



# 2017 UBC OPEN



**April 1<sup>st</sup> – 2<sup>nd</sup>, 2017**

**UBC Rashpal Dhillon Track and Field Oval (Wesbrook/16<sup>th</sup> Ave.)**

**Meet Director:** Reid Graham

**Technical Director:** John Hawkins

**Events:** 100m, 200m, 400m, 800m, 1500m, 5000m, 3000mSC, 3k/5k RW, 100mH (W), 110mH (M), 400mH, 4x100, ~~4x400~~, LJ, HJ, TJ, PV, SP, JAV, DT, HT, ~~Heptathlon (W)~~, Decathlon (M)  
- *RWs combined, 5000m combined, HT may be combined, PV may be combined*

**Entries:** Only online entries (direct athletics) will be accepted.

<https://www.directathletics.com/meets/track/47818.html>

**Entry fee:** The first event is \$US10.50 each time you sign on, additional events are US\$6.50 as long as entered at the same sign on, including relays, and are payable by credit card. Team Fee Option: US\$130.00/gender when paid online, CAN\$185.00/gender by cheque to UBC Athletics. All entries done on line at Direct Athletics.

**Entry deadline:** March 28<sup>th</sup>, 2017 at 11:59pm

Limited late fee after March 28<sup>th</sup> - \$20 per event. Accepted on competition day at the track.

All athletes entering this meet must have a current BC Athletics membership, or equivalent, from another province or country.

## Check-in Procedures:

All TRACK athletes are to check in at least **30min** prior to the start of their event at the check in table.

All FIELD athletes are to check in at their event **30min** prior to the start of their event.

## Technical Notes:

*Throwing Implements* – Please note that personal throwing implements must be weighed at least 60min before event starts. This will be located in the equipment container.

- Age group athletes may employ the implements required for their age, but must provide their own implements and have them weighed in.

*Track Events* – Hurdle heights will be set at “open” heights only. Timed finals. Athletes can enter in both the Saturday and Sunday 100m, 200m, 400m races if they wish.

*Field Events* – Eight athletes will advance to finals.

Contact: Reid Graham (778) 828-3484 [reid.graham@alumni.ubc.ca](mailto:reid.graham@alumni.ubc.ca)

John Hawkins (778) 837-7076 [sjhawkins@telus.net](mailto:sjhawkins@telus.net)

UBC Website: <http://gothunderbirds.ca/index.aspx?path=track>

### **Saturday Track Schedule:**

10:45am – Women's 400mH	1:30pm – Women's 400m
10:55am – Men's 400mH	1:40pm – Men's 400m
11:10am – Women's 3000mSC	1:50pm – Women's 800m
11:25am – Men's 3000mSC	2:00pm – Men's 800m
11:40am – Decathlon 100m	2:10pm – Women's 100m
11:50am – Women's 200m	2:25pm – Men's 100m
12:00pm – Men's 200m	2:50pm – Mixed 5000m
12:15pm – Women's 1500m	3:20pm – Women's 100mH
12:25pm – Men's 1500m	3:35pm – Men's 110mH
12:40pm – Women's 4X100m	4:15pm – Decathlon 400m
12:50pm – Men's 4x100m	
1:00pm – Mixed 3/5kRW	

### **Saturday Field Schedule:**

8:30am – Men's HT	2:00pm – Men's TJ
9:30am – Women's HT	2:00pm – Men/Women's DT
11:30am – Women's JT	2:00pm – Decathlon/Open Men's SP
11:30am – Men's HJ	3:15pm – Women's TJ
11:30pm – Women's LJ	3:15pm – Decathlon HJ
12:45pm – Women's HJ	3:15pm – Men/Women's PV
12:45pm – Men's JT	3:45pm – Women's SP
12:45pm – Decathlon/Open Men's LJ	

### **Sunday Track Schedule:**

10:00am – Decathlon 110mH	12:00pm – High Performance 100m
10:30am – High Performance 200m	1:45pm – Decathlon 1500m
11:15am – High Performance 400m	

### **Sunday Field Schedule:**

10:30am – Decathlon Discus  
11:30am – Decathlon PV  
1:00pm – Decathlon JT

## Parking at the UBC Open/Apr.1<sup>st</sup>-2<sup>nd</sup>, 2016:

1. Due to the construction of the Whitecaps Fieldhouse the parking at Rashpal Dhillon Track is gone.
2. There is free parking on 16<sup>th</sup> Ave on the way into Campus from Blanca St. (good option for buses) but it's an 800m walk to the track.
3. There is metered parking on the south side of Wesbrook Mall between 16<sup>th</sup> Ave and Thunderbird Blvd.
4. There is pay parking in the Thunderbird Parkade on Thunderbird Blvd. just off of Wesbrook Mall.
5. We will be paying officials' parking so officials please keep your receipts and get reimbursement from the registration desk.





## Directions from the US:

1. Take I5 North to the US/Can Border Crossing (Peach Arch)
2. Go through Canadian Customs.
3. Continue NW on Highway 99 to the Oak St. Bridge.
4. Continue North on Oak St to 49<sup>th</sup> Ave.
5. Turn left on to 49<sup>th</sup> Ave and head west to SW Marine Dr.
6. Turn right on to SW Marine Dr.
7. Continue on SW Marine Dr.
8. Stay on this until 16<sup>th</sup> Ave and then turn right onto 16<sup>th</sup> Ave.
9. Follow 16<sup>th</sup> Ave. and at the 2<sup>nd</sup> traffic circle go West on Wesbrook Mall.
10. The track is immediately on the left, but there is no parking there due to construction.
11. Instead turn immediately right onto Hampton Place and find parking on the street or continue on Wesbrook Mall to Thunderbird Boulevard, turn left and then right into Thunderbird Parkade.

