

South Surrey Athletic Park, White Rock BC

July 25th, 2015

As part of the Hershey Outdoor Regional Youth Series, a new initiative aimed at increasing accessibility and exposure of the sport of athletics, the first annual West Region Youth Series meet was hosted by BC Athletics and Ocean Athletics, July 25-26, 2015. A Run Jump Throw Wheel program demonstration was scheduled to occur prior to the meet, open to children 5 -10 years of age to try out track and field.



The demo was hosted at South Surrey Athletic Park, where parents brought their eager and energetic children to come participate in several different grassroots level track & field activities, including turbo javelin, long jump, hurdles, high jump and relays. The kids cycled through the stations in groups, learning the fundamentals of running, jumping, throwing and wheeling. A special thank you to [BC Wheelchair Sports Let's Play](#) program for lending out sport chairs and racing chairs, allowing the participants to practice their wheeling skills through wheelchair relay! The morning concluded with a mini sprint race on the track as a finale with prizes to follow!

A big thank you to the learning facilitators, instructors and numerous volunteers who put their time and effort into making this event so much fun!

For more information on how to get involved at your local club click '[Club Track Rascals Program](#)' on the sidebar for a list of clubs across the province with programs.

An album of photos from the event can be found on our BC Athletics Facebook page!

