



Zone 3 and 4 Combined Trials - ATHLETICS

Important Information

Regarding events not being run at the Zone 3/4 trials:

- 1) **Pentathlon:** The selection committees for Zone 3/4 trials request athletes to submit the following 2 items:
 - a) A BC Athletics Sanctioned Pentathlon event result competed in from January 1, 2017 – May 27, 2018. (BC High School Multis or any BC Athletics sanctioned club meets).
 - b) Athletes are to submit their personal best results for the five individual events (Hurdles, Long Jump, High Jump, etc.), competed in any BC Athletics sanctioned outdoor meets held from January 1, 2018 – May 27, 2018. (BC High School Districts, Fraser Valley Championships, or any Sanctioned BC Athletics outdoor meets).

All Pentathlon submissions to be emailed:

Zone 3 Athletes email results to the Zone 3 Representative Julie Sillars - julie@vestaproperties.com no later than May 27, 2018. Nothing will be accepted after this date NO EXCEPTIONS.

Zone 4 Athletes email results to the Zone 4 Representative Steve Boylan - sboylan@shaw.ca no later than May 27, 2018. Nothing will be accepted after this date NO EXCEPTIONS.

The athlete also needs to include the following information:

Full Name
BC Athletics Number
Address of residence
Birthdate
Name of Event the PB Came From
Result
Phone number Home and Cell
Email address