



Track and Field Club
North and West Vancouver.

2010 Meets - J.D. Age Athletes (9 to 14 years)

DATE	MEET	LOCATION
April 17/18	George Dean Memorial	Sidney**
April 24	VOC Elementary Schools Meet	Vancouver
April 24/25	Bob Dailey Memorial	Port Alberni**
May 1/2	NorWesters Elementaries	Swangard** HOSTING
May 8/9	Eagle Classic	Maple Ridge**
May 8/9	Dogwood Meet	Victoria **
May 22/23	South Fraser Junior Olympics	Surrey**
May 22/23	Kamloops Centennial	Kamloops**
May 28/29/30	B.C.Elementaries	Richmond**
June 6	VIAA Regular and Weight Pent.	Sidney**
June 8/9/10	Zone 5 Summer Games Trials	N/W Van.
June 12/13	Jesse Bent Memorial	Coquitlam**
June 18/19/20	Langley Pacific Invitational	Langley **
June 26	BCJD Pentathlon Championships	White Rock**
July 3/4	Jack Brow Memorial	Kelowna**
July 10/11	Trevor Craven Memorial	Swangard**HOSTING
July 22-25	BC Summer Games	Langley**
July 30-Aug 1	BCJD Track & 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, 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.

Updated March 29, 2010.