

# 2025 Comox Valley Ice Breaker Meet

Rev: April 9

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> |
|-------|------------|-------------|-------------|-------------|-------------------------------|------------|--------------|
| 9:00  |            | LJ          |             |             |                               |            |              |
| 9:30  |            |             |             |             |                               |            |              |
| 10:00 |            |             |             |             |                               |            | Jav          |
| 10:30 | LJ         |             |             |             |                               |            |              |
| 11:00 |            |             |             |             |                               | Jav        |              |
| 11:30 |            |             |             |             |                               |            | LJ           |
| 12:00 |            |             |             |             | Jav   PV                      | PV         | PV           |
| 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  |            |             |             |             | ----- Pole Vault Clinic ----- |            |              |

## 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  |            |             |             |             | 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  |            |             | SP          |             |             |            |              |
| 3:00  |            |             |             | HJ          |             |            |              |
| 3:30  |            | SP          |             |             |             |            |              |
| 4:00  |            |             |             |             |             |            |              |

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|--------------|------------|-------------|-------------|-------------|-------------|-------------------------------|--------------|---------|
| <b>GIRLS</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)    | PV                            | PV           | SP   PV |
|              | 12:30      |             |             |             |             |                               |              |         |
|              | 1:00       | HJ          |             | Disc (2)    |             |                               | SP           |         |
|              | 1:30       |             |             |             |             |                               |              |         |
|              | 2:00       |             | Disc (2)    |             |             | HJ                            |              |         |
|              | 2:30       |             |             | SP          |             |                               |              |         |
|              | 3:00       |             |             |             | HJ          |                               |              |         |
|              | 3:30       |             | SP          |             |             |                               |              |         |
|              | 4:00       |             |             |             |             |                               |              |         |
|              | 4:30       |             |             |             |             | ----- Pole Vault Clinic ----- |              |         |

## Field Schedule : Sunday

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|--------------|------------|-------------|-------------|-------------|-------------|------------|--------------|-----|
| <b>GIRLS</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         |            |              |     |