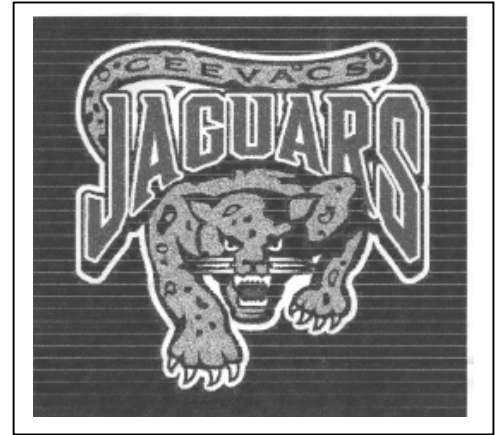




CVAC JAGUARS Track & Field Club



4th Annual GARRIOCK INVITATIONAL TRACK MEET June 12 & 13, 2004

Meet Director: Bev Dilorio - Ph: (250) 746-7184, bevdi@shaw.ca
Meet Manager: Monique Posehn – Ph: (250) 746-7109

Location: Cowichan Sportsplex, Duncan

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

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

Registration: Saturday 10:30 a.m. Sunday 8:30 a.m.

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

Meet Fees: Unlimited Entry to events. Two days - \$11.00; Single Day - \$8.00
All competitors MUST be BC Athletics (club, school or individual) members. Independents will be charged an extra \$3.00 per day for insurance.

Start Times: Saturday, June 12th – 11:00 a.m.
Sunday, June 13th – 9:00 a.m.

See attached schedule for event times. Event times listed are approximate. Event times may be moved up 1/2 hour before listed time.

Events: Field events will be limited to 3 attempts only for 9-13 age groups.
For midgets and older, 8 finalists in each age category will get 3 additional attempts.

Track Events will be run oldest to youngest, girls then boys.
Wheelchair events will be held first in the track events.

Coaches: Coaches meeting Saturday 10:45 a.m.

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 their assignment, or will not be in attendance 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.

Awards: Ribbons will be given out for 1st to 8th place.

Results from this Meet will be posted on web sites. If you do not wish your child's name to appear on a web site please do not enter him or her in this Meet.

Accommodation: Camping is permitted on the back lot. There are no hookups but the washrooms will be open.

Best Western Cowichan Valley Inn
6474 Trans Canada Highway
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

Village Green Inn
141 Trans Canada Highway - 746-5126
Full Service Hotel
Indoor Heated Pool

