



2017 UBC High Performance Meet



April 26th, 2017

UBC Rashpal Dhillon Track and Field Oval (Wesbrook/16th Ave.)

Meet Director: Reid Graham

Technical Director: John Hawkins

Events: 100m, 400m, 800m, 1500m, 3k/5k RW(Combined), 100mH (W), 110mH (M), 400mH, LJ, HJ, TJ, SP, JAV, DT, HT, 4X400m, 4X800m

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

<https://www.directathletics.com/meets/track/48327.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: April 24th, 2017 at 11:59pm

Limited late fee after April 24th - \$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.

Track Events – Hurdle heights will be set at “open” heights only. All races are timed finals. Athletes will be slotted according to seed times.

Field Events – Eight athletes will advance to finals.

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

John Hawkins (778) 837-7076 sjhawkins@telus.net

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

Track Schedule:

4:00pm – 100mH	Women	4:00pm – Long Jump	Men & Women
4:10pm – 110mH	Men	4:00pm – Shot Put	Men & Women
4:20pm – 4X400m	Women	4:00pm – Javelin	Men & Women
4:25pm – 4X400m	Men	4:30pm – High Jump	Men & Women
4:35pm – 4X800m	Women	4:30pm – Discus	Men & Women
4:45pm – 4X800m	Men	5:00pm – Triple Jump	Men & Women
5:00pm – 400mH	Women	5:00pm – Hammer Throw	Men & Women
5:05pm – 400mH	Men		
5:10pm – 400m	Women		
5:15pm – 400m	Men		
5:20pm – 100m	Women		
5:25pm – 100m	Men		
5:30pm – 800m	Women		
5:35pm – 800m	Men		
5:45pm – 3k/5k RW	Men & Women		
6:15pm – 1500m	Women		
6:25pm – 1500m	Men		

Parking at the UBC High Performance Meet/Apr.26th, 2017:

1. Due to the construction of the Whitecaps Fieldhouse the parking at Rashpal Dhillon Track is gone.
2. There is free parking on 16th 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 16th 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 49th Ave.
5. Turn left on to 49th 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 16th Ave and then turn right onto 16th Ave.
9. Follow 16th Ave. and at the 2nd 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.

