



TRACK AND FIELD SPORT FORM

Year **2017**

Zone _____

Entries must comply with the 55+ BC Games Sport Specific Rules and the BCSGS Rules and Policies

- Category: 55-59 60-64 65-69 70-74 75-79
 80-84 85-89 90-94 95-99 100+

Please print

Preferred First Name _____ Last Name _____

Your age on 1st day of competition (September 13, 2017) _____

Are you a current member of Athletics BC? Yes No

Men's Events

An athlete may enter a maximum of 8 individual events.

Women's Events

Multi-events will be considered as only 1 event.

Enter Times

- 50m
- 100m
- 200m
- 400m

- 800m
- 1500m
- 5000m
- 10km Road Race
- 5000m Power Walk
- 1500m Race Walk
- Long Jump
- High Jump

- Triple Jump
- Discus
- Javelin
- Shot
- Hammer Throw
- Weight Throw
- ~~Pole Vault~~ (not in 2017)
- Pentathlon
- Throws Pentathlon

Please use correct format

Min : Sec . 10th of sec

- 80m Hurdles *Women 55+ and Men 70+*
- 100m Hurdles *Men 55-69*
- 200m Hurdles *Women 70+ and Men 80+*
- 300m Hurdles *Women 55-69 and Men 60-79*
- 400m Hurdles *Men 55-59*

- 4x100m Relay
- 4x100m Mixed Relay (2M/2W)
- 4x400m Relay
- 4x400m Power Walk Relay

Please indicate if you are interested and note that Relay teams will be assembled during the Games.