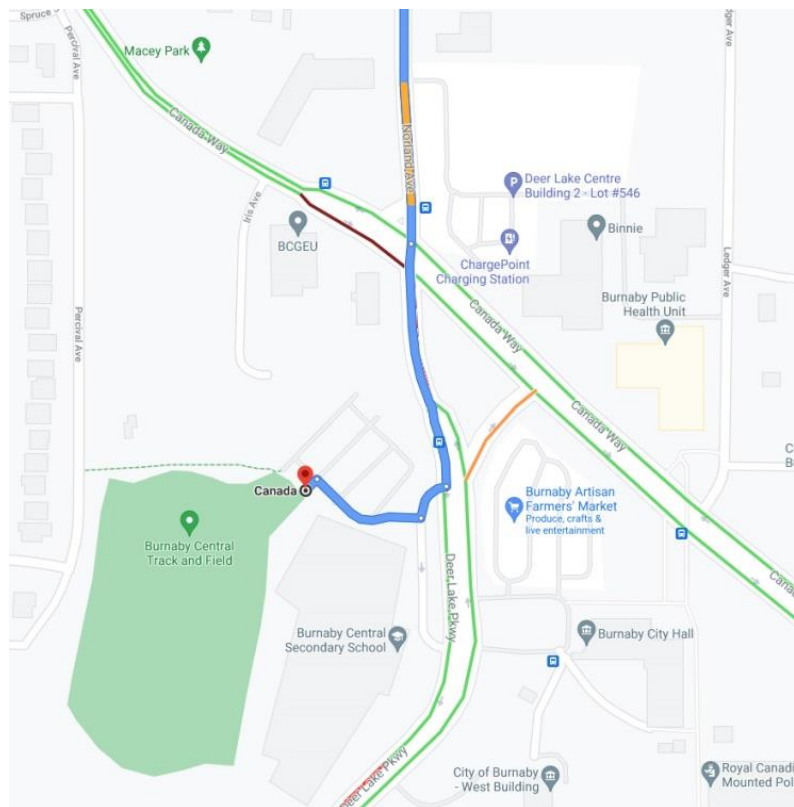




WEST VANCOUVER TRACK & FIELD CLUB

IN-HOUSE "PRACTICE MEET" *Sanctioned by BC Athletics*

LOCATION: Burnaby Central Secondary School Track (6011 Deer Lake Pkwy, Burnaby, BC V5G 0A9); parking on north side of track (see map below).



WHEN: June 15, 2022

- Please pick up your race bib upon arrival
- 5:30pm warmup with your coach
- First race starts at 6pm

COMPETITION SCHEDULE

All events will be run on a rolling start (ie. next race/heat to start immediately after the previous one is finished). Races will be run in this order: Oldest to youngest; women will start each age group. Please check with your coach ahead of time to confirm the events that you will be running.

EVENT

1. 60M
2. 100M
3. 300M
4. 50M
5. 800M
6. 200M
7. 1000M
8. Mixed 4x200M relays

SEEDING & GROUPINGS

Athletes will be seeded according to their coaches' recommendations. Some age groups may be combined to race together, but will be scored separately.

MEET RESULTS

Meet results will be posted on-site upon compilation by the electronic finish line.

MARSHALLING

All athletes will marshal by age group at the start line for their respective event. Please look for the marshalling official (with the clipboard).

RACE BIBS

Please go to the green WVTFC tent upon arrival to pick up your race bib. Race bibs are to be worn on the FRONT.

COMPETITION ATTIRE

Any WVTFC top plus black bottoms of the athlete's choice.

STARTING BLOCKS

For 100M, 200M, and 4x200M, starting blocks are required and will be provided for all athletes 14 years and older.

AWARDS

Athletes who complete their events will receive a bonus cold treat.

MEDICAL INFORMATION

Eric Rae (on-site paramedic)

Burnaby Hospital (6 minutes away by car)