



INVITATION TO A TRACK MEET

TO: TRACK COACH

March 2023

NORWESTERS ELEMENTARIES MEET

May 6 and 7, 2023

Burnaby Central Track

Burnaby

Our club is inviting your athletes to attend the NorWesters Elementaries Meet to be held at Burnaby Central Track on May 6 and 7, 2023. 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 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 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 hammer for the appropriate ages.

Also, several para events have been added 100m, shot put and 600m for ambulatory and seated athletes. If athletes would like to compete in events other than these please contact the Meet Director. Events will be run at the time scheduled for other boys and girls of the same age.

On the web site you should find Information and Entry Forms. If you have any questions about the meet, contact the meet registrar, John Millard at john_w_millard@yahoo.ca re.entries or email dcopping@telus.net about other questions. .

Dawn Copping
Meet Director,
NorWesters Track & Field Club