

# COMOX VALLEY SOLSTICE MEET 2019

CO-HOSTED BY... COMOX VALLEY COUGARS, CAMPBELL RIVER COMETS, & POWELL RIVER BREAKERS

This is a Vancouver Island Series meet

Sanctioning provided by BC Athletics Official meet website : [ComoxCougars.org](http://ComoxCougars.org)

**Meet Director** : Graham Morfitt 250.338.4191 [gmorfitt@shaw.ca](mailto:gmorfitt@shaw.ca)

**Meet Manager** : Anna Horel 250.480.8548 [anna.e.horel@gmail.com](mailto:anna.e.horel@gmail.com)

**Officials** : Vince Sequeira 250.850.9616 [sequeiravin@gmail.com](mailto:sequeiravin@gmail.com)

**Meet Date/Start : June 22nd, 10AM / June 23rd, 9AM**

**Location** : Vanier Oval, Comox Valley Sports Centre  
3001 Vanier Drive, Courtenay, BC

**Facilities** : 8-lane track with rubberized surface including all runways & high jump

Max spike length : 7mm (track), 9mm (field)

Hammer/Discus cage maximum sector distance is 66m

**NO PHOTO FINISH AT THIS YEAR'S MEET**

**Registration** : Pre-Registration via [TrackieReg.com](http://TrackieReg.com)

Website: [www.trackiereg.com/2018Solstice](http://www.trackiereg.com/2018Solstice)

## **Meet Fees** :

VIAA Member Club Athletes : 1-Day : \$15    2-Days : \$22

Unattached & non-VIAA Club Athletes (must be BCA or AC members) : 1-Day : \$20    2-Days : \$40

School-aged athletes without BCA/AC number : An additional \$3 fee for 'Day Of Event BC Athletics Membership' registration. Compete as 'Unattached'.

Fees permit unlimited entry to events

All cheques payable to : Comox Valley Cougars Track & Field Club

**Registration Chair** : Graham Morfitt ([gmorfitt@shaw.ca](mailto:gmorfitt@shaw.ca))

**Entry Deadline** : 11:59pm, Thursday June 20th, 2019

Due to seeding, we can NOT add athletes to races (same-day). If you are registered for the meet, you may add a late field event.

**Package Pick-Up** : Club registration packages will be available for pick-up at the

"Registration & Information" table starting Saturday 8:00 & Sunday 8:30. Payment is required at time of package pick-up.

Competition Numbers Numbered bibs will be assigned to all athletes and must be worn during all competitions.

> Track events from 100 to 400 metres will have numbers on the back.

> Track events 600 metres and longer will have numbers on the front.

> Field event numbers may be worn on the back or the front.

**Coaches Meeting** : Saturday June 23rd, 9:30am at the equipment shed

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**Events Offered** : We regret not being able to offer Triple Jump, Pole Vault or Steeplechase  
Heats & finals for 14+ age groups in 100m, distance hurdles, & sprint hurdles Check the website for the latest schedule  
ComoxCougars.org

**Track Events** : Please refer to the meet schedule for the order of events Check-in times for events: 15min  
prior to scheduled time Announcements will be made over the PA system It is the responsibility of athletes to  
report to events on time

Starting blocks will be provided (midget 14 & older only)  
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**Field Events** : JD9-JD13 age groups (2009-2005) : Limited to 3 attempts  
U16:U18:U20 & Older (2004+older) : Top 8 results from first 3 rounds will advance to final & 3 more attempts  
Equipment will be supplied. Athletes are welcome to bring implements (verification weigh-in provided)

## **Age Categories :**

JD9-JD13 (2010-2006)

U16 (2004/2005)

U18 (2002/2003) : Will compete in the 'Open' category

U20 (2000/2001) : Will compete in the 'Open' category

Senior 20-34 (1999-1985) : Will compete in the 'Open' category

Master 35+ (1984+older) : Will compete in the 'Open' category (5-year increments for masters division)

Track : Athletes will compete in single age categories

Field : Age groups may be combined (refer to meet schedule)

**Awards** : Awards for 1st through 8th place in each event.

## **VIAA Club Assignments :**

Alberni Valley Track Club : Shot Put / Campbell River Comets : Long jump / Mid Island Distance :

Racewalk / Comox Valley Cougars : Hammer / CVAC : High Jump / Nanaimo : Finish Line

Oceanside Track & Field Club : Javelin / Athletics Victoria : Discus & Timing

Peninsula Track & Field Club Assist: Long Jump / Powell River Breakers Assist: Discus/Hammer

**Meet Info Updates** : Updates to meet information will be posted to the website  
ComoxCougars.org Please check for revisions

## **Accommodations :**

Holiday Inn : <https://www.ihg.com/holidayinnexpress/hotels/us/en/courtenay/yqqca/hoteldetail>

Travelodge : <http://www.travelodge.ca>

Comox Valley Inn : <http://www.comoxvalleyinn.com>

Best Western : <http://bestwesternbc.com>

Puntledge Camp Ground : <http://www.puntledgerv.com>

**Billeting with club families is also available if needed.**