

# 2023 Comox Valley Solstice Meet & Island JD Championships

Rev: May 15

June 24/25, 2023

Comox Valley Sports Centre : Vanier Oval

Age Group Key JD9 = 2014

JD10 = 2013

JD11 = 2012

JD12 = 2011

JD13 = 2010

U16 = 2008/2009

U18 = 2006/2007

U20 = 2004/2005

Senior (Open) = 2003-1989

Master = 1988-1923

## Track Schedule

Events to be run oldest to youngest, boys before girls, unless otherwise specified

Saturday		
Discipline	Event	Age Group
Racewalk	800m RW	JD9 : JD10 : JD11 : JD12
	1500m RW / 5000m RW	JD13 : U16
Mid Distance	1500m	U18 : U20 : SENIOR : MASTER
	1200m	U16
	1200m	JD13 : JD12
	1000m	JD11 : JD10 : JD9
Sprint Hurdles	110mH (Boys)	U18 : U20 : SENIOR : MASTER
	100mH (Girls)	U18 : U20 : SENIOR : MASTER
	100mH (Boys)	U16
	80mH (Girls)	U16
JD Sprint Hurdles	80mH	JD13 : JD12
	60mH	JD11 : JD10 : JD9
Sprints	200m	U18 : U20 : SENIOR : MASTER
	200m	U16 : JD13 : JD12 : JD11
Dist Hurdles	400mH	U18 : U20 : SENIOR : MASTER : OPEN
	300mH	U16
	200mH	JD13 : JD12
Sprints	60m	JD11 : JD10 : JD9

Sunday			
Time	Age Group	Event	Discipline
9:00			
9:30	U18 : U20 : SENIOR : MASTER	3000m	Distance
	U16	2000m	
10:00	U18 : U20 : SENIOR : MASTER	100m	Sprints
	U16	100m	
10:30	JD13 : JD12	100m	Mid Distance
	JD11 : JD10 : JD9	100m	
11:00	U18 : U20 : SENIOR : MASTER	800m	Fun Run
	U16	800m	
11:30	JD13 : JD12	800m	Special Event (TBD)
	JD11 : JD10 : JD9	600m	
12:00	Track Rascals! (Ages 2-8)	50m	
12:30	Relays		
1:00	U18 : U20 : SENIOR : MASTER	110mH (Boys)	Ed Gaspard Memorial Hurdle Races
	U18 : U20 : SENIOR : MASTER	100mH (Girls)	
1:30	U16	100mH (Boys)	Sprints
	U16	80mH (Girls)	
2:00	U18 : U20 : SENIOR : MASTER	400m	Ed Gaspard Memorial Hurdle Races
	U16 : JD13 : JD12	300m	
2:30	U18 : U20 : SENIOR : MASTER : OPEN	400mH	Relays
	U16	300mH	
3:00	All	4x100m	
3:30	All	Medley	
4:00	U16+	4x400m	

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### Field Schedule : Saturday : Girls

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
10:00		Discus (2)		Shot Put		High Jump	
10:30							
11:00			Discus (2)		Shot Put		High Jump
11:30							
12:00				Discus (2)	High Jump	Shot Put	
12:30							
1:00	High Jump	High Jump					Shot Put
1:30							
2:00			Shot Put	High Jump	Discus (1)		
2:30							
3:00	Shot Put	Shot Put	High Jump			Discus (1)	
3:30							
4:00							Discus (1)

### Field Schedule : Sunday : Girls

	<u>JD9</u>	<u>JD10</u>	<u>JD11</u>	<u>JD12</u>	<u>JD13</u>	<u>U16</u>	<u>U18 +</u>
9:00	Long Jump	Long Jump		Hammer		Javelin	
9:30							
10:00			Long Jump		Hammer		Javelin
10:30							
11:00		Javelin		Long Jump		Hammer	
11:30							
12:00							Hammer
12:30			Javelin		Long Jump		
1:00							
1:30				Javelin		Long Jump	
2:00							
2:30					Javelin		Long Jump
3:00							

