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NORTH AND WEST VANCOUVER'S
TRACK AND FIELD CLUB.

ZONE 5 SUMMER GAMES TRIALS SCHEDULE OF EVENTS May 22, 23 and 24, 2018

Athletes should pre-register by email to save time on the evening. All athletes should bring their form filled out with correct PB's. \$4 per event will be collected on the night. Athletes who are not members of BC Athletics must also pay a one time fee of \$3 for insurance purposes. Registration and pick up of information will begin at 5.00pm. Any athlete wishing to be considered for the pentathlon must mark this on their registration form, Those athletes competing in the BC High School Pentathlon will have their results considered for the team. Other athletes should compete in as many of the events of the pentathlon as possible at the trials. Also, 1500m steeplechase athletes (girls and boys) should run the 1200m and declare their wish to be considered upon registration.

email: dcopping@telus.net Fax: 604-929-3554

Handsworth Community Track, Handsworth Road off Capilano Rd., N. Van.

	TRACK	FIELD	
Tuesday May 22			
6pm	800m	long jump (girls)	
		shot put (boys)	4k
6.30pm	100m	shot put (girls)	3k
		long jump (boys)	
7.30pm	2000m	javelin (boys)	600g
8.00pm		javelin (girls)	500g
8.00pm	300m		

West Vancouver High School Community Track,

	TRACK	FIELD	
Wednesday, May 23			
5.45pm	1500mRW		
6pm		pole vault (girls and boys)	
6pm		discus (girls then boys)	1k
7pm		hammer 3k (G) then 4k (B)	

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	TRACK	FIELD	
Thursday, May 24			
6pm	80/100m hurdles	high jump (girls)	
		triple jump (boys)	
6.30pm	1200m		
7.00pm	200m	triple jump (girls)	
		high jump (boys)	
7.30pm	200m hurdles		

All competitors are required to be present 30 minutes prior to an event.