

Garriock Meet

Cowichan SportsPlex
5847 Chesterfield Ave
Duncan



1

60m
100m
60m Hurdles
80m Hurdles
100m Hurdles
110m Hurdles

2

400m
800m
1200m
2000m
400m Hurdles
800m Racewalk

3

300m
1500m
1500m Steeplechase
1500m Racewalk

4

200m
600m
1000m
3000m
200m Hurdles
2000m Steeplechase
5000m Racewalk
3000m Steeplechase

W Washrooms

R Hammer

J Javelin

G Stands

D Discus

S Shot put

P Parking

H High Jump

L Long jump, Triple Jump

Great View Areas

Danger Areas