

**19th Annual GARRIOCK TRACK MEET**

**June 8 & 9th, 2019**

**e**



**Meet Information Package**

**Meet Manager** Scott Johnston - scotidog@gmail.com

**Entry Manager** James Mitchell – james@5em.ca

**Location** Cowichan Sportsplex 5847 Chesterfield Avenue Duncan, BC

**Directions** Turn east off Hwy 1 onto Beverly Street  
Turn right on Chesterfield (across from school)

**Parking** One small lot by field hockey boxes, small lot between track and ball fields and large lot behind ball fields, access past the complex.

**Start Times** Saturday, June 8th – 9:00am. Sunday, June 9th – 9:00am.

**Facilities** Rubberized eight-lane track – max 7mm spike Washrooms & Concession  
Our site does not have stands, so please bring lawn chairsWater Station on site –*just bring your own bottle!*

**Registration** Registration through trackiereg.com

**Entry Deadlines** All entries must be received *no later than 11:59 PM, Thursday June 6th, 2018.*  
**No late or same-day entries**

**Club Packages/ On Site** Club registration packages available for pick-up at the “Registration & Information” table starting **Saturday** 8:00 & **Sunday** 8:00.

**Payment** *Payment is required at pick-up.* Cheques payable to Cowichan Valley Athletic Club

**Meet Fees** For VIAA Member Clubs providing volunteers:  
*(All competitors MUST be BC Athletic Members):*JD Rates (J 9-13): Single Day $15.00, Two days $22.00  
U16 + Rates (14 & older): $11.00 per event to a *max of $22.00 per meet*NON VIAA Member Rate: $15.00 per event

**Bib Numbers** Numbered bibs will be assigned to all athletes and must be worn during all competitions.  
Track events 100 to 400 metres wear have numbers on the back.  
Track events 600 metres and longer wear numbers on the front.  
Field event numbers may be worn on the back or the front.

**Coaches Meeting** Coaches meeting Saturday 8:30 am at the finish line

**Event Times** Please check the event schedule for event times. Start times listed are approximate and may be moved up ½ hour before listed time so please listen for announcements.

**Field Events** Field Events will be limited to 3 attempts only for JD 9 to JD13 age groups. For U16 and older, the top 8 finalists in each age category will get 3 additional attempts.

**Track Events** Track Events will be run oldest to youngest, girls first, then boys (with the exception of hurdles – See attached sprint hurdle order).   
All track events are timed finals.

**Track Event Check-In** Check-in with track marshals 30 minutes before event start time.

**Relay 4 x 100** Relay forms are included in each “V.I.A.A. Member Club” Package. For non-Clubs, relay forms will be available for pick up at Registration/Information Tent.  
Please give completed relay forms to Relay Coordinator at relay marshaling area.

**Pole Vault Satellite CVAC Event** held at Rotary Field, Nanaimo  
**Start time:** 5:00, Firday June 7th.  
*All Vaulters must have prior experience*

**Age Categories** *Junior Development Athletes (JD9 – JD13 2010-2006)  
U16 Atheltes ages 14 & 15 (2005 and 2004)  
U18 16/17 (2003 and 2002)  
U20 18/19 (2001 and 2000)  
Seniors (1999 to 1985) and Masters (1984 & older)*Some categories may be combined for competition purposes but awards will be made by individual age classification

**Awards** Ribbons will be given out for 1st to 8th place.

**Electronic Timing** Provided by VIAA

**Weigh-In** Field Implement weigh-ins to be held in CVAC equipment building

**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 the Meet Director As Soon As Possible

Sprint Hurdle Order

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Boys | Senior | 110m Hurdles |  | 42 | Blue | Square |
| Boys | U20 | 110m Hurdles |  | 39 | Blue | Square |
| Boys | U18 | 110m Hurdles |  | 36 | Blue | Square |
| Boys | U16 | 100m Hurdles |  | 33 | Yellow | Square |
| Girls | Senior | 100m Hurdles |  | 33 | Yellow | Square |
| Girls | U20 | 100m Hurdles |  | 33 | Yellow | Square |
| Girls | U18 | 100m Hurdles |  | 33 | Yellow | Square |
| Girls | U16 | 80m Hurdles |  | 30 | Blue | Triangle |
| Girls | JD13 | 80m Hurdles |  | 30 | White | Square |
| Boys | JD13 | 80m Hurdles |  | 30 | Blue | Triangle |
| Girls | JD12 | 80m Hurdles |  | 27 | White | Triangle |
| Boys | JD12 | 80m Hurdles |  | 27 | White | Triangle |
| Girls | JD11 | 60m Hurdles |  | 24 | Green | Triangle |
| Boys | JD11 | 60m Hurdles |  | 24 | Green | Triangle |
| Girls | JD10 | 60m Hurdles |  | 24 | Green | Triangle |
| Boys | JD10 | 60m Hurdles |  | 24 | Green | Triangle |
| Girls | JD9 | 60m Hurdles |  | 21 | Green | Triangle |
| Boys | JD9 | 60m Hurdles |  | 21 | Green | Triangle |