



Comox Valley Cougars Track & Field Club

# 2023 Solstice Meet & Island JD Championships

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**June 24/25, 2023**

Meet Date/Start :  
June 24th, 10:00AM  
June 25th, 9:00AM

**Location :**

Vanier Oval  
@ Comox Valley Sports Centre  
3001 Vanier Drive  
Courtenay, BC

## Meet Information Package - Rev June 19 FINAL

This is a Vancouver Island Series meet

Sanctioned 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 : Kurt Galik, [kurtgalik@yahoo.com](mailto:kurtgalik@yahoo.com)  
Officials : Vince Sequeira, 250.850.9616 [sequeiravin@gmail.com](mailto:sequeiravin@gmail.com)

**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

**PHOTO FINISH IS PROVIDED**

**Registration :**

Pre-Registration via [TrackieReg.com](http://TrackieReg.com)  
Website: [www.trackiereg.com](http://www.trackiereg.com)

**Meet Fees :**

VIAA Member Club Athletes

- 1-Day : \$20 (unlimited events)
- 2-Days : \$30 (unlimited events)

Unattached & non-VIAA Club Athletes (must be BCA or AC members)

Per Event : \$20

School-aged athletes without BCA/AC number

An additional \$3 fee for 'Day Of Event BC Athletics Membership' registration is required. Compete as 'Unattached'.

All cheques payable to : Comox Valley Cougars Track & Field Club  
Registration Chair : Jessica Servos ([registercvcougars@gmail.com](mailto:registercvcougars@gmail.com))

**Entry Deadline :** 11:59pm, Wednesday June 21th, 2023

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

**Host Club...**

**Comox Valley Cougars  
Track & Field Club**  
Courtenay, BC V9N 9R7  
[250.338.4191](tel:250.338.4191)  
[gmorfitt@shaw.ca](mailto:gmorfitt@shaw.ca)



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## **Package Pick-Up :**

Club registration packages will be available for pick-up at the "Registration & Information" table starting Saturday & 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 will have numbers on the front (all distances).
- > Field event numbers may be worn on the back or the front.

## **Coaches Meeting :**

Saturday June 24, 9:30am at the equipment shed

## **Events Offered :**

We regret not being able to offer Triple Jump, Pole Vault or Steeplechase

Timed Finals for all JD events.

Check the website for the latest schedule : [ComoxCougars.org](http://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.

We will be running track events in the order shown, starting at the times indicated. Boys, followed by girls.

This eases the management of field events for JD athletes.

Example: all JD11, JD10, JD9 boys 60m, followed by all the same for girls.

Starting blocks will be provided (midget 14 & older only)

Electronic Timing provided by BC Athletics

200mH & 300mH offered to U16's.

The 200mH is the Legion Nationals race, and athletes intending to compete at Nationals, who are not on the BC Team, must have achieved the entry standard. We are providing this race as a means to that end. The 300mH is offered as the standard BC race for those who are not concerned with Legion Nationals.



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## **Field Events :**

JD9-JD13 age groups (2010-2014) : Limited to 3 attempts

U16:U18:U20 & Older (2009+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 (2010-2014)

U16 (2008/2009)

U18 (2006/2007)

U20 (2004/2005)

Senior 20-34 (1989-2003)

Master 35+ (1988+older) : 5-year increments for masters division

Track Events : Athletes will compete in single age categories

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

## **Awards :**

Ribbons for 1st through 8th place in each event - All ages

Island JD Championship Medallions will be presented to athletes placing first, second, and third in each JD event.

## **Note Regarding JD Event Medallions**

Podium presentations will be made immediately at the completion of each JD event.

Field event top-3 finishers will be brought to the presentation zone.

Track event top-3 finishers will require up to 15 minutes following races.

## **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



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## **Meet Info Updates :**

Updates to meet information will be posted to the website

**ComoxCougars.org**

Please check for revisions

## **Accommodations :**

Holiday Inn Courtenay

Bayview Hotel

Comox Valley Inn

Best Western

Puntledge Camp Ground