

2022 Comox Valley Solstice Meet & Island JD Championships

Rev: June 12

June 18/19, 2022

Comox Valley Sports Centre : Vanier Oval

Age Group Key JD9 = 2013

JD10 = 2012

JD11 = 2011

JD12 = 2010

JD13 = 2009

U16 = 2007/2008

U18 = 2005/2006

U20 = 2003/2004

Senior (Open) = 2002-1988

Master = 1987-1922

Track Schedule

Events to be run oldest to youngest, boys before girls, unless otherwise specified

Saturday

<u>Discipline</u>	<u>Event</u>	<u>Age Group</u>	<u>Time</u>
Racewalk	800m RW	JD9 : JD10 : JD11 : JD12	9:00
	1500m RW / 5000m RW	JD13 : U16	9:30
Mid Distance	1500m	U18 : U20 : SENIOR : MASTER	10:00
	1200m	U16	10:30
	1200m	JD13 : JD12	11:00
	1000m	JD11 : JD10 : JD9	11:30
Sprint Hurdles	110mH (Boys)	U18 : U20 : SENIOR : MASTER	12:00
	100mH (Girls)	U18 : U20 : SENIOR : MASTER	12:30
	100mH (Boys)	U16	
	80mH (Girls)	U16	
JD Sprint Hurdles	80mH	JD13 : JD12	1:00
	60mH	JD11 : JD10 : JD9	1:30
Sprints	200m	U18 : U20 : SENIOR : MASTER	2:00
	200m	U16 : JD13 : JD12 : JD11	2:30
Dist Hurdles	400mH	U18 : U20 : SENIOR : MASTER	3:00
	300mH	U16	3:30
	200mH	JD13 : JD12	4:00
Sprints	60m	JD11 : JD10 : JD9	3:30

Sunday

<u>Age Group</u>	<u>Event</u>	<u>Discipline</u>
U18 : U20 : SENIOR : MASTER	3000m	Distance
U16	2000m	
U18 : U20 : SENIOR : MASTER	100m	Sprints
U16	100m	
JD13 : JD12	100m	Mid Distance
JD11 : JD10 : JD9	100m	
U18 : U20 : SENIOR : MASTER	800m	Mid Distance
U16	800m	
JD13 : JD12	800m	Fun Run
JD11 : JD10 : JD9	600m	
2-8	50m	Special Event (TBD)
U18 : U20 : SENIOR : MASTER	110mH (Boys)	Ed Gaspard Memorial Hurdle Races
U18 : U20 : SENIOR : MASTER	100mH (Girls)	
U16	100mH (Boys)	Sprints
U16	80mH (Girls)	
U18 : U20 : SENIOR : MASTER	400m	Ed Gaspard Memorial Hurdle Races
U16 : JD13 : JD12	300m	
U18 : U20 : SENIOR : MASTER	400mH	Relays
U16	300mH	
All	4x100m	Relays
All	Medley	
U16+	4x400m	

2022 Comox Valley Solstice Meet & Island JD Championships

Rev: June 12

June 18/19, 2022

Comox Valley Sports Centre : Vanier Oval

Age Group Key JD9 = 2013

JD10 = 2012

JD11 = 2011

JD12 = 2010

JD13 = 2009

U16 = 2007/2008

U18 = 2005/2006

U20 = 2003/2004

Senior (Open) = 2002-1988

Master = 1987-1922

Field Schedule : Saturday : Girls

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
10:00		Discus (2)		Shot Put		High Jump	
10:30							
11:00			Discus (2)		Shot Put		High Jump
11:30							
12:00				Discus (2)	High Jump	Shot Put	
12:30							
1:00	High Jump	High Jump					Shot Put
1:30							
2:00			Shot Put	High Jump	Discus (1)		
2:30							
3:00	Shot Put	Shot Put	High Jump			Discus (1)	
3:30							
4:00							Discus (1)

Field Schedule : Sunday : Girls

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
9:00	Long Jump	Long Jump		Hammer		Javelin	
9:30							
10:00			Long Jump		Hammer		Javelin
10:30							
11:00		Javelin		Long Jump		Hammer	
11:30							
12:00							Hammer
12:30			Javelin		Long Jump		
1:00							
1:30				Javelin		Long Jump	
2:00							
2:30					Javelin		Long Jump
3:00							

