



Track and Field Club  
North and West Vancouver.

## 2009 Meets - J.D. Age Athletes (9 to 12 years)

DATE	MEET	LOCATION
April 18/19	George Dean Memorial	Sidney**
April 25	VOC Elementary Schools Meet	Vancouver
April 25/26	Spring Throws Meet	Kamloops
May 2/3	NorWesters Elementaries	Swangard** HOSTING
May 8/9/10	Kamloops Centennial	Kamloops**
May 9/10	Dogwood Invitational	Victoria **
May 16/17	Junior Olympics	Surrey**
May 22/23/24	B.C.Elementaries	Richmond**
May 30	Eagle Classic	Maple Ridge**
June 7	VIAA Regular and Weight Pent.	Sidney**
June 13/14	Jesse Bent	Coquitlam**
June 19/20/21	Langley Pacific Invitational	Langley **
June 26/27/28	Jack Brow	Kelowna**
July 4/5	Trevor Craven Memorial	Swangard**HOSTING
July 18	BCJD Pentathlon Championships	Coquitlam**
July 24/25/26	JD Track and Field Championships	White Rock**

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\*\* Denotes meets that count towards top ten and standards for BC Junior Development Awards of Excellence. Athletes must compete in at least one of the Championship Meets and a minimum of three of the \*\* meets to qualify for JD awards.

**The most important meets of the year for all J.D. athletes are the JD Track and Field Championships and the JD Pentathlon Championships.** Do try to make it to both these meets! This year our goal is to have all JD athletes compete in the Pentathlon Championships. So make sure that you can do the sprint hurdles, 800m, LJ, HJ, and SP.

Note the dates of our own NorWesters' meets. Remember that each family is expected to volunteer at least one parent per athlete to help out on meet day(s). Hopefully both can help out.