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NORTH AND WEST VANCOUVER'S
TRACK AND FIELD CLUB.

# ZONE 5 SUMMER GAMES TRIALS
# SCHEDULE OF EVENTS
# May 10/11/12, 2016.

Athletes should pre-register by email to save time on the evening. Club 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, These athletes should compete in as many of the events of the pentathlon as possible. 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.**

| **Tuesday, May 10** | **TRACK** | **FIELD** | |
|---|---|---|---|
| 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 CommunityTrack,**

| **Wednesday, May 11** | **TRACK** | **FIELD** |
|---|---|---|
| 5.45pm | 1500mRW | |
| 6pm | | pole vault (girls and boys) |
| 6pm | | discus (girls then boys) 1k |
| 7pm | | hammer 3k (G) then 4k (B) |

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

| **Thursday, May 12** | **TRACK** | **FIELD** |
|---|---|---|
| 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.**