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