

2019 Comox Valley Solstice Meet

Track Event Schedule Rev: June 15

June 22-23, Courtenay, BC

* Races will be marshalled to run from oldest to youngest except where indicated

Saturday

- 10:00 Racewalk 800m 2007-2010
- 10:15 Racewalk 1500m/5000m 2004-2006
- 10:45 1500m Open-2003
- 11:15 1200m 2004-2005
- 11:30 1200m 2006-2007
- 11:45 1000m 2008-2010
- 12:30 110m Hurdles Men: Open-2003
- 12:45 100m Hurdles Women: Open-2003
- 13:00 100m Hurdles Men: 2004-2005
- 13:15 80m Hurdles Women: 2004-2005
- 13:30 50m Fun Run 2011 - 2019
- 13:45 Relays - 4x100 All Ages - Assemble in infield (parent & coach relays too!)
- 14:15 200m Open-2003
- 14:15 200m 2004-2005
- 14:15 200m 2006-2008
- 14:45 60m Sprint 2008, 2009, 2010
- 15:30 400m Hurdles Men: Open-2003
- 15:45 400m Hurdles Women: Open-2003
- 16:00 300m Hurdles Men & Women: 2004-2005

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Sunday

9:00 3000m Open-2003

9:30 2000m 2004-2005

10:00 100m Open-2003

10:00 100m 2004-2005

10:15 100m 2006-2007

10:30 100m 2008-2010

11:00 800m Open-2003

11:00 800m 2004-2005

11:00 800m 2006-2007

11:30 600m 2008-2010

12:00 Special Events (TBD)

12:30 200m Hurdles Men & Women: 2004-2005 (Legion Qual)

12:45 200m Hurdles 2006-2007

13:30 60m Hurdles 2008

13:30 60m Hurdles 2009

13:30 60m Hurdles 2010

14:00 80m Hurdles 2006

14:00 80m Hurdles 2007

14:30 400m Open-2003

15:00 300m 2004-2005

15:00 300m 2006-2007