

Comox Valley Great Physical Distancing Field Meet #3

August 7, 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 August 5th, 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 by Comox Valley Cougars athletes only.

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

SPECIAL NOTES

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

Please come prepared for all weather conditions.

Shade & water station will be provided.

No concession on-site.

Meet Schedule / Start Time

Warm-up opens at 9am.

Mixed age groups & genders will compete at the same time.

10:00am : Javelin

11:00am : Shot Put

12:00pm : Long Jump

12:30pm : Discus

1:30pm : Hammer

2:30pm : High Jump