

# Garriock Meet

Cowichan SportsPlex  
5847 Chesterfield Ave  
Duncan



1

60m  
100m  
60m Hurdles  
80m Hurdles  
100m Hurdles  
110m Hurdles

2

400m  
800m  
1200m  
2000m  
400m Hurdles  
800m Racewalk

3

300m  
1500m  
1500m Steeplechase  
1500m Racewalk

4

200m  
600m  
1000m  
3000m  
200m Hurdles  
2000m Steeplechase  
5000m Racewalk  
3000m Steeplechase

W Washrooms

R Hammer

J Javelin

G Stands

D Discus

S Shot put

P Parking

H High Jump

L Long jump, Triple Jump

Great View Areas

Danger Areas