



Year **2019**
Zone _____

TRACK AND FIELD SPORT FORM

Entries must comply with the 55+ BC Games sport specific rules and the BCSGS General Rules Book & Policies.

Please print

Revised April 2019

Age Category – Men and Women

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

Fill in the preferred first name and last name of the participant as printed on their registration form.

Name: _____

Your age on 1st day of competition (Sept 10/19) _____ Are you a current member of BC Athletics? Yes No (circle)

Men's events Women's events

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> 50m | Enter times:
____ : ____ . ____ | <input type="checkbox"/> 80m Hurdles (W55+, M70+) | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 100m | ____ : ____ . ____ | <input type="checkbox"/> 100m Hurdles (M 55-69) | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> 200m | ____ : ____ . ____ | <input type="checkbox"/> 200m Hurdles (W70+, M80+) | <input type="checkbox"/> Triple Jump |
| <input type="checkbox"/> 400m | ____ : ____ . ____ | <input type="checkbox"/> 300m Hurdles (W55-69, M69-79) | <input type="checkbox"/> Discus |
| <input type="checkbox"/> 800m | <i>Please use correct format</i>
<i>Min : Sec . 10th of sec</i> | <input type="checkbox"/> 400m Hurdles (W55-69) | <input type="checkbox"/> Javelin |
| <input type="checkbox"/> 1500m | | <i>Maximum of 8 individual events can be entered per participant</i> | <input type="checkbox"/> Shot |
| <input type="checkbox"/> 5000m | | | <input type="checkbox"/> Hammer Throw |
| <input type="checkbox"/> 10K Road Race | | | <input type="checkbox"/> Weight Throw |
| <input type="checkbox"/> 3000m Power Walk (M &W 80+) | | | <input type="checkbox"/> Pole Vault |
| <input type="checkbox"/> 5000m Power Walk (M & W 55-79) | | | <input type="checkbox"/> Pentathlon |
| <input type="checkbox"/> 1500m Race Walk | | | <input type="checkbox"/> Throws Pentathlon |

Please indicate if you are interested in Relay. NOTE: Relay teams will be assembled during the Games.

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

Please use 1 form per participant

