



Updated March 29, 2010

**Track and Field Club  
North and West Vancouver.**

**2010 Meets - J.D. Age Athletes (Grades 7/8/9)**

<b>DATE</b>	<b>MEET</b>	<b>LOCATION</b>	<b>AGE</b>
April 14	Fraser Valley Relays	Langley	14/15
17/18	George Dean Memorial	Sidney**	13/14/15
24	VOC Elementaries	Vancouver	13
24	Fraser Valley High School	Surrey	14/15
May 1/2	NorWesters Elementaries	Swangard** HOSTING	13
1	Valley Royals High School	Abbotsford	14/15
8	Kajaks High School Meet	Richmond	14/15
8/9	Eagle Classic	Maple Ridge**	13/14
8/9	Dogwood Meet	Victoria **	13/14/15
22/23	Junior Olympics	Surrey**	13
22/23	Kamloops Centennial	Kamloops**	13/14/15
28/29/30	BC Elementaries Meet	Richmond**	13
28/29	BC High School Combined Events	Abbotsford	14/15
June 4/5	BC High School Champs	Swangard	14/15
6	VIIA Regular and Weight Pentathlon	Sidney**	13/14/15
8/9/10	Zone 5 Summer Games Trials	N/W Vancouver	14/15
12/13	Jesse Bent Memorial	Coquitlam**	13/14/15
18/19/20	Langley Pacific Invitational/Masters	Langley **	13/14/15
26	BCJD Pentathlon Championships	White Rock**	13/14
29	Fraser Valley Jumps (HJ LJ PV)	Langley	14/15
July 3/4	Jack Brow Memorial	Kelowna**	13/14/15
5	Harry Jerome	Swangard	Spectators
10/11	Trevor Craven Memorial	Swangard **HOSTING	13/14/15
16/17/18	BC Track and Field Champs Jamb.	Abbotsford	14/15
22/23/24/25	BC Summer Games	Langley	14/15
30/31/1	BCJD Track and Field Champs	Kamloops	13
Aug 6-8	Can Legion Champs	Ottawa	15

\*\* 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 14/15 year olds the most important meets are the BC 14/15 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.