

2018 Comox Valley Solstice Meet

Track Event Schedule

June 23-24, Courtenay, BC

Rev: June 20

* Races will be marshalled to run from oldest to youngest except where indicated

Saturday

10:00	Racewalk 800m	2006-2009
10:15	Racewalk 1500m	2003-2005
10:30		
10:45	110m Hurdles	Men: Open-2002
11:00	100m Hurdles	Men: 2003-2004 / Women: Open-2002
11:15	80m Hurdles	Women: 2003-2004
11:30		
11:45	1200m	2003-2004
12:00	1200m	2005-2006
12:15	1000m	2007-2009
12:30	Relays - 4x100	All Ages - Assemble in infield
12:45		
13:00	400m Hurdles	Men & Women: Open-2002
13:15	300m Hurdles	Men & Women: 2003-2004
13:30	200m Hurdles	Men & Women: 2003-2004 (Legion Qual)
13:45		
14:00	60m Sprint	2007
14:15	60m Sprint	2008
14:30	60m Sprint	2009
14:45	50m Fun Run	2010 - 2018
15:00		
15:15	110m Hurdles Final	Men: Open-2002
15:30	100m Hurdles Final	Men: 2003-2004 / Women: Open-2002
15:45	80m Hurdles Final	Women: 2003-2004
16:00		
16:15	200m	Open-2002
16:30	200m	2003-2004
16:45	200m	2005-2006
17:00		

2018 Comox Valley Solstice Meet

Track Event Schedule

June 23-24, Courtenay, BC

Rev: June 20

* Races will be marshalled to run from oldest to youngest except where indicated

Sunday

9:00	3000m	Open-2002
9:15	2000m	2003-2004
9:30	80m Hurdles	2005
9:45	80m Hurdles	2006
10:00	60m Hurdles	2007
10:15	60m Hurdles	2008
10:30	60m Hurdles	2009
10:45		
11:00	400m	Open-2002
11:15	300m	2003-2004
11:30	300m	2005-2006
11:45	200m	2007
12:00		
12:15	1500m	Open-2002 (& Solstice Heat)
12:30	100m	Open-2002
12:45	100m	2003-2004
13:00	100m	2005-2006
13:15		
13:30	100m	2007-2009
13:45		
14:00	400m Hurdles Final	Men & Women: Open-2002
14:15	300m Hurdles Final	Men & Women: 2003-2004
14:30	200m Hurdles Final	Men & Women: 2003-2004 (Legion Qual)
14:45	200m Hurdles	2005-2006
15:00	800m	Open-2002 (& Solstice Heat)
15:15	800m	2003-2004
15:30	800m	2005-2006
15:45	600m	2007-2009
16:00	100m Finals	Open-2002
16:15	100m Finals	2003-2004
16:30		
16:45	200m Final	Open-2002
17:00	200m Final	2003-2004

2018 Comox Valley Solstice Meet

Field Event Schedule

June 23-24, Courtenay, BC

Rev: June 20

SATURDAY - GIRLS

	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004 / 2003</u>	<u>2002 - Open</u>
10:00		High Jump 2	Discus 2	High Jump 1	Discus 1		
10:30							
11:00		Discus 2				Discus 1	
11:30	High Jump 2		High Jump 1				
12:00				Discus 2			Discus 1
12:30							
1:00				Hammer	High Jump 1		
1:30							
2:00					Hammer	High Jump 1	
2:30							
3:00						Hammer	High Jump 1
3:30							
4:00							Hammer
4:30							
5:00							

SUNDAY - GIRLS

	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004 / 2003</u>	<u>2002 - Open</u>
9:00	Long Jump 1	Long Jump 2		Shot		Javelin	
9:30							
10:00			Long Jump 1	Long Jump 2	Shot		Javelin
10:30							
11:00		Javelin				Shot	
11:30					Long Jump 1		
12:00			Javelin				Shot
12:30							
1:00	Shot			Javelin		Long Jump 1	
1:30		Shot					
2:00					Javelin		Long Jump 1
2:30			Shot				
3:00							

