



Comox Valley Cougars Track & Field Club

2025 Comox Valley Ice Breaker Meet

April 12/13, 2025

Meet Date/Start :

April 12th, 9:00AM

April 13th, 9:00AM

Register by Sunday April 6

Late Registration closes: April 8

Location :

Vanier Oval

@ Comox Valley Sports Centre

3001 Vanier Drive

Courtenay, BC

Meet Information Package - Rev: Mar 21st

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

Registration Chair : Jessica Richards, registercvcougars@gmail.com

Registration :

via Trackie <https://trackie.com/event/2025-icebreaker>

Regular deadline Sunday April 6th 11:59pm PT

Late deadline Tuesday April 8th 9pm PT

No registrations will be accepted after the late registration deadline. All registrants must pay the registration fees online at time of registration, no pay on-site option.

There will be absolutely no meet-day registrations, this includes modifying events for athletes already registered! Scratching from events is permitted.

Meet Fees :

VIAA competitive club members \$30/weekend unlimited events.

Non-VIAA BCA competitive members \$25/event.

Non-BCA members pay the standard \$25/event fee plus an additional \$5 non-member fee.

This includes School-Aged athletes without BCA/AC membership.

Late Registration Fees

All registrants - \$30/event includes VIAA club members (discount for VIAA members is only in effect up to the regular deadline)

Non-BCA members continue to pay the \$5 non-member fee

When You Arrive...

Package Pick-Up :

Club registration packages will be available for pick-up at the "Registration & Information" table starting Saturday & Sunday @ 8:00.

Host Club...

Comox Valley Cougars

Track & Field Club

Courtenay, BC V9N 9R7

250.338.4191

gmorfitt@shaw.ca



2025 Comox Valley IceBreaker Meet

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 April 12, 8:30am at the finish line tent

Event Schedule & Information

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

Events Offered :

Refer to the meet schedule document

We regret not being able to offer Triple Jump or Steeplechase

Track 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.

Event Seeding: All track events will run as timed finals. No seed times will be used to determine heats/lane placement.

Marshalling :

Track events will marshal at the starting line area of the particular race.

Report 15 minutes prior to your race time.

Conflicts with field 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.

It is at the discretion of the officials for declaring an event 'closed' following the final round of attempts with respect to the event that follows.

We will be running track events starting at the times indicated. Women/Girls followed by Men/Boys with the exception of hurdles, which will run in order of height, highest to shortest.

This eases the management of field events for JD athletes.

Example: 60m JD13 Girls, JD13 Boys, JD12 Girls, JD10ys, etc



2025 Comox Valley IceBreaker Meet

Starting blocks will be provided for U16 & older athletes only

Electronic Timing provided by BC Athletics

Timed Finals for all events.

Check the website for the latest schedule : ComoxCougars.org

SPECIAL NOTE : 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 (2012-2016) : 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 15 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.

It is at the discretion of the officials for declaring an event 'closed' following the final round of attempts with respect to the event that follows.

SPECIAL NOTE : Pole Vault

We are pleased to be able to provide Pole Vault at this year's IceBreaker.

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 : College (appropriate for 5m+ vaulters)



2025 Comox Valley IceBreaker Meet

Age Categories :

JD9-JD13 (2012-2016)

U16 (2010/2011)

U18 (2008/2009)

U20 (2006/2007)

Senior 20-34 (1991-2005)

Master 35+ (1990+older) : 5-year increments for masters division

Athletes will compete in single age categories for all events

Awards :

No awards are provided at the IceBreaker Meet.

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

Accommodation Options :

Holiday Inn Courtenay

Bayview Hotel

Comox Valley Inn & Suites

Best Western Comox Valley

Coast Hotel Courtenay

Puntledge Camp Ground