

# **BNWSAA TRACK & FIELD 2023**

**There will be a coaches meeting 15 minutes before the listed start time at the finish line tent.**

## **Wednesday April 5 - 3:45pm - Mercer Stadium**

4x100m, 1500m, 200m

Long Jump (Boys 3:45pm-4:45pm, Girls 4:45pm-5:45pm), Shot Put (Girls First)

## **Wednesday April 12 - 3:45pm - Mercer Stadium**

100m (Senior and Bantam only), 800m, 4x400m

Triple Jump (Girls First), Shot Put (Boys First)

## **Wednesday April 19 - 3:45pm - Burnaby Central**

4x100m, 3000m, 400m

Long Jump (Girls), High Jump (Boys), Discus (Girls First)

## **Wednesday April 26 - 3:45pm - Burnaby Central**

100m (Junior and Bantam only), 1500m, 4x400m

Long Jump (Boys), High Jump (Girls), Javelin (Girls First)

## **Wednesday May 3 - 3:45pm - Burnaby Central**

**Steeplechase (BNW Championships), 200m, Racewalk (BNW Championships)**

**Triple Jump (BNW Championships), Hammer Throw (BNW Championships)**

## **BURNABY-NEW WESTMINSTER CHAMPIONSHIPS**

### **Wednesday, May 10 - 3:45pm - Burnaby Central**

Sprint Hurdles, 3000m, Distance Hurdles

High Jump (all athletes), Discus (Girls First),

### **Friday May 12 - 9:00am - SFU Terry Fox Field - ALL DAY**

All other events not already done for Championships on May 3 or 10

### **Tuesday, May 16 - 6pm - Mercer Stadium - Also for Fraser North Championships**

Pole Vault

## **FRASER NORTH ZONE CHAMPIONSHIPS**

### **May 23-24 - 2:00pm - Burnaby Central**

All Events

## **PROVINCIAL CHAMPIONSHIPS**

### **Multi-Events - June 2 - 9:00am and June 3 - 9:00am - North Delta**

Pentathlon (Bantam), Heptathlon (Jr+Sr Girls), Octathlon (Jr Boys), and Decathlon (Sr Boys)

**Provincial Championships - June 8 - 3:00pm, June 9 - 9:00am, and June 10 - 9:00am  
- McLeod Athletic Park - Langley**