



Comox Valley Cougars Track & Field Club

2025 Solstice Meet & Island JD Championships

**June 21/22,
2025**

Meet Dates :

June 21st, 10:00AM

June 22nd, 9:00AM

Location:

Vanier Oval, located at
the Comox Valley
Sports Centre,
3001 Vanier Drive,
Courtenay, BC

Host Club...

**Comox Valley Cougars
Track & Field Club**

Courtenay, BC V9N
9R7

250.338.4191

gmorfitt@shaw.ca

Meet Information Package - Rev: May 28/25

This is a VIAA 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

Entry Chair: Jessica Richards, registercvcougars@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

Electronic Timing provided by BC Athletics. **PHOTO FINISH IS PROVIDED**

Registration :

Registration will be done through Trackie

Meet Registration Link: <https://trackie.com/event/2025-solstice>

Entry Deadline: Wednesday, June 18th, 9:00pm (pacific time)

No entries will be accepted after the meet entry deadline.

There will be no 'day-of' registrations, this includes adding events to already registered athletes.

Event scratches will be permitted. Please advise the event official of scratches, whenever possible.

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 front or back.



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Meet Fees :

Comox Valley Cougars Competitive Athletes

Free entry for all Comox Valley Cougars (CXCVC) competitive club athletes. Discount will be automatically applied at check-out.

VIAA Member Club Competitive Athletes

\$30 for unlimited events. Discount will be automatically applied at check-out for the clubs' listed below

- (AVTC) Alberni Valley Track Club
- (AVIC) Athletics Victoria
- (CRVC) Campbell River Comets
- (CVAC) Cowichan Valley Athletic Club
- (MIDR) Mid Island Distance
- (NTFC) Nanaimo Track & Field Club
- (OTFC) Oceanside Track & Field Club
- (PTFC) Peninsula Track & Field
- (PRTF) Powell River Breakers

Unattached BC Athletics Competitive Members

\$30 per event.

Non-BCA members and school aged athletes

\$30 per event, plus an additional \$5 non-member fee for BCA insurance.

All entry fees must be paid in full at time of registration, and are **non-refundable** after the entry deadline has closed.

Event scratches done through Trackie prior to the entry deadline will be automatically refunded to the method of payment used at time of registration.

Note - it may take several days for the refund to be reflected on the cardholder's account.

Package Pick-Up :

Athlete bibs will be available for pick-up Saturday 8:30am - 3:30pm and Sunday, 8:00am - 3:00pm at the Information & Awards table.

Each athlete must pick up their own individual number. If an individual would like to pick up all numbers for their club, please contact the entry chair, Jessica Richards, registercvcougars@gmail.com, by Friday, June 20th, to arrange this.



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Coaches Meeting :

Saturday June 21st, 9:30am at the equipment shed

Events Offered :

We regret not being able to offer Triple Jump or Steeplechase at this meet.

Distance Hurdles : We are offering both the 200mH & 300mH to U16 men and women. The 200mH is the Legion Youth Nationals race.

Athletes intending to compete in the 200mH event at the Legion Youth Nationals as unattached athletes, not on the BC Team, must achieve the meet entry standard for this event. We are providing this race as a means to that end.

The 300mH is the standard BC race for U16 men and women.

Pole Vault

Flight 1 : 3m starting height

Flight 2 : <3m starting height

(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)

Relays

All relays will be exhibition and results will **not** be valid for Athletics Canada rankings.

4x100 and JD medley relay registration will be done on-site the day of the relay. All relay participants must already be registered in the meet and have a valid competition number. Relay registration cards will be available at the registration tent and must be filled out and delivered to the finish line tent by 2:00pm on the day of the relay.

4x100 Saturday : JD Medley Sunday.

We are pleased to once again offer the Dec-Dash relay, which will run as an unofficial fun relay, open to athletes JD13 - Masters, coaches, and parents. Registration for the Dec-Dash will be done on-site day-of-event, please listen for announcements. For more information on the Dec-Dash, please see the attached info sheet.

3000m

This race is sanctioned for the U18 and U20 age groups, and results will be valid for Athletics Canada rankings and results.

This race is open to Senior and Masters age groups as an exhibition event, and results for these age groups will **not** be valid for Athletics Canada rankings.



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Event Check-in & Marshalling

Check-in for all track and field events is 30 minutes prior to the scheduled event time. Announcements will be made over the PA system, however it is the responsibility of athletes to make sure they check-in to their events on time.

Track Events :

All track events will run oldest to youngest, women then men in each age group, with the exception of hurdles, which will run in order of height and distance.

Check the final meet schedule for the event start times.

Marshalling: Track events will marshal at the starting line area of the particular race. Check-in is 30 minutes prior to the event start time.

Starting blocks will be provided and must be used for all U16, U18, U20 and Senior (open) athletes. Starting blocks are optional for Masters athletes, competing in the Masters age group (35 years and older). Masters athletes that compete in the open age group will be required to use starting blocks for all applicable races.

Starting blocks will not be used for any JD events.

Event seed times will **not** be used to determine heat or lane placement. All track events will be seeded randomly and will run as timed finals.

Field Events :

All field events will run at the time posted on the final schedule.

Marshalling: Field events will marshal at the event area. Check-in is 30 minutes prior to the event start time.

JD9 - JD13 athletes (2016 - 2012) : Limited to 3 attempts

U16 - Masters athletes (2011 - 1990 and older) : All athletes receive 3 attempts, and the top 8 athletes in each age group will receive 3 additional attempts.

Event seed marks will **not** be used to determine flight placement. All field events will be seeded randomly.

Equipment : Equipment will be supplied by the Comox Valley Cougars Track & Field Club, however athletes are welcome to bring their own equipment. Personal equipment must be weighed in at least one (1) hour prior to the event at the equipment bunker.



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Event Conflicts:

If you are competing in events which conflict with each other, you must check-in for each event by the check-in time (30 minutes prior to the event start time), and let the event official or marshal know you have a conflict.

You will compete in the field event until it is time to marshal for your track event. You will leave the field event, compete in your track event, then return to the field event. You will be permitted to compete in the remaining open rounds of the field event.*

*It is up to the event official to determine the event end time following the final round of attempts. Athletes with conflicting events may end up missing rounds while competing in their track event.

Awards :

Ribbons will be provided for 1st - 8th place for all age groups.

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

Note Regarding JD Event Medallions

Podium presentations will be made following 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.

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

Track Events : Athlete age categories may be combined depending on the number of entries, however each age category will be awarded separately.

Field Events : Athlete age categories may be combined depending on the number of entries, however each age category will be awarded separately.



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VIAA Club Assignments :

This meet would not be possible without volunteers. VIAA clubs are responsible for providing volunteers for specific events. Please coordinate volunteer schedules within your club.

- (AVTC) Alberni Valley Track Club - Shot Put
- (AVIC) Athletics Victoria - Discus
- (CRVC) Campbell River Comets - Finish Line Duties
- (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 comoxcougars.org

Accommodation Options :

[Holiday Inn Courtenay](#)

[Bayview Hotel](#)

[Comox Valley Inn](#)

[Best Western](#)

[Puntledge RV Park & Campground](#)