



# BC Summer Games 2018 Zone 6 Track and Field Camp

## SCHEDULE

WEDNESDAY July 11 2018

9 am - 8 pm

9-10 AM

Meet and Greet

10-12 noon

TRAINING TIME

12-1 PM

LUNCH

1-2 PM

GUEST SPEAKER

2-4 PM

EVENT / RELAY  
TRAINING

4-6 PM

POOL

6-8 PM

DINNER & SOCIAL  
(Dinner Provided)

8 PM

PICK UP AT  
ROTARY BOWL

## July 11th 2018

Hosted by

### Nanaimo Track & Field Club

Rotary Bowl, 355 Wakesiah Avenue, Nanaimo

This is a **team building camp** offered to Vancouver Island Zone 6 Summer Games Track team athletes.

This is put on by Coach and parent volunteers through the Nanaimo Track and Field Club.

Camp check in: 9am Wednesday

Camp pick up: 8pm Wednesday

All coaching, Dinner, Pool and Team Jacket included in registration fee.

REGISTRATION FEE:

\$55.00

**Includes Zone 6 Team Jacket**

Register at <https://www.trackiereg.com/Z6BCSG>

\*\*\*\*Registration Deadline JULY 9TH 2018 \*\*\*\*

**Items To Bring:**

- ◇ Lunch
- ◇ Bathing Suit, Towel
- ◇ Water Bottle
- ◇ Sunscreen, Hat
- ◇ Training clothes & shoes/spikes
- ◇ Rain gear (hopefully not needed)



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