



## CVAC JAGUARS Track & Field Club



10<sup>th</sup> Annual GARRIOCK TRACK MEET  
June 12<sup>th</sup>-13<sup>th</sup>, 2010

Meet Director: Sheila Southern-Lloyd - (250)245-2008, [ss2008@telus.net](mailto:ss2008@telus.net)

Meet Manager: Deana Robertson

Location: Cowichan Sportsplex  
5847 Chesterfield Avenue  
Duncan, B.C. V9L 3M3  
View the map at <http://www.cvac-jaguars.com/map.html>

Directions: Turn east off Hwy 1 onto Beverly Street  
Turn right on Chesterfield (across from school)

Parking: One small lot by field hockey boxes, small lot between track and ball fields  
and large lot behind ball fields, access past the complex.

Facilities: Rubberized eight lane track - max. 6mm spike  
Washrooms and Concession

Registration: Saturday 9:30 am. Sunday 8:30 am.

This is a sticker meet. Please have a sticker for each event for each athlete with athlete's name, year of birth, club name and VIAA number. No pre-registration is needed. Cheques are payable to CVAC.

Meet Fees: Unlimited entry to events. Two days - \$20.00; Single Day - \$15.00  
All competitors MUST be BC Athletics (club, school or individual) members.  
Additional \$3.00 per school-age athlete for Day of Event Membership.

Start Times: Saturday, June 12<sup>th</sup> – 10:30 am. Sunday, June 13<sup>th</sup> – 9:00 am.  
See attached schedule for event times. Event times listed are approximate.  
Event times may be moved up a maximum of 30 minutes.

Coaches: Coaches meeting Saturday 10:00 a.m, at the finish line.

Updated Meet Info: The meet schedule and information will be posted on the CVAC website [www.cvac-jaguars.com](http://www.cvac-jaguars.com) . Please check this site for any revisions to the schedule or to the information package.

Events: Field events will be limited to 3 attempts only for JD9 to JD13 age groups. For Midgets 95/96 and older, the top 8 finalists in each age category will get 3 additional attempts.

Track Events will be run oldest to youngest, girls first, then boys.  
All track events are timed finals.

Electronic Timing: Provided by BC Athletics.

Officials: This is a Vancouver Island Series meet and is sanctioned by BC Athletics. Club officiating assignments have already been set. If a Club has difficulty meeting its assignment, or will not be in attendance at this meet, please contact the Meet Director.

Age Categories: All athletes will compete by year of birth. Some categories are combined for competition purposes but awards will be made by age classification.

Single age classes:  
JD 9 to 13 years

Combined age classes for:  
Midgets 14/15 years  
Youth 16 /17 years  
Junior 18 /19 year  
Senior 20 / 34 years  
Masters 35 and older.

Awards: Ribbons will be given out for 1<sup>st</sup> to 8<sup>th</sup> place.

Accommodation:

Best Western Cowichan Valley Inn  
6474 Trans Canada Highway -748-2722  
Restaurant, Outdoor Pool

Thunderbird Motor Inn  
5849 York - 748-8192  
Across from fast food outlets.

Travelodge Silver Bridge Inn  
140 Trans Canada Highway - 748-4311  
Full Service Hotel

**10th ANNUAL GARRIOCK TRACK MEET  
HOSTED BY CVAC JAGUARS  
SATURDAY & SUNDAY, JUNE 12<sup>TH</sup> & 13<sup>TH</sup>, 2010**

**Saturday Track Events**

<b>Time</b>	<b>Event</b>	<b>Age Group</b>
10:30	Sprint Hurdles: 110m, 100m, 80m, 60m	Open to 2001 F/M
12:00	2000 metres 3000 metres	Midgets 1995/96 F/M Open to 94 F/M & JD 1997 F/M
1:00	100 metres	Open to 2001 F/M
2:00	Fun Run: 50 metres	8 years and younger
2:30	4x100 Relays	All age groups
3:30	300 metres 400 metres	Midgets 1995/96 F/M Open to 1999 F/M (except Midgets)
4:30	Racewalk: 3000 m 1500 m 800 m	3000 m: open to 1994 F/M 1500 m: open to 1997 F/M 800 m: 1998 to 2001 F/M

**Saturday Field Events**

<b>Time</b>	<b>2001 F</b>	<b>2000 F</b>	<b>1999 F</b>	<b>1998 F</b>	<b>1997 F</b>	<b>1996/95 F</b>	<b>1994+ F</b>
10:30			LJ		JAV (11:00 am)		
12:00		DIS		LJ		JAV	
1:00			DIS		LJ		JAV
2:00		JAV		DIS		LJ	
3:00			JAV		DIS		LJ
4:00		LJ		JAV		DIS	
5:00	LJ						DIS

**Please note: Pole Vault is at 12:00 pm Saturday for 1997 F/M and older athletes.**

<b>Time</b>	<b>2001 M</b>	<b>2000 M</b>	<b>1999 M</b>	<b>1998 M</b>	<b>1997 M</b>	<b>1996/95 M</b>	<b>1994+ M</b>
11:00	SP		TJ	HAM		HJ	
12:00		SP		TJ	HAM		HJ
1:00	HJ		SP		TJ	HAM	
2:00		HJ		SP		TJ	HAM
3:00			HJ		SP		TJ
4:00				HJ		SP	
5:00					HJ		SP

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**Sunday Track Events**

<b>Time</b>	<b>Event</b>	<b>Age Group</b>
9:00	1200 metres 1500 metres	Midget 1995/96 F/M Open to 2001 F/M (except Midgets)
10:00	Distance Hurdles: 400 m 300 m 200 m	400 m: open to 1997 F/M 300 m: 1993/94 F/M 200 m; 1995 - 1998 F/M
11:00	800 metres	Open to 2001 F/M
12:00	60 metres	1999 to 2001 F/M
1:00	200 metres	Open to 1999 F/M
2:00	Steeplechase: 3000 m 2000 m 1500 m (no water jump)	3000 m: open to 1990 F, open to 1992 M 2000 m: 1994 – 1991 F, 1994/93 M 1500 m: Midgets 1995/96 F/M

**Sunday Field Events**

<b>Time</b>	<b>2001 F</b>	<b>2000 F</b>	<b>1999 F</b>	<b>1998 F</b>	<b>1997 F</b>	<b>1996/95 F</b>	<b>1994+ F</b>
9:00	SP		HJ	HAM		TJ	
10:00		SP		HJ	HAM		
11:00			SP		HJ	HAM	TJ
12:00				SP		HJ	HAM
1:00			TJ		SP		HJ
2:00		HJ		TJ		SP	
3:00	HJ				TJ		SP

<b>Time</b>	<b>2001 M</b>	<b>2000 M</b>	<b>1999 M</b>	<b>1998 M</b>	<b>1997 M</b>	<b>1996/95 M</b>	<b>1994+ M</b>
9:00		DIS		JAV		LJ	
10:00			DIS		JAV		LJ
11:00	LJ			DIS		JAV	
12:00		LJ			DIS		JAV
1:00			LJ			DIS	
2:00		JAV		LJ			DIS
3:00			JAV		LJ		