



INVITATION TO A TRACK MEET

TO: TRACK COACH
April 14, 2010

NORWESTERS ELEMENTARIES MEET

May, 1st and 2nd, 2010
Swangard Stadium
Burnaby

Our club is inviting your athlete to attend the NorWesters Elementaries Meet to be held at Swangard Stadium on May 1st and 2nd. 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. The 100m and 60m heats are all 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.

NorWesters reserves the right to limit the number of athletes in an event should numbers be unmanageable in the time slot allocated. Please review the field event schedule for starting heights in high jump and the distances that will be measured in other field events. Take these limitations into account when entering athletes. Schools are not limited in the number of school relay teams that you can enter in any age group this year.

We suggest that schools and clubs have a jump off in high jump and enter their top high jumpers in each age group. By doing it this way we find that we have about as many athletes in high jump as we can process in each age group in each day.

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 can not send a coach.

On the web site you should find Information and Entry Forms. If you have any questions about the meet, feel free to call Michelle Edwardsen at 604-980-2708 or email at lesnmich@telus.net.

Mike Swanson
Meet Director
NorWesters Track & Field Club