

2025 Comox Valley Solstice Meet & Island JD Championships

June 21st - 22nd, 2025

Comox Valley Sports Centre : Vanier Oval

Rev: June 18 FINAL

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

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

Saturday

Discipline	Event	Age Group
Racewalk	800mRW	JD12 : JD11 : JD10 : JD9
	1500mRW	MASTERS : SENIOR : U20 : U18 : U16 : JD13
Mid Distance	1500m	MASTERS : SENIOR : U20 : U18
	1200m	U16 : JD13 : JD12
	1000m	JD11 : JD10 : JD9
Sprints	400m	MASTERS : SENIOR : U20 : U18
	300m	U16 : JD13 : JD12
TRACK BREAK - 30 MINUTES		
Sprint Hurdles	110mH	SENIOR MEN : U20 MEN : MASTERS 35 - 49 MEN : U18 MEN
	100mH	MASTERS 50-59 MEN : MASTERS 60-69 MEN : MASTERS 35-39 WOMEN
	100mH	SENIOR WOMEN : U20 WOMEN : U16 MEN : U18 WOMEN
	80mH	MASTERS 40-49 WOMEN : U16 WOMEN : JD13 BOYS : JD13 GIRLS
	80mH	MASTERS 70-79 MEN : MASTERS 50-59 WOMEN : MASTERS 80-99+ MEN
	80mH	MASTERS 60-99+ WOMEN : JD12 BOYS : JD12 GIRLS
	60mH	JD11 BOYS : JD11 GIRLS : JD10 BOYS
Sprints	60mH	JD10 GIRLS : JD9 BOYS : JD9 GIRLS
	200m	MASTERS : SENIOR : U20 : U18 : U16 : JD13 : JD12 : JD11
Relays	4x100m	All Ages

Sunday

Time	Age Group	Event	Discipline
10:00	MASTERS : SENIOR : U20 : U18 U16 : JD13	3000m	Distance
		2000m	
10:30	MASTERS : SENIOR : U20 : U18 : U16 JD13 : JD12 : JD11 : JD10 : JD9	100m	Sprints
		100m	
11:00			
11:30			Dist Hurdles
12:00	MASTERS 35-49 MEN : SENIOR MEN : U20 MEN : MASTERS 50-59 MEN U18 MEN : MASTERS 35-49 WOMEN : SENIOR WOMEN : U20 WOMEN : U18 WOMEN MASTERS 60-69 MEN : MASTERS 50-59 WOMEN : U16 WOMEN : U16 MEN MASTERS 70-79 MEN : MASTERS 60-69 WOMEN MASTERS 80-99 MEN : MASTERS 70-99 WOMEN : U16 WOMEN* : U16 MEN* JD13 GIRLS : JD13 BOYS : JD12 GIRLS : JD12 BOYS	400mH	
		400mH	
		300mH	
		300mH	
		200mH	
		200mH	
12:30	TRACK BREAK - 30 MINUTES		
1:00	MASTERS : SENIOR : U20 : U18 : U16 : JD13 : JD12	800m	Mid Distance
1:30			
2:00	JD11 : JD10 : JD9	600m	
2:30	JD11 : JD10 : JD9 Track Rascals (Ages 2-8) : COACHES : PARENTS	60m	Sprints
		50m	Fun Run
3:00			
3:30	JD9-13 All Ages : Complete a Decathlon in a relay format! See info page	JD Medley **	Relays
		DecDash ***	
4:00			

* Legion Race : 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.

** JD Medley : 200/200/200/600

*** DecDash : 100m, Discus, HJ, LJ, Shot, Jav, Vault, Hurd, 400m, Cumulative time =1500m

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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>
GIRLS	10:00	Long Jump	Long Jump		Hammer		Javelin
	10:30						
	11:00			Long Jump		Hammer	Javelin
	11:30						
	12:00		Javelin		Long Jump		Hammer
	12:30						
	1:00					Long Jump	Hammer
	1:30			Javelin		/ ----- Pole Vault ----- /	
	2:00					Long Jump	
	2:30				Javelin		
	3:00						Long Jump
	3:30					Javelin	
	4:00						
	4:30						

Field Schedule : Sunday

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
GIRLS	9:00		Discus (2)		Shot Put		High Jump
	9:30						
	10:00			Discus (2)		Shot Put	High Jump
	10:30						
	11:00			High Jump	Discus (2)		Shot Put
	11:30						
	1:00	High Jump	High Jump			Discus (1)	Shot Put
	1:30						
	2:00			Shot Put	High Jump		Discus (1)
	2:30						
	3:00	Shot Put	Shot Put			High Jump	Discus (1)
	3:30						
4:00							

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BOYS	10:00		Discus (2)		Shot Put		High Jump	
	10:30							
	11:00			Discus (2)		Shot Put	High Jump	
	11:30							
	12:00				Discus (2)	High Jump	Shot Put	
	12:30							
	1:00	High Jump	High Jump					Shot Put
	1:30					/ ----- Pole Vault ----- /		
	2:00			Shot Put	High Jump	Discus (1)		
	2:30							
	3:00	Shot Put	Shot Put	High Jump			Discus (1)	
	3:30							
	4:00							Discus (1)
	4:30							

Field Schedule : Sunday

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
BOYS	9:00	Long Jump	Long Jump		Hammer		Javelin
	9:30						
	10:00			Long Jump		Hammer	Javelin
	10:30						
	11:00		Javelin		Long Jump	Hammer	
	11:30						
	12:00						Hammer
	12:30			Javelin		Long Jump	
	1:00						
	1:30				Javelin		Long Jump
	2:00						
	2:30					Javelin	Long Jump
	3:00						
	3:30						
	4:00						