



Comox Valley Cougars Track & Field Club

2026 Solstice Meet & Island JD Championships

June 20/21, 2026

Meet Date/Start :

June 20th, 9:00AM

June 21st, 9:00AM

Registration Closes:

June 17, 11:59pm

Location :

Vanier Oval

@ Comox Valley Sports Centre
3001 Vanier Drive
Courtenay, BC

Meet Information Package - Rev: June 8

This is a Vancouver 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

Registration Chair : Jessica Richards, registercvcougars@gmail.com

Registration :

via Trackie: <https://trackie.com/event/2026-solstice>

Deadline : Wednesday June 17th 11:59pm PT

No late registrations will be accepted. All registrants must pay the registration fees online at time of registration. There will be no pay-on-site option.

There will be absolutely no meet-day registrations, this includes modifying events for athletes already registered! Scratching from events is permitted.

IMPORTANT: Please use the 'Member Lookup' option during registration to ensure the correct BCA number is entered, and the correct club is selected.

Meet Fees :

VIAA Member Clubs : Flat rate of \$32.50 per registrant.

This fee includes unlimited events for each meet.

Non-VIAA Member Clubs : \$45 per registrant for unlimited events.

Non-BCA/AC members pay the standard Non-VIAA event fee plus an additional \$5 non-member fee.

This includes School-Aged athletes without BCA/AC membership.

Late Registration Fees

No late registrations will be accepted

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Host Club...

Comox Valley Cougars

Track & Field Club

Courtenay, BC V9N 9R7

250.338.4191

gmorfitt@shaw.ca



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When You Arrive...

Package Pick-Up :

Club registration packages will be available for pick-up at the "Registration & Information" table starting Saturday & Sunday @ 8:00.

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 back or the front.

Coaches Meeting :

Saturday June 20th, 8:30am at the finish line tent

Event Schedule & Information

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

PHOTO FINISH IS PROVIDED

Events Offered :

Refer to the meet schedule document

We regret not being able to offer Triple Jump or Steeplechase

Track Events :

Please refer to the meet schedule for the order of events.

Check-in times for events:

15min prior to scheduled time Announcements will be made over the PA system It is the responsibility of athletes to report to events on time.

Marshalling :

Track events will marshal at the starting line area of the particular race.

Report 15 minutes prior to your race time.

Conflicts with field events : If you have a field event in progress, but need to marshal for a track event, let your field event officials know. Leave the field event to do your track event, then return to your field event. You will only get the round(s) that are still open.



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It is at the discretion of the officials for declaring an event 'closed' following the final round of attempts with respect to the event that follows.

We will be running track events in the age group order shown, starting at the times indicated. Women/Girls followed by Men/Boys.

This eases the management of field events for JD athletes.

Example: 60m JD13 Girls, JD13 Boys, JD12 Girls, JD12 Boys, etc

Starting blocks will be provided for U16 & older athletes only

Electronic Timing provided by BC Athletics

Timed Finals for all events.

Check the website for the latest schedule : ComoxCougars.org

SPECIAL NOTE : Distance Hurdles

200mH & 300mH offered to U16's.

The 200mH is the Legion Nationals race, and athletes intending to compete at Nationals, who are not on the BC Team, must achieve the entry standard.

We are providing this race as a means to that end. The 300mH is the standard BC race for those who are not concerned with Legion Nationals.

Field Events :

JD9-JD13 age groups (2013-2017) : Limited to 3 attempts

U16:U18:U20 & Older (2012 & older) : Top 8 results from first 3 rounds will advance to final & 3 more attempts

Equipment will be supplied. Athletes are welcome to bring implements (weigh-in provided - report 1 hour ahead at the equipment bunker)

Marshalling :

Field events will marshal at the event area. Report 15 minutes prior to your start time.

Conflicts with track events : If you have a field event in progress, but need to marshal for a track event, let your field event officials know. Leave the field event to do your track event, then return to your field event. You will only get the round(s) that are still open.

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SPECIAL NOTE : Pole Vault

We are pleased to be able to provide Pole Vault at this year's Meet.

Flight 1 : 3m starting height

Flight 2 : <3m starting height (TBD)

(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)

Age Categories :

JD9 -JD13 = 2013-2017

U16 = 2011/2012

U18 = 2009/2010

U20 = 2007/2008

Senior (Open) = 2006-1992

Master = 1991 & older (5-year increments for masters divisions)

Athletes will compete in single age categories for all events

Awards :

Medallions are presented to the top-3 athletes in all JD events.

Ribbons are provided to all participants across all age groups.

VIAA Club Assignments :

AVTC : Alberni Valley Track Club : Shot Put

AVIC : Athletics Victoria : Discus

CRVC : Campbell River Comets : Finish Line

CVAC : Cowichan Valley Athletics Club : Vertical Jumps

CXVC : Comox valley Cougars : Hammer & assist Javelin

NTFC : Nanaimo Track and Field Club : Horizontal jumps

OTFC : Oceanside Track and Field Club : Javelin

PTFC : Peninsula Track & Field Club : Assist Shot Put & Discus

PRTF : Powell River Track & Field Club : Assist where needed

RPDE : Club Rapide : Assist where needed



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Meet Info Updates :

Updates to meet information will be posted to the website

ComoxCougars.org

Please check for revisions

Accommodation Options :

Holiday Inn Courtenay

Bayview Hotel

Comox Valley Inn & Suites

Best Western Comox Valley

Coast Hotel Courtenay

Puntledge Camp Ground



BC ATHLETICS - SPECTATOR CODE OF CONDUCT

BC Athletics is committed to ensuring that all athletes have the opportunity to participate in a safe and enjoyable environment that is encouraging to all, enabling athletes to achieve personal best performances, and promoting overall development of our sport. We have strong values of fair play, integrity, mutual respect, safety, graciousness, and sportsmanship. Spectators are expected to conduct themselves in a manner which supports the values of our organization, and encourages the development of all athletes on and off the competition area.

Do:

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

Do Not:

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.

Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators