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TRACK AND FIELD
SPORT FORM

Year 2018

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 12, 2018) _____

Are you a current member of Athletics BC ? Yes ☐ No ☐

☐ **Men's Events**
☐ **Women's Events**

An athlete may enter a maximum of 8 individual events.
Multi-events will be considered as only 1 event.

Enter Times

____ : ____ . ____
____ : ____ . ____
____ : ____ . ____
____ : ____ . ____

Please use correct format
____:____.____
Min : Sec . 10th of sec

- ☐ 50m
- ☐ 100m
- ☐ 200m
- ☐ 400m
- ☐ 800m
- ☐ 1500m
- ☐ 5000m
- ☐ 10k Road Race
- ☐ 5000m Power Walk
- ☐ 1500m Race Walk
- ☐ 80m Hurdles (Women 55+, Men 70+)
- ☐ 100m Hurdles (Men 55 - 69)
- ☐ 200m Hurdles (Women 70+, Men 80+)
- ☐ 300m Hurdles (Women 55 - 69, Men 60 - 79)
- ☐ 400m Hurdles (Women 55 -69)

- ☐ Long Jump
- ☐ High Jump
- ☐ Triple Jump

- ☐ Discus
- ☐ Javelin
- ☐ Shot
- ☐ Hammer Throw
- ☐ Weight Throw
- ☐ ~~Pole Vault~~
- ☐ Pentathlon
- ☐ Throws Pentathlon

- ☐ 4x 100m Relay
- ☐ 4x 100m Mixed Relay (2M/2W)
- ☐ 4x 400m Relay
- ☐ 4x 400m Power Walk Relay

Please indicate if you are interested in Relay.

Note: Relay teams will be assembled during the Games.