



## Meet Information Package

<b>Meet Director</b>	Laura Dewit Phone: 250 510-0702 Email: <a href="mailto:president@cvac-jaguars.com">president@cvac-jaguars.com</a>
<b>Technical Manager</b>	Blaine Castle Phone: 250 661-8823 Email: <a href="mailto:vp@cvac-jaguars.com">vp@cvac-jaguars.com</a>
<b>Entry Chair</b>	Leslie Blumel - <a href="mailto:registrar@cvac-jaguars.com">registrar@cvac-jaguars.com</a>
<b>Location</b>	Cowichan Sportsplex 5847 Chesterfield Avenue Duncan, BC
<b>Map &amp; Directions</b>	Turn east off Hwy 1 onto Beverly Street Turn right on Chesterfield (across from school) Click to view Google Map Online <a href="#">Cowichan Sportsplex</a>
<b>Parking</b>	One small lot by field hockey boxes, small lot between track and ball fields and large lot behind ball fields, access past the complex.
<b>Start Times</b>	Saturday, June 9 <sup>th</sup> – 9:30am. Sunday, June 10 <sup>th</sup> – 9:00am.
<b>Facilities</b>	Rubberized eight-lane track – max 6mm spike Washrooms & Concession Our site does not have stands, to please bring a lawn chair ( <b>BYOLC</b> ) Water Station on site – <i>just bring your own bottle!</i> <u>NOTE</u> – <i>track layout changed from Garriock 2017. Please review posted Venue Map</i>
<b>Registration</b>	Registration through trackiereg.com. Website: <a href="http://www.trackiereg.com/2018Garriock">www.trackiereg.com/2018Garriock</a>  <b><u>Note: Registration for HAMMER event is limited to due to height of our current cage. We can only accept JD12 to Youth &amp; Masters registration only. We will have a new cage next year ☺</u></b>
<b>Entry Deadlines</b>	<b>All entries must be received no later than 11:59PM, Thursday June 7th, 2018. No late or same-day entries</b>
<b>Club Packages/ On Site Payment</b>	Club registration packages available for pick-up at the “Registration & Information” table starting <b>Saturday 8:45 &amp; Sunday 8:30. <u>Payment is required at pick-up.</u></b>

<b>Bib Numbers</b>	<p>Numbered bibs will be assigned to all athletes and must be worn during all competitions.</p> <ul style="list-style-type: none"> <li>• Track events from 100 to 400 metres will have numbers on the back.</li> <li>• Track events 600 metres and longer will have numbers on the front.</li> <li>• Field event numbers may be worn on the back or the front.</li> </ul>
<b>Meet Fees</b>	<p>For VIAA Member Clubs providing volunteers: (All competitors <i>MUST</i> be BC Athletic Members):</p> <p style="padding-left: 40px;"><b>JD Rates (J 9-13):</b></p> <ul style="list-style-type: none"> <li>• Single Day \$15.00</li> <li>• Two days \$22.00</li> </ul> <p style="padding-left: 40px;"><b>Midget + Rates (14 &amp; older):</b></p> <ul style="list-style-type: none"> <li>• \$11.00 per event to a <u>max of \$22.00 per meet</u></li> </ul> <p style="padding-left: 40px;"><b>NON VIAA Member Rate:</b></p> <ul style="list-style-type: none"> <li>• \$15.00 per event</li> </ul>
<b>Coaches Meeting</b>	Coaches meeting Saturday 9:00 am at the finish line
<b>Field Events</b>	Field Events will be limited to 3 attempts only for JD 9 to JD13 age groups. For midgets 14/15 and older, the top 8 finalists in each age category will get 3 additional attempts.
<b>Track Events</b>	Track Events will be run oldest to youngest, girls first, then boys. All track events are timed finals ( <u>with the exception of hurdles – order of this event is based on height</u> ).
<b>Track Event Check-In</b>	<b><u>MANDATORY Race Check ½ hour minimum in advance (GO TO Registration &amp; Information Tent)</u></b> as we want to “run” best race possible (combine races if there are only 1-2 athletes)
<b>Relay 4 x 100</b>	Relay forms are included in each each “V.I.A.A. Member Club” Package. For non-V.I.A.A Clubs, relay forms will be available for pick up at Registration/Information Tent. Please submit forms to “Relay Coordinator” at the <b><u>Registration &amp; Information Tent BY 12:30p.m - NO LATE ENTRIES</u></b>
<b>Pole Vault</b>	<p><b>Satellite CVAC Event</b> held at Rotary Field, Nanaimo</p> <p><b>Start time:</b> 5:00</p> <ul style="list-style-type: none"> <li>• Competitors with PBs over 3 metres vault in the first flight (subject to official's discretion)</li> <li>• Competitors with PBs under 3 metres vault in the second flight</li> <li>• <i>All Vaulters should have prior experience</i></li> </ul>
<b>Age Categories</b>	<p><u>Junior Development Athletes (JD9 – JD13 2009-2005)</u> Athletes will compete in single age categories, but may be combined for field events. Each group will be scored separately for awards.</p> <p><u>Midget Athletes 14/15 (2004 and 2003)</u></p>

As of 2014, Midget 14/15 will compete together and will be awarded medals and ribbons as one age group.

Youth Athletes 16/17 (2002 and 2001)

Youth 16/17 years will be combined both track and field events.

Junior Athletes 18/19 (2000 and 1999)

Junior Athletes years will be combined both track and field events.

Seniors (1998 to 1984) and Masters (1983 & older)

Will compete together as an OPEN category, but will be scored separately. Masters will be split into 5-year groups for awards.

- Blocks** Starting blocks are supplied for all athletes, Midget 14 and older.
- Electronic Timing** Provided by BC Athletics
- Awards** Ribbons will be given out for 1<sup>st</sup> to 8<sup>th</sup> place.
- Weigh-In** Field Implement weigh-ins to be held in CVAC equipment locker
- Officials** This is a Vancouver Island Series meet and is sanctioned by BC Athletics. Club officiating assignments have already been set. If your Club has difficulty meeting its assignment, or will not be in attendance at this meet, please make alternate arrangements with another Club.

If that fails, please contact Laura Dewit at [president@cvac-jaguars.com](mailto:president@cvac-jaguars.com) ASAP.

<b>2018 VIAA Club Assignments</b>	
<b><i>Alberni Valley Track Club</i></b>	Shot Put
<b><i>Campbell River Comets</i></b>	Horizontal Jumps (TJ and help with LJ)
<b><i>Comox Valley Cougars</i></b>	Hammer Throw and assist with Javelin
<b><i>Nanaimo Track &amp; Field</i></b>	Finish Line (and additional help where needed)
<b><i>Oceanside Track &amp; Field</i></b>	Javelin
<b><i>Mid Island Distance</i></b>	Race Walk
<b><i>Athletics Victoria</i></b>	Discus. Hand Timing and Finish Line
<b><i>Peninsula</i></b>	Horizontal Jumps
<b><i>CVAC</i></b>	High jump
<b><i>Powell River Breakers</i></b>	Assist with Finish Line

**Accommodations** The following accommodations are all conveniently located:

***Best Western Cowichan Valley Inn (being renovated)***

6474 Trans Canada Highway

Amenities: Restaurant, Outdoor pool

Phone 250 748-2722

***Thunderbird Motor Inn***

5849 York Street

Amenities: Across from fast food outlets.

Phone: 250 748-8192

***Travelodge Silver Bridge Inn***

140 Trans Canada Highway

Amenities: Full Service Hotel

Phone: 250 748-4311