

Comox Valley Cougars Track & Field Club  
**2024 Ice Breaker Meet**

Info & Schedule

rev.Feb18



**DATE: April 13, 2024**

**LOCATION**

Vanier Track  
Comox Valley Sports Centre  
3001 Vanier Drive  
Courtenay, BC

**OPERATION**

Sanctioned meet with a focus on familiarizing athletes with the rules & protocols of competitions

Competition rules will apply  
**Mixed gender/ages per event**

Photo Finish by Sprint Timer

Limited cash-only concession

Washroom facilities on site

**FEES**

**\$10/athlete**

**Unlimited events**

See website for registration link

**SCHEDULE**

**Start Time : 10am**

**TRACK**

Events run oldest to youngest

10:00 : 800m  
10:30 : 100m  
11:00  
11:30  
12:00 : 400m / 300m  
12:30  
1:00 : 600m  
1:30 : 200m  
2:00  
2:30 : 60m

**FIELD**

	<u>AGE</u> : <u>9</u>	<u>10/11</u>	<u>12/13</u>	<u>U16</u>	<u>U18+</u>
10:00 :	LJ	LJ	DT	JT	SP
11:00 :	HJ	HJ	LJ	DT	JT
12:00 :		JT	SP	LJ	DT
1:00 :		DT	JT	SP	LJ
2:00 :	SP	SP	HJ	HT	HT
3:00 :			HT	HJ	HJ

**NOTES**

Throwing implements will be provided.  
Athletes may bring their own.

JD9 - JD13 : 3 attempts  
U16 & Older : 6 attempts

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Track & Field Club  
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