



2023 SFU High Performance Meet #1
Saturday, March 18, 2023
SFU Burnaby Campus at Terry Fox Field and Track
MEET INFORMATION

Track Events: 100m, W100mH, 200m, 400m, 400mH, 800m, 1500m, 3km, Mixed 5km
Field Events: Long Jump, Triple Jump, High Jump, Javelin, Shot Put **Hammer Throw*

Location/Directions/Parking:

Terry Fox Field & Track

Simon Fraser University

8888 University Dr, Burnaby, BC

SFU Athletics Visiting Information: https://athletics.sfu.ca/sports/2012/7/10/PHY_0710123625.aspx

***HAMMER THROW to be contested off-campus at Percy Perry Stadium**

(1290 Pipeline Rd, Coquitlam, BC V3B 4S1) – bib numbers will be distributed to throwers at the venue

From Hastings – Drive along Burnaby Mountain Parkway and turn left at the lights. Stay in the right-hand lane. You will see the track and stadium on your left – continue to the right under the transportation center and turn left at the stop sign – follow the signs to visitor’s parking in the underground parkade – park and walk south to the track.

From Gagliardi – Drive along Gagliardi and go straight through the lights at the top of the hill. Stay in the right-hand lane and follow above directions.

Parking – Parking for all SFU varsity events is FREE in the West Parkade, adjacent to the Lorne Davies Complex. To receive complimentary parking guests must download the HONK parking system app, scan the QR code that will be posted at the entrance to the venue, and enter license plate.

Registration:

- Online entries and payment accepted on Direct Athletics (www.directathletics.com)
- Online registration deadline: **Wednesday, March 15, 2022 at 11:59pm PST**
- Fees: \$20 per individual event (for teams and individuals) and relays
- Package pickup available at the SFU stadium beginning at 12pm on Mar. 18th
- Entry fees will not be refunded.
- **All athletes must be BC Athletics (or equivalent) competitive members**

Late Entries:

- Registrations or scratches after Mar. 15th can be sent to Dawn Driver – dawn_driver@hotmail.com
- Late Fees: \$35 per individual event (for teams and individuals) and relays
- Payment accepted by ***cash or cheque only*** at package pickup on Mar. 18th
- Please make cheques payable to SFU Track & Field
- Late entries accepted on Mar. 18th until 1:30pm or at the discretion of the meet director

Schedule:

- Tentative and final schedules will be posted and updated on the SFU Track & Field website listed under “Home Meet.” Please be sure to check for updates to the schedule up to one day prior to the meet to accommodate adjustments for entries.
- Field events may run up to 30 minutes early based upon entries.

Check in:

- All field events will marshal at the field event venue
 - *Athletes can throw age group appropriate weights but must bring their own equipment and have them weighed in an hour prior to scheduled start time*
- All track events will marshal at the start line of their event - arrive at least 10min prior to start time

Warm Up Areas:

There is trail system at Burnaby Mountain Park that can be used for warmup. Grass/turf warmup fields adjacent to the track and on the infield may be used if available. The backstretch of the track may be available during some sprints events.

Facilities:

- Spike length maximum is 7mm
- Synthetic/polyurethane surface for track, jump runways and javelin runway
- Concrete throwing circle

First Aid/Sports Medicine

Sports medicine staff, team trainers and/or clinic assistants will be on site to provide first aid assistance

SFU Host Hotels:

Executive Plaza Hotel: *Request SFU Athletics Rate*
405 North Road, Coquitlam, BC V3K 3V9

Executive Suites Hotel: *Request SFU Athletics Rate*
4201 Lougheed Hwy, Burnaby, BC V5C 3Y6

Results:

Results will be posted on the SFU Track & Field ‘Home Meet’ page as soon as possible after the conclusion of the competition. Visit: athletics.sfu.ca/track

Contact:

Head Coach – Brit Townsend – btownsen@sfu.ca

Meet Manager – Emily Lindsay – elindsay@sfu.ca

Late Entries & Scratches after Mar. 15th – Dawn Driver – dawn_driver@hotmail.com