



2023 RICHMOND RELAYS

APRIL 15 / 2023

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 / Discus / Javelin / Hammer Throw

Divisions: 9Y – 13Y / Grade 8 / Junior HS / Senior HS / Open

Registration: Athletes and Coaches can register online at:

Entry Fee: \$15.00 per individual event / \$30.00 per relay team

Entry Deadline: Tuesday April 10, 2023 @ 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.
Weigh-ins for throwing events will open at 8:30 AM and will be located at the Collier Throws Center

Contact: Meet Director: Karen Fisher Hagel (info@kajaks.ca)
Meet Registrar: Dawn Driver (dawn_driver@hotmail.com)



TRACK EVENT SCHEDULE (TENTATIVE)

Time	Event	Gender	Divisions
11:00 AM	3000m	Mixed	Grade 8 / Junior / Senior / Open
11:20 AM	4 x 100m	Women	9 – 13Y / Grade 8 / Junior / Senior / Open
11:30 AM	4 x 100m	Men	9 – 13Y / Grade 8 / Junior / Senior / Open
11:45 AM	800m	Women	Grade 8 / Junior / Senior / Open
11:55 AM	800m	Men	Grade 8 / Junior / Senior / Open
12:15 PM	80m Hurdles (30" / 0.762m)	Women	Grade 8 / Junior
12:25 PM	100m Hurdles (33" / 0.84m)	Men	Grade 8
12:30 PM	100m Hurdles (33" / 0.84m)	Women	Senior / Open
12:40 PM	110m Hurdles (39" / 0.991m)	Men	Senior / Open (U20)
12:50 PM	110m Hurdles (42" / 1.067m)	Men	Open (20+)
1:00 PM	1500m	Women	Grade 8 / Junior / Senior / Open
1:20 PM	1500m	Men	Grade 8 / Junior / Senior / Open
1:40 PM	400m	Women	Grade 8 / Junior / Senior / Open
1:55 PM	400m	Men	Grade 8 / Junior / Senior / Open
2:00 PM	60m	Girls	9Y – 11Y
2:10 PM	60m	Boys	9Y – 11Y
2:20 PM	100m	Women	12Y – 13Y / Grade 8 / Junior / Senior / Open
2:30 PM	100m	Men	12Y – 13Y / Grade 8 / Junior / Senior / Open
2:45 PM	4 x 400m	Women	Junior / Senior / Open
3:00 PM	4 x 400m	Men	Junior / Senior / Open
3:15 PM	200m	Women	Grade 8 / Junior / Senior / Open
3:30 PM	200m	Men	Grade 8 / Junior / Senior / Open



FIELD EVENTS SCHEDULE (TENTATIVE)

Time	Event	Gender	Division
9:00 AM	Shot Put	Mixed	9Y – 13Y
9:00 AM	Long Jump (Pit A)	Women	Grade 8 / Junior / Senior / Open
9:00 AM	Long Jump (Pit B)	Men	Grade 8 / Junior / Senior / Open
10:00 AM	Shot Put	Mixed	Grade 8 / Junior / Senior / Open
10:30 AM	Long Jump	Mixed	9Y – 13Y
11:00 AM	Hammer Throw	Women	Junior / Senior / Open
12:00 PM	High Jump	Women	Grade 8 / Junior / Senior / Open
12:30 PM	Hammer Throw	Men	Junior / Senior / Open
1:30 PM	Javelin Throw	Mixed	Grade 8 / Junior / Senior / Open
2:30 PM	Discus Throw	Mixed	Junior / Senior / Open + Para
2:30 PM	High Jump	Men	Grade 8 / Junior / Senior / Open