



Garriock Track and Field Meet

Information Package

June 3th and 4th, 2023



Meet Manager	Vlad Valastiak - vlad@valastiak.com
Entry Manager	Leslie McGee - fibber@shaw.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 3 th - 9:00am. Sunday, June 4 th - 9:00am.
Facilities	Rubberized eight-lane track (max 7mm spike), Port a potties, 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, Wednesday May 31st, 2023.</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 am & Sunday 8:00 am.
Payment	Payment is required at pick-up. Cheques payable to Cowichan Valley Athletic Club
Meet Fees	For VIAA Member Clubs providing volunteers: Single Day \$20.00, Two days \$30.00 NON VIAA Member Rate: \$20.00 per event NO day of meet entries
Bib Numbers	Numbered bibs will be assigned to all athletes and must be worn during all competitions. Track events 400 metres and less 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 U10 thru U14 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/steeplechase - See attached Hurdle/Steeplechase 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 marshalling area.
Age Categories	<p><i>Junior Development Athletes (U10 - U14 2014-2010)</i> <i>U16 Athletes ages 14 & 15 (2009 and 2008)</i> <i>U18 16/17 (2007 and 2006)</i> <i>U20 18/19 (2005 and 2004)</i> <i>Seniors (2003 to 1987) and Masters (1988 & older)</i></p> <p>Some categories may be combined for competition purposes but awards will be made by individual age classification</p>
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	<p>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.</p> <p>If that fails, please contact the Meet Director As Soon As Possible</p>

Sprint Hurdle Order

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
Girls	U18		100m Hurdles	33	Yellow	Square
Boys	U16		100m Hurdles	33	Yellow	Square
Girls	U16		80m Hurdles	30	Blue	Triangle
Girls	U14	JD13	80m Hurdles	30	White	Square
Boys	U14	JD13	80m Hurdles	30	Blue	Triangle
Girls	U14	JD12	80m Hurdles	27	White	Triangle
Boys	U14	JD12	80m Hurdles	27	White	Triangle
Girls	U12	JD11	60m Hurdles	24	Green	Triangle
Boys	U12	JD11	60m Hurdles	24	Green	Triangle
Girls	U12	JD10	60m Hurdles	24	Green	Triangle
Boys	U12	JD10	60m Hurdles	24	Green	Triangle
Girls	U10	JD9	60m Hurdles	21	Green	Triangle
Boys	U10	JD9	60m Hurdles	21	Green	Triangle