

# NORWESTERS TRACK AND FIELD CLUB

North and West Vancouver.

## 2010 Meets – Juv/Jnr/|Snr/Masters- Distance/Sprints/Jumps/Throws

<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>
April 14	Fraser Valley Relays	Langley
17/18	George Dean Memorial	Sidney
24	Fraser Valley High School	Surrey
May 1	Valley Royals High School	Abbotsford
1/2	NorWesters Elementaries	Swangard HOSTING
8	Kajaks High School Meet	Richmond
8/9	Eagle Classic	Maple Ridge
8/9	Dogwood Meet	Victoria
12	World Athletics Day	Surrey
22/23	Kamloops Centennial	Kamloops
28/29	BC High School Combined Events	Abbotsford
June 4/5	BC High School Champs.	Swangard
6	VIIA Regular and Weight Pentathlon	Sidney
12	UBC/Achilles T and F Meet	UBC/Vancouver
12/13	Jesse Bent Memorial	Coquitlam
18/19/20	Pacific Invitational/Masters Champs	Langley
29	Fraser Valley Jumps (JH LJ PV)	Langley
July 2-4	Canadian Junior Champs	Moncton
3/4	Jack Brow Memorial	Kelowna
3	Abbotsford Int'l. (Series #1)	Abbotsford
5	Harry Jerome (Series #2)	Swangard
7	Victoria Int'l. (Series #3)	Victoria
9	Review Kajaks Int'l. (Series #4)	Richmond
10/11	Trevor Craven Memorial	Swangard HOSTING
16/17/18	BC Track and Field Champs 15+	Abbotsford
19-25	World Juniors	Moncton, NB
28-Aug 1	Canadian Senior Champs	Toronto, ONT
August 6-8	Canadian Legion Champs (15/Juv)	Ottawa, ONT
14-26	Youth Olympics	Singapore, SIN
Oct 3-14	Commonwealth Games	Delhi, IND
Sept. TBA	BC Seniors Games	Richmond
Oct. TBA	World Masters Games	Sydney, AUST

**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 days. Hopefully both can help out.**

Updated March 29, 2010.