



INVITATION TO A TRACK MEET

TO: TRACK COACH

March 2018

NORWESTERS ELEMENTARIES MEET

May 5 and 6, 2018

Swangard Stadium

Burnaby

Our club is inviting your athletes to attend the NorWesters Elementaries Meet to be held at Swangard Stadium on May 5 and 6, 2018. This annual Track and Field Meet is an excellent introduction to Track and Field for young athletes. The meet aims to be well organized, run on schedule, and under IAAF and B.C Junior Development rules.

Our meet is held on an excellent competition track, with photo finish timing, and plenty of space for spectators. It is always a memorable experience for young athletes, their coaches, and their parents.

Check out our schedule at www.norwesterstandf.com All running events are electronically timed. Every athlete will see their result. The 100M Heats and the 4X100m. relays are grouped together, allowing the youngest athletes to come for just a short period of time. This track event is scheduled to comply with the new approved events for the younger athletes.

Athletes are allowed to enter as individuals (but must be accompanied by a responsible adult). Every athlete is required to have insurance under BC Athletics which can be obtained when registering. We encourage teachers to send their enthusiastic talented athletes along with their parents if their school cannot send a coach.

This year we have added high jump for 9 year olds, racewalk, 2000m, triple jump and 200m hurdles for the appropriate ages.

On the web site you should find Information and Entry Forms. If you have any questions about the meet, call the meet registrar, Dag Rastad at 604-922-6328 re.entries or email [dcoppiing \(at\) telus.net](mailto:dcoppiing@telus.net) about other questions. .

Dawn Copping
Meet Director,
NorWesters Track & Field Club