

Comox Valley Cougars Track & Field Club
2024 Ice Breaker Meet

Info & Schedule

rev.Mar 31



DATE: April 13, 2024

LOCATION

Vanier Track
Comox Valley Sports Centre
3001 Vanier Drive
Courtenay, BC

OPERATION

Sanctioned meet with a focus on familiarizing athletes with the rules & protocols of competitions

Competition rules will apply
Mixed gender/ages per event

Photo Finish / Electronic Timing

Limited cash-only concession

Washroom facilities on site

FEES

\$10/athlete (BCA/AC Members)
\$15 for non-members
Unlimited events
See website for registration link

—
Comox Valley Cougars
Track & Field Club
Courtenay, BC
250.338.4191
registercvcougars@gmail.com

SCHEDULE

Start Time : 10am

TRACK

Events run oldest to youngest
10:00 : 800m (JD12 & older)
10:30 : 100m (all)
11:00
11:30
12:00 : 400m (U18 & older) & 300m (JD12/13/U16)
12:30
1:00 : 600m (JD9 - JD11 only)
1:30 : 200m (JD11 & older)
2:00
2:30 : 60m (JD9 - JD11 only)

FIELD

AGE :	<u>9</u>	<u>10/11</u>	<u>12/13</u>	<u>U16</u>	<u>U18+</u>
10:00 :	LJ	LJ	DT	JT	SP
11:00 :	HJ	HJ	LJ	DT	JT
12:00 :		JT	SP	LJ	DT
1:00 :		DT	JT	SP	LJ
2:00 :	SP	SP	HJ	HT	HT
3:00 :			HT	HJ	HJ

NOTES

Throwing implements will be provided.
Athletes may bring their own.

JD9 - JD13 : 3 attempts
U16 & Older : 6 attempts

JD9 = 2015
JD10 = 2014
JD11 = 2013
JD12 = 2012
JD13 = 2011
U16 = 2009/2010
U18 = 2007/2008
U20 = 2005/2006
Senior (Open) = 2004-1990
Master = 1989-1924