



RUN JUMP THROW TRY IT EVENT

June 14th, 2025

9-11am, Maple Ridge

BC Athletics is inviting athletes born in 2014-2017 to try a Run Jump and Throw in a fun “competition” environment. Athletes with no or minimal competition experience are encouraged to participate. This will be a great opportunity to practice and learn!

Time	2014, 2015, 2016 Female	2014, 2015, 2016 Male	2017 Female	2017 Male
8:45	CHECK IN AND GROUP WARM UP			
9:15	60m	60m		
9:30	Long Jump # 1	Long Jump # 2	60m	60m
9:45			Shot Put # 1	Shot Put # 2
10:00				
10:15	Shot Put # 1	Shot Put # 2	Long Jump #1	Long Jump # 2
10:30	Awards			

About: This event is designed as an introduction a multi event competitive opportunity.

Eligibility: Athletes born in 2014-2017 are eligible to compete. 2012 and 2013 athletes are encouraged to compete in the BC Athletics Junior Development Pentathlon Championships.

Schedule: Each age group will be assigned an age group leader and will be guided from one event to the next. The schedule above approximates time. The next event will begin once the previous event is complete.

Entries: There will be a **maximum of 15 athletes** per age group / gender. Registration is \$20/athlete.

Technical Specifications

Long Jump: Athletes will receive one warm up jump and 2 official attempts.

Shot Put: Athletes will receive 1 warm up throw and two official attempts. **Awards**

This is a non-Championship event. All athletes will receive a participation ribbon.