

# 2025 Comox Valley Ice Breaker Meet

Rev: Mar 15

April 12/13, 2025

Comox Valley Sports Centre : Vanier Oval

**Age Group Key**  
 JD9 = 2016  
 JD10 = 2015  
 JD11 = 2014  
 JD12 = 2013  
 JD13 = 2012  
 U16 = 2010/2011  
 U18 = 2008/2009  
 U20 = 2006/2007  
 Senior (Open) = 2005-1991  
 Master = 1990-1925

## Track Schedule

Events to be run oldest to youngest, individual age groups, Girls followed by Boys, unless otherwise specified

Events will run at their scheduled times - will not run early, but may run late depending on entries. Listen for announcements.

### 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 : JD13 : JD12
	1000m	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	JD13 : JD12
	60mH	JD11 : JD10 : JD9
Sprints	200m	U18 : U20 : SENIOR : MASTER
	200m	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 : U16 : MASTER	100m	Sprints
11:00	JD13 : JD12 : JD11 : JD10 : JD9	100m	
11:30			
12:00	SENIOR : U20 : U18 : MASTER	400mH	Dist Hurdles
12:30	U16 : MASTER (M60-79) MASTER (W50-69)	300mH	
	U16 (*Legion Race) : JD13 : JD12 : MASTER (W70+, M80+)	200mH	
1:00	SENIOR : U20 : U18 : MASTER	800m	Mid Distance
1:30	U16 : JD13 : JD12		
2:00	JD11 : JD10 : JD9	600m	
2:30	FUN SPRINT! : Track Rascals (Ages 2-8)	50m	Sprints
	JD11 : JD10 : JD9	60m	
3:00			
3:30	All Ages, Mixed Teams, Whatever!	4x100m	Relays
	Coaches Club Challenge? (spare hamstrings not provided)		
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 might find this race useful for qualification

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## Field Schedule : Saturday

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
<b>BOYS</b>	9:00		LJ				
	9:30						
	10:00						Jav
	10:30	LJ					
	11:00					Jav	
	11:30						LJ
	12:00					Jav	
	12:30						LJ
	1:00				Jav		Ham
	1:30					LJ	
	2:00			Jav			Ham
	2:30				LJ		
	3:00					Ham	
	3:30		Jav	LJ			
	4:00				Ham		
	4:30					PV	PV

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<b>BOYS</b>	9:00				SP	HJ	Disc (1)
	9:30						
	10:00				SP	Disc (1)	HJ
	10:30						
	11:00	SP		HJ		Disc (1)	
	11:30						
	12:00		HJ		Disc (1)		SP
	12:30						
	1:00	HJ		Disc (2)			SP
	1:30						
	2:00		Disc (2)			HJ	
	2:30						
	3:00				HJ		
	3:30		SP				
	4:00						

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9:00					SP	HJ	Disc (1)
9:30							
10:00				SP		Disc (1)	HJ
10:30							
11:00	SP		HJ		Disc (1)		
11:30							
12:00		HJ		Disc (1)			SP
12:30							
1:00	HJ		Disc (2)			SP	
1:30							
2:00		Disc (2)			HJ		
2:30							
3:00				HJ			
3:30		SP					
4:00							
4:30					PV	PV	PV

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9:00		LJ					
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10:00							Jav
10:30	LJ						
11:00						Jav	
11:30							LJ
12:00					Jav		
12:30						LJ	
1:00				Jav			Ham
1:30					LJ		
2:00			Jav			Ham	
2:30				LJ			
3:00					Ham		
3:30		Jav	LJ				
4:00				Ham			