

FLUID

SPEED TRIALS

Hosted by



WEST VAN
TRACK & FIELD CLUB

www.westvantrack.com

With Enormous Thanks to our Title Sponsor, FLUID

www.runfluidshop.com

Register online: www.trackie.com/event/FLUIDSpeedTrials2026

FREE for spectators! Bring your crew to watch athletes race to be named *The Fastest in the Lower Mainland!*

West Vancouver Place for Sport
1750 Mathers Ave, West Vancouver, BC V7V 2G7

TECHNICAL PACKAGE & MEET SCHEDULE

UPDATED: MARCH 31, 2026

RACE DATE: April 26, 2026 (rain or shine)

EVENTS:

Age Categories	Events
U10	100m, Mile
U12	100m, Mile
U14	100m, Mile
U16	100m, Mile
U18	100m, Mile
U20	100m, Mile
SENIORS	100m, Mile
MASTERS	100m, Mile

ENTRY FEES:

The following athletes are eligible to compete at this event:

- 2026 BC Athletics Annual Athlete Members
- 2026 P/TSO Annual Athlete Members (e.g. Athletics Alberta)
- 2026 World Athletics Athlete Members (e.g. USATF)

Meet registration of \$15 per person per event by April 23, 2026 at 11:59pm

This event will allow non-BC Athletics members. All non-BC Athletics members must purchase a \$3 Non-Member Event License (NMEL). There is no day-of event registration, and late entries will not be accepted. Scratches are permitted in Trackie.reg until the close of registration on April 23, 2026 at 11:59pm. No refunds will be processed for scratches that occur after the regular entry deadline.

CHECK-IN:

Check-in will be located at the east end of the track - look for the WVTF C tents by the navy blue shipping containers. Athletes must check in no later than 20 minutes before the posted start times. The meet reserves the right to run ahead of schedule by no more than 20 minutes, athletes checking in must be aware of this and plan their arrival and warm-up accordingly. Free street parking and at West Vancouver Secondary School is available.

SEEDING AND FINALS:

Start lists will be posted on April 24, 2026. Athletes will be placed into heats based on their submitted seed times if that information is inputted at time of registration. Inputting seed times does not guarantee athlete placement in heats but will be accommodated to the best of our ability for the effective running of the event. All heats will be run as timed finals.

MEET PROGRAM & START LISTS:

Final schedule and start lists will be posted on April 24, 2026, at www.westvantrack.com.

MEET SCHEDULE:

Time	Event	Age Category	W/M
10:00 AM	100m	Oldest to Youngest	Women, Men
1:00 PM	Mile	Oldest to Youngest	Women, Men

AWARDS & RESULTS:

The top overall male and female youth and adult performers in each of the 100m and the mile (for a total of eight champions) will have their names engraved on the annual FLUID *Legends of Speed Cup* and will be crowned the “Fastest Kids in Greater Vancouver” and the “Fastest Athletes in Greater Vancouver.”

Results will be available online during the meet via QR code posted at the event. Results will be available after the meet at www.westvantrack.com

TECHNICAL NOTES:

All athletes are encouraged to wear club uniforms during the competition.

Starting blocks will be provided by the meet and no other blocks will be permitted to be used. Starting blocks must be used for all U16+ athletes in the 100m. Starting blocks will be available for warm-up / practice on the opposite 100m straightaway.

If spikes are worn, only 5 or 7mm spikes will be allowed for use. The use of any longer length of spike is prohibited and will be enforced.

BC ATHLETICS POLICIES:

The FLUID Speed Trials are a BC Athletics sanctioned meet and adheres to the following policies:

- [Universal Code of Conduct to Prevent and Address Maltreatment in Sport \(UCCMS\)](#)
- Athletics Canada [Safe Sport](#)
- Athletics Canada [Anti-Doping](#) policies
- Athletics Canada [Concussion Protocol](#)

Questions? Please get in touch! We look forward to hosting you at the 2026 FLUID Speed Trials!
info@westvantrack.com