



19th Annual
GARRIOCK TRACK MEET
June 8 & 9th, 2019

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 8 th – 9:00am. Sunday, June 9 th – 9:00am.
Facilities	Rubberized eight-lane track – max 7mm spike Washrooms & Concession Our site does not have stands, so please bring lawn chairs Water Station on site – <i>just bring your own bottle!</i>
Registration	Registration through trackiereg.com
Entry Deadlines	All entries must be received <i>no later than 11:59 PM, Thursday June 6th, 2018.</i> 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	<u>Payment is required at pick-up.</u> Cheques payable to Cowichan Valley Athletic Club
Meet Fees	For VIAA Member Clubs providing volunteers: <i>(All competitors MUST be BC Athletic Members):</i> JD Rates (J 9-13): Single Day \$15.00, Two days \$22.00 U16 + Rates (14 & older): \$11.00 per event to a <u>max of \$22.00 per meet</u> 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 Schedule	The schedule of events and meet information package may change up until the entry deadline.

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 (<u>with the exception of hurdles – See attached sprint hurdle order</u>). 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 7 th . <i>All Vaulters must have prior experience</i>
Race Walk	The 5,000 m and 1500 m race walk will be run at the same time.
Age Categories	<u>Junior Development Athletes (JD9 – JD13 2010-2006)</u> <u>U16 Atheltes ages 14 & 15 (2005 and 2004)</u> <u>U18 16/17 (2003 and 2002)</u> <u>U20 18/19 (2001 and 2000)</u> <u>Seniors (1999 to 1985) and Masters (1984 & older)</u> Some categories may be combined for competition purposes but awards will be made by individual age classification
Awards	Ribbons will be given out for 1 st to 8 th 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
Saturday at 9:45

			Hight	Mark Colour	Mark Shape
Boys	Senior	110m Hurdles	42	Blue	Square
Boys	U20	110m Hurdles	39	Blue	Square
Boys	U18	110m Hurdles	36	Blue	Square
Girls	Senior	100m Hurdles	33	Yellow	Square
Girls	U20	100m Hurdles	33	Yellow	Square
Boys	U16	100m Hurdles	33	Yellow	Square
Girls	U18	100m Hurdles	30	Yellow	Square
Girls	U16	80m Hurdles	30	Blue	Triangle
Boys	JD13	80m Hurdles	30	Blue	Triangle
Girls	JD13	80m Hurdles	30	White	Square
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

Site Diagram



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, Tripple Jump
- Great View Areas
- Danger Areas