

2024 Comox Valley Solstice Meet & Island JD Championships

Rev: June 20 - FINAL

June 22/23, 2024

Comox Valley Sports Centre : Vanier Oval

Age Group Key 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

Track Schedule

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

Saturday

Discipline	Event	Age Group
Racewalk	800m RW	JD9 : JD10 : JD11 : JD12
	1500m RW / 5000m RW	JD13 : U16 : U18 : U20 : SENIOR : MASTER
Mid Distance	1500m	U18 : U20 : SENIOR : MASTER
	1200m	U16
	1200m	JD13 : JD12
	1000m (Boys)	JD11 : JD10 : JD9
	1000m (Girls)	JD11 : JD10 : JD9
Sprints	400m	U18 : U20 : SENIOR : MASTER
	300m	U16 : JD13 : JD12
Sprint Hurdles	110mH (Boys)	SENIOR : U20 : U18 : MASTER
	100mH (Girls)	SENIOR : U20 : U18 : MASTER
	100mH (Boys)	U16 : MASTER (M50-69)
	80mH (Girls)	U16 : MASTERS (W40+) : MASTERS (M70+)
JD Sprint Hurdles	80mH (Boys)	JD13 : JD12
	80mH (Girls)	JD13 : JD12
	60mH (Boys)	JD11 : JD10 : JD9
	60mH (Girls)	JD11 : JD10 : JD9
Sprints	200m (Boys)	U18 : U20 : SENIOR : MASTER
	200m (Boys)	U16 : JD13 : JD12 : JD11
	200m (Girls)	U18 : U20 : SENIOR : MASTER
	200m (Girls)	U16 : JD13 : JD12 : JD11

Sunday

Time	Age Group	Event	Discipline
10:00	U18 : U20 : SENIOR : MASTER	3000m	Distance
	U16 : JD13	2000m	
10:30	SENIOR : U20 : U18 : MASTER	100m : Boys	Sprints
	U16 : JD13 : JD12 : JD11 : JD10 : JD9	100m : Boys	
11:00	SENIOR : U20 : U18 : MASTER	100m : Girls	Sprints
	U16 : JD13 : JD12 : JD11 : JD10 : JD9	100m : Girls	
11:30	SENIOR : U20 : U18 : MASTER	400mH	Dist Hurdles
	U16 : MASTER (M60-79) MASTER (W50-69)	300mH	
12:00	U16 (*Legion Race) : JD13 : JD12 : MASTER (W70+, M80+)	200mH	
12:30	SENIOR : U20 : U18 : MASTER	800m (Boys)	Mid Distance
	U16 : JD13 : JD12	800m (Boys)	
1:00	SENIOR : U20 : U18 : MASTER	800m (Girls)	Mid Distance
	U16 : JD13 : JD12	800m (Girls)	
1:30	JD11 : JD10 : JD9	600m (Boys)	Sprints
	JD11 : JD10 : JD9	600m (Girls)	
2:00	JD11 : JD10 : JD9 (all boys followed by all girls)	60m	Sprints
2:30	Track Rascals (Ages 2-8)	50m	Fun Run
3:00	U16 : U18 : U20 : Open	Distance Medley **	Relays
	All Ages	4x100m	
	JD9-13	JD Medley ***	
3:30	All Ages	DecDash ****	Relays
4:00			

* Legion Race : This is the distance hurdles race offered at the Legion Nationals.

Athletes intending to compete in this event at Legion Nationals must have the entry standard

** Distance Medley : 1200/400/800/1600

*** JD Medley : 200/200/200/600

**** DecDash : 100m, Discus, HJ, LJ, Shot, Jav, Vault, Hurd, 400m, Cumulative time =1500m

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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)

/ ----- Pole Vault ----- /

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							

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	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
10:00	Long Jump	Long Jump		Hammer		Javelin	
10:30							
11:00			Long Jump		Hammer		Javelin
11:30							
12:00		Javelin		Long Jump		Hammer	
12:30							
1:00							Hammer
1:30			Javelin		Long Jump		
2:00							
2:30				Javelin		Long Jump	
3:00							
3:30					Javelin		Long Jump
4:00					/ -----	Pole Vault	----- /

BOYS

Field Schedule : Sunday

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
9:00		Discus (2)		Shot Put		High Jump	
9:30							
10:00			Discus (2)		Shot Put		High Jump
10:30							
11:00				Discus (2)	High Jump	Shot Put	
11:30							
12:00	High Jump	High Jump					Shot Put
12:30							
1:00			Shot Put	High Jump	Discus (1)		
1:30							
2:00	Shot Put	Shot Put	High Jump			Discus (1)	
2:30							
3:00							Discus (1)

BOYS