Hello Everyone!

Thanks to all the parents and volunteers who helped out on Saturday with the rascal and junior practices. The club and coaches are grateful for your efforts so the coaches could continue with training.

AGM is scheduled for next Wednesday at the stadium. The board is looking for a secretary, treasurer and members at large. Attendance is beneficial to the club for gaming funding purposes.

Please be mindful at the track during practice times. The stadium is booked for your athletes to train and learn. You are welcome to walk the track as long as you are paying attention. Other sports are NOT allowed in the stadium during track and field: no soccer, football, lacrosse or Frisbee. The city staff is there to help us remove non-track public for our club members’ safety.

If you are attending the Jack Brow invitational in Kelowna (June 28-30), registration is open and you’ll need to book a hotel ASAP. If you can’t find one, just keep looking as bookings get cancelled closer to the weekend. <http://okac.ca/jack-brow-2019/>

Our own Spruce Capital Meet is coming June 8-9. Many volunteers will be needed – please sign up at the track.

There is no track on Saturday or Monday due to the long weekend.

Enjoy yourself in the sunshine!

Elena Thomas

President

Prince George Track and Field Club



Think *Fast***Be Strong**