



Track and Field Club
North and West Vancouver.

2011 Meets - J.D. Age Athletes (9 to 13 years)

DATE	MEET	LOCATION
April 16/17	George Dean Memorial	Sidney**
April 30	VOC Elementary Schools Meet	UBC
April 30/1	Bob Dailey	Port Alberni**
May 7/8	NorWesters Elementaries	Swangard** HOSTING
May 7/8	Dogwood Invitational	Victoria **
May 14	Eagle Classic	Maple Ridge**
May 21/22	Kamloops Centennial	Kamloops**
May 21/22	Junior Olympics	Surrey**
May 27/28/29	B.C.Elementaries	Richmond**
June 5	VIAA Regular and Weight Pent.	Sidney**
June 11/12	Jesse Bent	Coquitlam**
June 17/18/19	Langley Pacific Invitational	Langley **
June 25	BCJD Pentathlon Championships	TBA**
June 29	Fraser Valley Jumps Meet	Langley
July 2	Comox Valley Cougars Meet	Courtenay**
July 2/3	Jack Brow	Kelowna**
July 9/10	Trevor Craven Memorial	Swangard**HOSTING
July 22/23/24	JD Track and Field Championships	Kamloops**

** 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, 600m, 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.

Updated March 16, 2011