



Meet Information Package

Meet Director/Manager	Laura Dewit Phone: 250 510-0702 Email: president@cvac-jaguars.com
Location	Cowichan Sportsplex 5847 Chesterfield Avenue Duncan, BC V9L 3M3
Map & Directions	Turn east off Hwy 1 onto Beverly Street Turn right on Chesterfield (across from school) Click to view Google Map Online Cowichan Sportsplex
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.
Start Times	Saturday, June 10 th – 9:30am. Sunday, June 11 th – 9:00am.
Facilities	Rubberized eight-lane track – max 6mm spike - Washrooms and Concession
Registration	Preregistration through trackiereg.com. Website: www.trackiereg.com/2017Garriock
Entry Chair	Leslie Blumel - registrar@cvac-jaguars.com
Entry Deadlines	All entries must be received no later than 12:00 midnight, Thursday June 8th, 2017. Due to seeding, we can NOT add athletes to races (same-day). If you are registered for the meet and have a bib number, you may add a late field event.
Club Packages/ On Site Payment	Club registration packages will be available for pick-up at the “Registration & Information” table starting Saturday 8:45 & Sunday 8:30 . <u>Payment is required at time of package pick-up.</u>
Bib Numbers	Numbered bibs will be assigned to all athletes and must be worn during all competitions. <ul style="list-style-type: none">• 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.

Meet Fees

For VIAA Member Clubs providing volunteers:

- Single Day \$15.00
- Two days \$22.00
- All competitors MUST be BC Athletic Members.

For Unattached or Individual Athletes or Clubs with no volunteers:

- Single Day \$20.00
- Two Days \$40.00
- All competitors MUST be BC Athletic Members

Coaches Meeting

Coaches meeting Saturday 9:00 am at the finish line

Field Events

Field Events will be limited to 3 attempts only for JD 9 to JD13 age groups. For midgets 14/15 and older, the top 8 finalists in each age category will get 3 additional attempts.

Track Events

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

Track Event Check-In

MANDATORY Race Check (Registration & Information Table)- One-half hour prior to race start, please check-in so that we can run the best race possible (combine races if there are only 1-2 athletes).

Relay 4 x 100

Relay forms are included in each each "V.I.A.A. Member Club" Package. For non-V.I.A.A Clubs, relay forms will be available for pick up at Registration/Information Tent. Please submit forms to "Relay Coordinator" at the **Registration & Information Tent BY 12:30p.m - NO LATE ENTRIES**

Pole Vault

Satellite CVAC Event held at Rotary Field, Nanaimo

Start time: 5:00

- Competitors with PBs over 3 metres vault in the first flight (subject to official's discretion)
- Competitors with PBs under 3 metres vault in the second flight

Age Categories

Junior Development Athletes (JD9 – JD13 2008-2004)

Athletes will compete in single age categories, but may be combined for field events. Each group will be scored separately for awards.

Midget Athletes 14/15 (2003 and 2002)

As of 2014, Midget 14/15 will compete together and will be awarded medals and ribbons as one age group.

Youth Athletes 16/17 (2001 and 2000)

Youth 16/17 years will be combined both track and field events.

Junior Athletes 18/19 (1999 and 1998)

Junior Athletes years will be combined both track and field events.

Seniors (1997 to 1983) and Masters (1982 & older)

Will compete together as an OPEN category, but will be scored separately. Masters will be split into 5-year groups for awards.

Blocks Starting blocks are supplied for all athletes, Midget 14 and older.

Electronic Timing Provided by BC Athletics

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

Weigh-In Field Implement weigh-ins to be held in CVAC equipment locker

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 make alternate arrangements with another Club.

If that fails, please contact Laura Dewit at president@cvac-jaguars.com on or before June 4th 2017.

2017 VIAA Club Assignments	
<i>Alberni Valley Track Club</i>	Shot Put
<i>Campbell River Comets</i>	Horizontal Jumps (TJ and help with LJ)
<i>Comox Valley Cougars</i>	Hammer Throw
<i>Nanaimo Track & Field</i>	Finish Line (and additional help where needed)
<i>Oceanside Track & Field</i>	Javelin
<i>Mid Island Distance</i>	Race Walk
<i>Pacific Athletics</i>	Discus
<i>Peninsula</i>	Long Jump
<i>CVAC</i>	High jump
<i>Powell River Breakers</i>	Assist with Finish Line
<i>Victoria Track & Field</i>	Hand Timing and Finish Line

Accommodations The following accommodations are all conveniently located:

Best Western Cowichan Valley Inn

6474 Trans Canada Highway
Amenities: Restaurant, Outdoor pool
Phone 250 748-2722

Thunderbird Motor Inn

5849 York Street
Amenities: Across from fast food outlets.
Phone: 250 748-8192

Travelodge Silver Bridge Inn

140 Trans Canada Highway
Amenities: Full Service Hotel
Phone: 250 748-4311