Garriock Track and Field Meet

Information Package
June 14th and 15th, 2025

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Meet Director Vlad Valastiak - president@cvactrack.com

Location Cowichan Sportsplex, 5847 Chesterfield Avenue Duncan, BC

Directions Turn east off Hwy 1 onto Beverly Street
Turn right on Chesterfield (across from school)

Parking One small lot by field hockey boxes, small lot between track and ball fields and large lot behind ball fields, access past the complex.

Start Times Saturday, June 14th – 9:00am. Sunday, June 15th – 9:00am.

Facilities Rubberized eight-lane track (max 7mm spike), Washrooms, Concession, Our site does not have stands, so please bring lawn chairs
Water filling Station on site –*just bring your own bottle!*

Registration Registration through trackiereg.com All registration is ONLINE ONLY.

Entry Deadlines All entries must be received *no later than 11:59 pm, Wednesday June 11th, 2025*. **No late or same-day entries**

Club Packages/ On Site Club registration packages available for pick-up at the "Registration & Information" table starting Saturday 8:00 am & Sunday 8:00 am.

Meet Fees   For VIAA Member Clubs providing volunteers: Unlimited events 2 days $30.00
NON VIAA Member Rate: $30.00/first event $10.00/additional event
NO day of meet entries

Bib Numbers Numbered bibs will be assigned to all athletes and must be worn on the front during all competitions.
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Coaches Meeting   Coaches meeting Saturday 8:30 am at the finish line

Event Times Please check the event schedule for event times. Start times listed are approximate and may be moved up ½ hour before listed time so please listen for announcements.

Field Events Field Events will be limited to 3 attempts only for U10 thru U14 age groups. For U16 and older, the top 8 finalists in each age category will get 3 additional attempts.

Track Events Track Events will be run oldest to youngest, girls first, then boys (with the exception of hurdles/steeplechase – See attached Hurdle/Steeplechase Order).
All track events are timed finals.

Track Event Check-In Check-in with track marshals 30 minutes before event start time.

Relay 4 x 100 Relay forms are included in each "V.I.A.A. Member Club" Package. For non Clubs, relay forms will be available for pick up at Registration/Information Tent. Please give completed relay forms to Relay Coordinator at relay marshalling area.

Age Categories *Track Rascals (6-8)*

Junior Development Athletes U10 – U14 (9-13)
U16 Athletes ages (14-15)
U18 (16-17)
U20 (18-19)
Seniors and Masters (20-35 & 35+)
Some categories may be combined for competition purposes but awards will be made by individual age classification

Awards Medals will be awarded for 1st to 3rd, Ribbons will be given out for 4th to 8th place.

Electronic Timing Provided by VIAA

Weigh-In Field Implement weigh-ins to be held in CVAC equipment building

Officials This is a Vancouver Island Series meet and is sanctioned by BC Athletics. Club officiating assignments have already been set. If your Club has difficulty meeting its assignment, or will not be in attendance at this meet, please make alternate arrangements with another Club.
If that fails, please contact the Meet Director As Soon As Possible

Sprint Hurdle Order

Boys	Senior		110m	42	Blue	Square

			Hurdles			
Boys	U20		110m Hurdles	39	Blue	Square
Boys	U18		110m Hurdles	36	Blue	Square
Girls	Senior		100m Hurdles	33	Yellow	Square
Girls	U20		100m Hurdles	33	Yellow	Square
Girls	U18		100m Hurdles	33	Yellow	Square
Boys	U16		100m Hurdles	33	Yellow	Square
Girls	U16		80m Hurdles	30	Blue	Triangle
Girls	U14	JD13	80m Hurdles	30	White	Square
Boys	U14	JD13	80m Hurdles	30	Blue	Triangle
Girls	U14	JD12	80m Hurdles	27	White	Triangle
Boys	U14	JD12	80m Hurdles	27	White	Triangle
Girls	U12	JD11	60m Hurdles	24	Green	Triangle
Boys	U12	JD11	60m Hurdles	24	Green	Triangle
Girls	U12	JD10	60m Hurdles	24	Green	Triangle
Boys	U12	JD10	60m Hurdles	24	Green	Triangle
Girls	U10	JD9	60m Hurdles	21	Green	Triangle
Boys	U10	JD9	60m Hurdles	21	Green	Triangle