

# 2026 Comox Valley Ice Breaker Meet

Rev: March 20

April 11/12, 2026

Comox Valley Sports Centre : Vanier Oval

**Age Group Key** JD9 = 2017  
 JD10 = 2016  
 JD11 = 2015  
 JD12 = 2014  
 JD13 = 2013  
 U16 = 2011/2012  
 U18 = 2009/2010  
 U20 = 2007/2008  
 Senior (Open) = 2006-1992  
 Master = 1991-1925

## 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
DEC	100m	DEC
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 HEP	110mH (Boys)	SENIOR : U20 : U18 : MASTER
	100mH (Girls)	SENIOR : U20 : U18 : MASTER : HEP
	100mH (Boys)	U16 : MASTER (M50-69)
	80mH (Girls)	U16 : MASTERS (W40+) : MASTERS (M70+)
JD Sprint Hurdles	80mH	JD13 : JD12
	60mH	JD11 : JD10 : JD9
Sprints HEP DEC	200m	U18 : U20 : SENIOR : MASTER
	200m	HEP
	200m	U16 : JD13 : JD12 : JD11
	400m	DEC

### Sunday

Time	Age Group	Event	Discipline
10:00	DEC	110mH	DEC
10:30	U18 : U20 : SENIOR : MASTER	3000m	Distance
	U16 : JD13	2000m	
11:00	SENIOR : U20 : U18 : U16 : MASTER	100m	Sprints
	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	JD11 : JD10 : JD9	60m	Sprints
3:00	HEP / DEC	800m / 1500m	HEP / DEC
3:30	All Ages, Mixed Teams, Whatever!	4x100m	Relays
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>	<u>HEP</u>
	9:00					Shot	High	Disc (1)
9:30								
10:00				Shot		Disc (1)	High	
10:30								
11:00	Shot		High		Disc (1)			
11:30								
12:00		High		Disc (1)	PV	PV	Shot   PV	
12:30								
1:00	High		Disc (2)			Shot		
1:30								
2:00		Disc (2)			High			High
2:30			Shot					
3:00				High				
3:30		Shot						Shot
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>	<u>HEP</u>
9:00		Long						
9:30								
10:00							Jav	
10:30	Long							
11:00						Jav		
11:30							Long	Long
12:00					Jav			
12:30						Long		
1:00				Jav			Ham	Jav
1:30					Long			
2:00			Jav			Ham		
2:30				Long				
3:00					Ham			
3:30		Jav	Long					
4:00				Ham				

