



COMOX VALLEY SOLSTICE MEET 2017

CO-HOSTED BY...
COMOX VALLEY COUGARS, CAMPBELL RIVER COMETS, & POWELL RIVER BREAKERS

Meet Information Package

This is a Vancouver Island Series meet
Sanctioning provided by BC Athletics
Official meet website : ComoxCougars.org

Meet Director : Graham Morfitt 250.338.4191 gmorfitt@shaw.ca
Meet Manager : Anna Horel 250.480.8548 anna.e.horel@gmail.com
Officials : Vince Sequeira 250.850.9616 sequeiravin@gmail.com

Meet Date/Start : June 24th, 11AM / June 25th, 9AM

Location : Vanier Oval, Comox Valley Sports Centre
3001 Vanier Drive, Courtenay, BC

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

Registration : Pre-Registration via TrackieReg.com
Website: www.trackiereg.com/2017Solstice

Meet Fees : VIAA Member Club Athletes :
1-Day : \$15
2-Days : \$22
Unattached & non-VIAA Club Athletes (must be BCA or AC members)
1-Day : \$20
2-Days : \$40
School-aged athletes without BCA/AC number :
An additional \$3 fee for
'Day Of Event BC Athletics Membership' registration
Compete as 'Unattached'
Fees permit unlimited entry to events
All cheques payable to : Comox Valley Cougars Track & Field Club

Registration Chair Graham Morfitt (gmorfitt@shaw.ca)

Entry Deadline All entries must be received no later than
12:00 midnight, Thursday June 22nd, 2017
Due to seeding, we can NOT add athletes to races (same-day).
If you are registered for the meet, you may add a late field event.

Package Pick-Up Club registration packages will be available for pick-up at the
"Registration & Information" table starting Saturday 8:45 & Sunday 8:30.
Payment is required at time of package pick-up.

Competition Numbers Numbered bibs will be assigned to all athletes
and must be worn during all competitions.
> Track events from 100 to 400 metres will have numbers on the back.
> Track events 600 metres and longer will have numbers on the front.
> Field event numbers may be worn on the back or the front.

Coaches Meeting : Saturday June 24th, 10:30am at the equipment shed



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Meet Information Package - Continued

Events Offered : We regret not being able to offer Pole Vault or Steeplechase
Additional sections of distance hurdles & sprint hurdles
'Elite' sections are open to all athletes in those age groups, space permitting
Check the website for the latest schedule
ComoxCougars.org

Track Events : Please refer to the meet schedule for the order of events
Check-in times for events will be made over the PA system
It is the responsibility of athletes to report to events on time

Starting blocks will be provided (midget 14 & older only)
Electronic Timing provided by BC Athletics

Field Events : JD9-JD13 age groups (2002-2006) : Limited to 3 attempts
Midget 14/15 & Older (2001-) : Top 8 results from first 3 rounds will
advance to final & 3 more attempts

Equipment will be supplied.
Athletes are welcome to bring implements
Equipment weigh-in will be conducted at the equipment shed

Age Categories : Junior Development : JD9-JD13 (2006-2002)
Midget 14/15 (2001/2002)
Youth 16/17 (1999/1998) : Will compete in the 'Open' category
Junior 18/19 (1997/1996) : Will compete in the 'Open' category
Senior 20-34 (1995-1981) : Will compete in the 'Open' category
Master 35+ (1980-) : Will compete in the 'Open' category
(5-year increments for masters division)
Each age group will be scored separately

Track : Athletes will compete in single age categories
Field : Age groups may be combined (refer to meet schedule)

Awards : Ribbons for 1st through 8th place in each event.

VIAA Club

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| Assignments : | Alberni Valley Track Club | Shot Put |
| | Campbell River Comets | Long jump |
| | Comox Valley Cougars | Hammer |
| | CVAC | High Jump |
| | Nanaimo Track & Field Club | Finish Line |
| | Oceanside Track & Field Club | Javelin |
| | Pacific Athletics | Discus |
| | Peninsula Track & Field Club | Assist: Long Jump |
| | Powell River Breakers | Assist: Discus/Hammer |
| | Victoria Track & Field Club | Timing |

Meet Info Updates : Updates to meet information will be posted to the website
ComoxCougars.org
Please check for revisions

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| Accommodations : | Travelodge | http://www.travelodge.ca |
| | Comox Valley Inn | http://www.comoxvalleyinn.com |
| | Best Western | http://bestwesternbc.com |
| | Puntledge Camp Ground | http://www.puntledgerv.com |

Camping is permitted around the perimeter of the track.
Billeting with club families is also available if needed.