



Garriock Track and Field Meet

Information Package

June 1st and 2nd, 2024

Meet Manager Vlad Valastiak - president@cvactrack.com

Entry Manager Vlad Valastiak- president@cvactrack.com

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 1st - 9:00am. Sunday, June 2nd - 5:00pm.

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 -*just bring your own bottle!*

Registration Registration through trackiereg.com

Entry Deadlines All entries must be received *no later than 11:59 pm, Wednesday May 29th, 2023. 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

Junior Development Athletes (U10 - U14)

U16 Athletes ages 14 & 15

U18 16/17

U20 18/19

Seniors and Masters

Some categories may be combined for competition purposes but awards will be made by individual age classification

Awards Medals will be awarded for 1st to 3rd, Ribbons will be given out for 4th to 8th place.

Electronic Timing Provided by VIAA

Weigh-In Field Implement weigh-ins to be held in CVAC equipment building

Officials 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.

If that fails, please contact the Meet Director As Soon As Possible

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