

2026 Comox Valley Solstice Meet & Island JD Championships

Rev: FINAL - June 17

June 20/21, 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	JD12 : JD11 : JD10 : JD9
	1500m RW / 5000m RW	MASTER : SENIOR : U20 : U18 : U16 : JD13
Sprints	400m	MASTER : SENIOR : U20 : U18
	300m	U16 : JD13 : JD12
Mid Distance	1500m	MASTER : SENIOR : U20 : U18
	1200m	U16 : JD13 : JD12
	1000m	JD11 : JD10 : JD9
John May Memorial Sprint Hurdles	110mH	M-SENIOR : M35-49 : M-U20 : M-U18
	100mH	M50-59 : W-SENIOR : W-U20 : M-U16
	80mH	W40-49 : W-U16 : W50-59 : M70-79 : W60+ : M80+
JD Sprint Hurdles	80mH	JD13 : JD12
	60mH	JD11 : JD10 : JD9
Sprints	200m	MASTER : SENIOR : U20 : U18
	200m	U16 : JD13 : JD12 : JD11
Relays	4x100m	All Ages, Mixed Teams, Whatever!
	4x400m	U16+

Sunday

Time	Age Group	Event	Discipline
10:00	MASTER : SENIOR : U20 : U18	3000m	Distance
	U16 : JD13	2000m	
10:30			
11:00	MASTER : SENIOR : U20 : U18 : U16	100m	Sprints
	JD13 : JD12 : JD11 : JD10 : JD9	100m	
11:30			
12:00	MASTER : SENIOR : U20 : U18	400mH	John May Memorial Distance Hurdles
	MASTER (M60-79) MASTER (W50-69) : U16	300mH	
12:30	MASTER (W70+, M80+) : U16 (*Legion Race) : JD13 : JD12	200mH	
1:00	MASTER : SENIOR : U20 : U18	800m	Mid Distance
	U16 : JD13 : JD12		
1:30			
2:00	JD11 : JD10 : JD9	600m	
2:30	JD11 : JD10 : JD9	60m	Sprints
	Track Rascals (Ages 4-8)	50m	
3:00			
3:30	All Ages : Complete a Decathlon in a relay format!	DEC DASH	Relays
	See info page		
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>	
GIRLS	9:00				Shot	Disc (1)	High	
	9:30							
	10:00				Shot	High	Disc (1)	
	10:30							
	11:00	Shot		High		Disc (1)		
	11:30							
	12:00		High		Disc (1)	PV	Shot PV	PV
	12:30							
	1:00			Disc (2)				Shot
	1:30	High						
	2:00		Disc (2)					
	2:30			Shot		High		
	3:00							
	3:30		Shot		High			
	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		Long					
	9:30							
	10:00						Jav	
	10:30	Long						
	11:00					Jav		
	11:30						Long	
	12:00				Jav			
	12:30					Long		
	1:00				Jav		Ham	
	1:30					Long		
	2:00			Jav			Ham	
	2:30				Long			
	3:00					Ham		
	3:30		Jav	Long				
	4:00				Ham			

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9:00		Long					
9:30							
10:00							Jav
10:30	Long						
11:00						Jav	
11:30							Long
12:00					Jav PV	PV	PV
12:30						Long	
1:00				Jav			Ham
1:30					Long		
2:00			Jav			Ham	
2:30				Long			
3:00					Ham		
3:30		Jav	Long				
4:00				Ham			
4:30							

BOYS

Field Schedule : Sunday

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</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)			Shot
12:30							
1:00			Disc (2)			Shot	
1:30	High						
2:00		Disc (2)					
2:30			Shot		High		
3:00							
3:30		Shot		High			
4:00							

BOYS