



Comox Valley Cougars Track & Field Club

2024 Solstice Meet & Island JD Championships

June 22/23, 2024

Meet Date/Start :
June 22th, 10:00AM
June 23th, 10:00AM
Register by June 21

Location :

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

Meet Information Package - Rev: June 20 - FINAL

This is a Vancouver Island Series meet

Sanctioned by: BC Athletics
Official meet website : ComoxCougars.org

Meet Director : Graham Morfitt, 250.338.4191 gmorfitt@shaw.ca
Meet Manager : Kurt Galik, kurtgalik@yahoo.com
Officials : Vince Sequeira, 250.850.9616 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
Website: <https://trackie.com/event/Comox2024>

Meet Fees :

VIAA Member Club Athletes

- 1-Day : \$25 (unlimited events)
- 2-Days : \$35 (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 \$5 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 Richards (registercvcougars@gmail.com)

Entry Deadline : 11:59pm, Thursday June 20th, 2024

We CANNOT add athletes to races or field events same-day.

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Host Club...

**Comox Valley Cougars
Track & Field Club**
Courtenay, BC V9N 9R7
[250.338.4191](tel:250.338.4191)
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. **Cheques only please.**

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 22, 9:30am at the equipment shed

Events Offered :

We regret not being able to offer Triple Jump or Steeplechase

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.

Marshalling : Track events will marshal at the starting line area of the particular race. Report 10 minutes prior to your race time.

Conflicts with track events : If you have a field event in progress, but need to marshal for a track event, let your field event officials know. Leave the field event to do your track event, then return to your field event. You will only get the round(s) that are still open, and the officials will leave the event 'open' until the start of the next event.

We will be running track events in the age group order shown, starting at the times indicated. All JD Boys age groups followed by all JD girls age groups. This eases the management of field events for JD athletes.

Example: 60m JD13, 12, 11, 10, 9 boys, followed by JD13, 12, 11, 10, 9 girls.

Starting blocks will be provided (U16 & older only)

Electronic Timing provided by BC Athletics

Timed Finals for all JD events.

Check the website for the latest schedule : ComoxCougars.org



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Distance Hurdles : 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 achieve the entry standard. We are providing this race as a means to that end. The 300mH is the standard BC race for those who are not concerned with Legion Nationals.

Field Events :

JD9-JD13 age groups (2011-2015) : Limited to 3 attempts

U16:U18:U20 & Older (2010+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 (weigh-in provided - report 1 hour ahead at the equipment bunker)

Marshalling : Field events will marshal at the event area. Report 10 minutes prior to your start time.

Conflicts with track events : If you have a field event in progress, but need to marshal for a track event, let your field event officials know. Leave the field event to do your track event, then return to your field event. You will only get the round(s) that are still open, and the officials will leave the event 'open' until the start of the next event.

Pole Vault

We are pleased to be able to provide Pole Vault at this year's Solstice!

Flight 1 : 3m starting height

Flight 2 : <3m starting height (TBD)

(Flight 2 to immediately follow Flight 1)

AGES : JD13 & Older, mixed gender & ages

Previous vaulting experience is mandatory.

Landing Area Specification : High School (not appropriate for 4m+ vaulters)

Age Categories :

JD9-JD13 (2011-2015)

U16 (2009/2020)

U18 (2007/2008)

U20 (2005/2006)

Senior 20-34 (1990-2004)

Master 35+ (1989+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)



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Awards :

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

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

Result ribbon for all athletes other than 1st-8th - All ages

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 :

(AVTC) Alberni Valley Track Club - Shot Put *

(AVIC) Athletics Victoria - Discus *

(CRVC) Campbell River Comets - Finish Line Duties (backup timing etc.)

(CVAC) Cowichan Valley Athletic Club - Vertical Jumps

(CXVC) Comox Valley Cougars - Hammer (and assist with Javelin) **

(MIDR) Mid Island Distance - Race Walk

(NTFC) Nanaimo Track & Field Club - Horizontal Jumps

(OTFC) Oceanside Track & Field Club - Javelin **

(PTFC) Peninsula Track & Field - * Assist with Throws (Shot Put & Discus)

(PRTF) Powell River Breakers - Assist where needed

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



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