



Track and Field Club
North and West Vancouver.

2009 Meets - J.D. Age Athletes (Grades 7/8/9)

| DATE | MEET | LOCATION | AGE | |
|----------|----------|---------------------------------|------------------------------------|----------|
| April | 16 | Langley Spring Relays | 14/15 | |
| | 18/19 | George Dean Memorial | Sidney** | |
| | 25 | Fraser Valley high School | Surrey | |
| | 25 | VOC Elementaries | Vancouver | |
| | 25/26 | Kamloops Throws Meet | Kamloops | |
| May | 2/3 | NorWesters Elementaries | Swangard** HOSTING | |
| | 2 | Valley Royals Secondary Schools | Abbotsford | |
| | 8/9/10 | Kamloops Centennial | Kamloops** | |
| | 9 | Kajaks High School Meet | Richmond | |
| | 9/10 | Dogwood Invitational | Victoria ** | |
| | 11/12/13 | Fraser Valley High School | Burnaby | |
| | 16/17 | Junior Olympics | Surrey** | |
| | 22/23/24 | BC Elementaries Meet | Richmond** | |
| | 29/30 | BC High School Combined Events | Abbotsford | |
| | 30 | Eagle Classic | Maple Ridge** | |
| | June | 5/6 | BC High School Champs | Swangard |
| | | 7 | VIIA Regular and Weight Pentathlon | Sidney** |
| | | 14 | Harry Jerome | Swangard |
| 13/14 | | Jesse Bent | Coquitlam** | |
| 19/20/21 | | Langley Pacific Invitational | Langley ** | |
| 26/27/28 | | Jack Brow | Kelowna** | |
| July | | 2 | Fraser Valley High Jump Classic | Langley |
| | 4/5 | Trevor Craven Memorial | TBA **HOSTING | |
| | 8-12 | IAAF World Youth Champs | Brassanone ITALY | |
| | 10/11/12 | BC Track and Field Champs Jamb. | Abbotsford | |
| | 18 | BCJD Pentathlon Championships | Coquitlam** | |
| Aug | 24/25/26 | BCJD Track and Field Champs | White Rock | |
| | 5-11 | Can Legion Champs | Sherbrooke | |

** Denotes meets that count towards top ten results and BC Junior Development Awards (ages 9-14 years). 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. **Also for the 15 year olds the most important meets are the BC 15 yr old Championships and the Legion Camp.**

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.