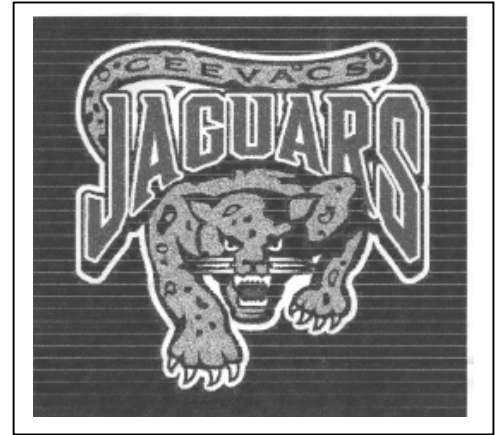




## CVAC JAGUARS Track & Field Club



### 4<sup>th</sup> 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 12<sup>th</sup> – 11:00 a.m.  
Sunday, June 13<sup>th</sup> – 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 1<sup>st</sup> to 8<sup>th</sup> 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

4th ANNUAL GARRIOCK INVITATIONAL TRACK MEET  
 HOSTED BY CVAC JAGUARS  
 SATURDAY & SUNDAY, JUNE 12<sup>TH</sup> & 13<sup>TH</sup>, 2004

## SATURDAY

### Track Events – Oldest to Youngest

11:00 distance hurdles (91 and older)  
 12:30 100m timed finals  
 2:00 1500m  
 3:30 400m  
 4:30 steeplechase (90 and older)

### Field Events

#### Girls

Time	95	94	93	92	91	90	89+
11:00			LJ		Jav		
12:00		Disc		LJ		Jav	
1:00			Disc		LJ		Jav
2:00		Jav		Disc		LJ	
3:00			Jav		Disc		LJ
4:00		LJ		Jav		Disc	
5:00	LJ						Disc

#### Pole Vault 12:00

#### Boys

Time	95	94	93	92	91	90	89+
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

#### Pole Vault 12:00

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## SUNDAY

### Track Events – Oldest to Youngest

9:00 race walk – 3000m, 1500m, 800m  
 9:45 3000m – (91 and older)  
 10:30 sprint hurdles  
 12:30 4x100 relays  
 1:30 800m  
 2:45 200m

### Field Events

#### Girls

Time	95	94	93	92	91	90	89+
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

#### Boys

Time	95	94	93	92	91	90	89+
9:00		Disc		Jav		LJ	
10:00			Disc		Jav		LJ
11:00	LJ			Disc		Jav	
12:00		LJ			Disc		Jav
1:00			LJ			Disc	
2:00		Jav		LJ			Disc
3:00			Jav		LJ		

**Pole Vault 12:00**