

Comox Valley Great Physical Distancing Field Meet

July 3, 2021

Hosted By: Comox Valley Cougars

Sanctioning provided by BC Athletics

Official meet website : ComoxCougars.org

Meet Director/Manager : Graham Morfitt 250.338.4191 gморfitt@shaw.ca

Officials : TBD

Location :

Vanier Oval, Comox Valley Sports Centre

3001 Vanier Drive, Courtenay, BC

Facilities :

30m javelin synthetic runway (9mm max spike length)

Hammer/Discus cage maximum sector distance is 66m

Registration :

Email entries to gморfitt@shaw.ca

Meet Fees : None

Registration Chair : Graham Morfitt (gморfitt@shaw.ca)

Entry Deadline : Thursday July 1st, 2021

Event Entry Capacity : Events will be limited to a maximum of 8 athletes across all age groups.

Age Groups : JD13, U16, U18, U20, Open, Masters

All events are combined age groups

JD13 age group : Limited to 3 attempts

U16:U18:U20 & Older (2007 & older) : 6 attempts

Equipment will be supplied for Comox Valley Cougars athletes only.

Athletes are welcome to bring implements (verification weigh-in provided)

SPECIAL NOTES

This competition is being held with strict COVID-19 protocols in place.

Entries are restricted to the Comox Valley Cougars throwing group,

and Provincial Pacific Sport VI member athletes with approval of the entry chair.

Athletes are required to maintain 2m physical distancing in all areas of the facility at all times.

Athletes are required to wear masks when in the competition area in closer than 2m proximity, but not required while competing.

Please come prepared for all weather conditions.

Shade & water station will be provided.

No concession on-site.

Meet Schedule / Start Time : FINAL SCHEDULE (Rev Friday, 8pm)

Warm-up opens at 9am.

Women with throw first, followed by Men (unless numbers for each gender are fewer than 3)

10:00am : Javelin

11:30am : Shot Put

12:30pm : Long Jump

1:00pm : Discus

2:30pm : Hammer

4:00pm : High Jump