-12)
5:05 Grade 8-9 Girls

LJ Pit#2

Grade 8-9 Boys
Senior Boys (Gr. 10-12)

HJ Pit #1

3:30 Grade 8-9 Girls
5:05 Senior Girls (Gr. 10-12)

HJ Pit#2

Senior Boys (Gr. 10-12)
Grade 8-9 Boys

Hammer Throw

3:30pm Senior Girls (4 kg) (Grade 11-12)
4:30pm Senior Boys (6kg) (Grade 11-12)
5:30pm Grade 8-10 Girls (3kg)
6:30pm Grade 9-10 Boys (5kg)

Javelin Throw

Senior Boys (Grade 11-12) 800 gram
Junior Boys (Grade 9-10) 700 gram
Senior Girls (Grade 11-12) 600 gram
Grade 8-10 Girls (500 gram)

Shot Put

3:30pm Grade 8-10 Girls (3kg)
4:40pm Senior Girls (grade 11-12) (4kg)
5:30pm Junior Boys (Grade 9-10) (5 kg)
6:30pm Senior Boys (Grade 11-12) (6kg)

Notes

- Electronic timing will be used
- Event will be sanctioned by BC Athletics
- The event is expected to attract large numbers of participants in 2023
- 500-600 athletes expected to attend.