Comox Valley Cougars Annual Program Guide - 2026

Revised 2025-10-17

This document outlines the club programs offered by the Comox Valley Cougars Track & Field Club for the 2026 season. All club programs run January 1, 2026 - December 31, 2026, unless otherwise noted.
Registration is completed via our online registration portal, unless otherwise noted for that program. Access our club's online registration portal HERE
https://athleticsreg.ca/#!/events/comox-valley-cougars-2026

Junior Development (9-13 years)

Open to athletes in the U10, U12, and U14 age groups
All ages are determined as of December 31, 2026

- **Club program fees:** $300 + $86.36 BC Athletics membership fee, taxes, and processing fees.
  For more information on BC Athletics membership fees, please visit bcathletics.org.
  All club fees and BC Athletics fees, plus applicable taxes and processing fees, must be paid in-full online at time of registration.

- **Registration dates:** Opens TDB (dependant on BCA) - Closes March 15, 2026
  - Late registrations ***MAY*** be accepted, please contact the club registrar directly, registercvcougars@gmail.com, to inquire about late registrations.

- **Season dates:** March 7, 2026 - June 21, 2026 (Solstice meet)
  - Extended season from the Solstice meet through to the JD provincial championships is available for athletes competing at this championship meet.

- **Training days and times:** Monday & Wednesday 5:00pm - 6:30pm and Saturday 10:00am - 11:30am
    - Event specific training is offered for JD athletes from the solstice meet through to the BC Athletics Junior Development Outdoor Provincial Championships. This training is combined with the 14+ training with days/times to be determined by the event specific volunteer coaches.

- **Competition opportunities:**
    - VIAA Island Series (U10+)
    - BC Athletics Outdoor Pentathlon Championship (U10 - U14)
    - BC Athletics Junior Development Outdoor Provincial Championships (U10 - U14)
    - Off-Island regular season meets (U10+)

Athlete Development & Masters (14+ years)

Open to athletes in the U16, U18, U20, U23, Senior, Senior/Masters, and Masters age groups
All ages are determined as of December 31, 2026

- **Club program fees:** $350 + BC Athletics membership fee, taxes, and processing fees. *BC Athletics membership fees range between $86.36 - $127.00 for U16 - Masters age groups.*
  For more information on BC Athletics membership fees, please visit www.bcathletics.org.
  All club fees and BC Athletics fees, plus applicable taxes and processing fees, must be paid in-full online at time of registration.

- **Registration dates:** Opens TDB (dependant on BCA) - Closes March 15, 2026
- Late registrations ***MAY*** be accepted, please contact the club registrar directly, registercvcougars@gmail.com, to inquire about late registrations.

- **Season dates:** January 1, 2026 - December 31, 2026.
  Competition season runs April - August with limited fall / winter training offered January - March and September - December.

- **Training days and times:**
    - January 1, 2026 - March 6, 2026 > Winter Training
    - March 7, 2026 - Solstice meet > Conditioning Training
    - Solstice meet - Provincial / National Championships > Championship Training

    - Provincial / National Championships - Mid September / October > Training Break
    - Mid-September / October - December 31, 2026 > Fall / Winter Training
      All training days and times will be determined by the event specific volunteer coaches availability. All training days and times will be posted to the club's TeamSnap account.

- **Competition opportunities:**
  Please note, not all meets are open to all age groups. Selected meets may have entry standards, which athletes must achieve in order to attend the meet. Other meets may only be open to zone, regional, provincial, or national teams, and athletes must meet specific selection criteria to be considered for a zone, regional, provincial or national team. More information on these meets, and team selection, can be found on the BC Athletics website, www.bcathletics.org.

    - VIAA Island Series (U16 - Masters)
    - North Island High Schools (high school aged athletes registered with their high school track & field team)
    - Island High School Championships (high school aged athletes registered with their high school track & field team who have achieved the required standard and been selected to attend this meet)
    - BC School Sport High School Provincial Championships (high school aged athletes registered with their high school track & field team, who have achieved the required standard and been selected to attend this meet)
    - Off-Island Regular Season Meets (U16 - Masters)
    - BC Athletics Provincial Championships (16 - Senior)
    - BC Summer Games (U16)
    - Canadian Track & Field National Championships (U20 - U26)
    - Royal Canadian Legion Youth National Championships (U16-U18)
    - Western Canada Team Challenge (U24)
    - Canada Summer Games (U24)

- **Note for Masters athletes:** Athletes age 35+ have the option to purchase a BC Athletics Masters membership, Senior/Masters membership, or Senior membership.

  The Masters membership allows the athletes to compete in events open to the Masters age group only. Masters athletes are not eligible for regional, provincial or national teams.
  This membership is only open to athletes 35+ years.
  Please note the age calculation for the BCA membership is determined as of

December 31st of the competition year. However, the age calculation to compete in a meet as a Master is determined as of the first day of the competition.

The Masters/Senior membership allows the athlete to compete in events open to Masters or Senior age group. The athlete must choose the age group in which they will compete for the entire meet. Athletes may not compete in different age groups for different events in the same meet. All Masters athletes competing in the Senior age group must follow the implement guidelines for the Senior, or open age group, including hurdle height / distance, throwing implement weight etc. Athletes competing in the Senior age group may be eligible for regional, provincial or national teams, depending on the age restrictions of those teams. This membership is only open to athletes 35+ years.
Please note the age calculation for the BCA membership is determined as of December 31st of the competition year. However, the age calculation to compete in a meet as a Master is determined as of the first day of the competition.

The Senior membership allows the athlete to compete in events open to the Senior or Open age group only. Senior athletes are not permitted to compete in Masters events, even if the athlete is 35+ years old at the start of the event. The athlete must always compete in the Senior or open age group, unless they have purchased a dual Senior/Masters membership.
Athletes competing in the Senior age group may be eligible for regional, provincial, or national teams, depending on the age restrictions of those teams.
Note - The Senior membership is open to athletes 20+.

U23/ Post Secondary (18 - 22 years)

Open to athletes in the U23 age group who are actively enrolled full-time in a post secondary institution located outside Campbell River and the Comox Valley. This program is designed for athletes attending a post secondary institution where the athlete will only be participating in training part-time due to the commitment of their post secondary education.
All ages are determined as of December 31, 2026

Please note, athletes attending a post secondary institution located within Campbell River or the Comox Valley are not eligible for this club program, however those athletes are eligible to purchase the reduced U23 / Post Secondary BC Athletics membership as part of the Athlete Development program.

This program is not open for online registration. If you are interested in the U23 / Post Secondary program please email the club registrar, registercvcougars@gmail.com.

- **Club program fees:** $150 + $86.36 BC Athletics membership fee, taxes and processing fees.
  All club fees and BC Athletics / Athletics Canada fees plus applicable taxes and processing fees must be paid in full online at time of registration.

- **Registration dates:** Opens TDB (dependant on BCA) - Closes March 15, 2026
- Late registrations ***MAY*** be accepted, please contact the club registrar directly, registercvcougars@gmail.com, to inquire about late registrations.

- **Season dates:** January 1, 2026 - December 31, 2026.
  Competition season runs April - August with limited fall / winter training offered January - March and September - December.

- **Training days and times:**
  - January 1, 2026 - March 6, 2026 > Winter Training
  - March 7, 2026 - Solstice meet > Conditioning Training
  - Solstice meet - Provincial / National Championships > Championship Training
  - Provincial / National Championships - Mid September / October > Training Break
  - Mid-September / October - December 31, 2026 > Fall / Winter Training
    All training days and times will be determined by the event specific volunteer coaches availability. All training days and times will be posted to the club's TeamSnap account.

- **Competition opportunities:**
  Please note, not all meets are open to all athletes in all age groups. Selected meets may have entry standards, which athletes must achieve in order to attend the meet. Other meets may only be open to zone, regional, provincial, or national teams and athletes must meet specific selection criteria to be considered for a zone, regional, provincial or national team. More information on these meets, and team selection, can be found on the BC Athletics website, www.bcathletics.org.

  - VIAA Island Series (U16 - Masters)
  - Off-Island Regular Season Meets (U16 - Masters)
  - BC Athletics Provincial Championships (16 - Senior)
  - Canadian Track & Field National Championships (U20 - U26)
  - Western Canada Team Challenge (U24)
  - Canada Summer Games (U24)

Club funding for Provincial and National Championships and Summer Games

Athletes attending a provincial championship, national championship, or summer games championship, who are registered in our Junior Development, Athlete Development or U23 / Post Secondary programs will receive funding, as outlined below, to assist with the cost of attending those meets.

- **Provincial Championships > U16 - Masters:** Athletes that register for, and compete in, one of the provincial championships listed below, will receive a credit towards the following years club fees, equal to the meet entry fees paid.

    - BC Athletics Junior Development Outdoor Pentathlon (U10 - U14)
    - BC Athletics Junior Development Outdoor Track & Field Championships (U10 - U14)
    - BC Athletics Outdoor Track & Field Championships (U16 - Senior)
    - BC Athletics Outdoor Masters Track & Field Championships (Masters 35+)

Athletes must email the club registrar, registercvcougars@gmail.com, with a copy of the official meet registration invoice, including the meet name, meet dates, athlete name, athlete email address, events registered, amount paid, and invoice number, by August 31, 2026 to receive the credit.
The credit will be issued as a coupon code that can be used when registering with the club for the following season.

- **National Championships > Masters:** Athletes that register for, and compete in, the Canadian Masters Outdoor National Championships, will receive a credit towards the following years club fees, equal to the meet entry fees paid.

Athletes must email the club registrar, registercvcougars@gmail.com, with a copy of the official meet registration invoice, including the meet name, meet dates, athlete name, athlete email address, events registered, amount paid, and invoice number, by August 31, 2026 to receive the credit.
The credit will be issued as a coupon code that can be used when registering with the club for the following season.

- **National Championships & Summer Games U16 - Senior:** Athletes that register for, and compete in, a national championship or summer games meet (listed below), as part of the Zone 6 team, BC team, or individually as part of the Cougars, will receive reimbursement to cover meet entry fees, travel, and

accommodation costs, equivalent to the zone 6 or BC team fee, up to a maximum of $1000.00 per athlete, per year.

- Royal Canadian Legion Youth National Championships (U16 - U18)
- Canadian National Track & Field Championships (U20 - U26)
- Western Canada Team Challenge (U24)
- BC Summer Games (U16)
- Canada Summer Games (U24)

Athletes selected to the BC Team, or Zone 6 Team (BC Summer Games) are responsible to pay all team fees upfront by the due date outlined by BC Athletics. Athletes must email the club treasurer, cvcougarstreasurer@gmail.com, with a copy of all receipts for BC Team fees, or for athletes attending the meet under the Comox Valley Cougars, not part of a provincial or zone team, receipts for travel and accommodation cost, along with the meet name, athlete name, and mailing address, to receive the reimbursement.

Dual Club Athletes

This program is open to athletes already registered with another BC Athletics sanctioned club that would like to also train with the Comox Valley Cougars Track & Field Club.
The member must hold a valid BC Athletics membership with their primary club in order to register in the dual club program with the Comox Valley Cougars track & field club.

The dual club program is not available for online registration. If you are interested in this program please email the club registrar, registercvcougars@gmail.com for more information.

- **Club program fees:** $100.00
  All club fees must be paid via e-transfer to cvcougarstreasurer@gmail.com.
  Please enter the athlete's name in the memo field.

- **Registration dates:** Opens TDB (dependant on BCA) - Closes March 15, 2026
- Late registrations ***MAY*** be accepted, please contact the club registrar directly, registercvcougars@gmail.com, to inquire about late registrations.

- **Season dates:** All dual club athletes will follow the same program date range as outlined for either the Junior Development, Athlete Development & Masters or U23 / Post Secondary programs, based on the age of the individual member

joining as a dual club athlete.

- **Training days and times:** All dual club athletes are welcome to attend any training session open to their age group as outlined in the Junior Development, Athlete Development & Masters or U23 / Post Secondary program above.

- **Competition opportunities:**
    - The Comox Valley Cougars Track & Field Club does not offer any competition opportunities for dual club athletes. All dual club athletes must compete under their primary club.
    - The Comox Valley Cougars Track & Field Club does not offer any coverage or reimbursement for expenses incurred to attend any track & field meets, including, but not limited to, local, regional, or zone meets, provincial or national championships, or summer games meets.

Cancellations & Refunds

- Cancellations and refunds will be issued, where applicable, as outlined in the Comox Valley Cougars Track & Field Club Policies and By-laws document, which can be found on our club website, www.comoxcougars.org.
  Please note, club fees are 100% non-refundable after the registration deadline has closed.

Discounts for club coaches, officials and board members

Club coaches, club board members, and club officials, who have met all requirements outlined in the Comox Valley Cougars Club Policies & Bylaws document, who register their child(ren) in the Junior Development, Athlete Development, or U23 / Post Secondary club program pay a discounted club fee at a flat rate of $150.00 per athlete.
Please contact the club registrar, registercvcougars@gmail.com for instructions on how to receive the discount when registering online.

Club coaches, who have met all requirements outlined in the Comox Valley Cougars Club Policies & Bylaws document, who register themselves as an athlete in the Athlete Development & Masters program receive 100% off the club fee for themselves.
Please contact the club registrar, registercvcougars@gmail.com, for instructions on how to receive the discount when registering online.

Club board members and officials, who have met all requirements outlined in the Comox Valley Cougars Club Policies & Bylaws document, who register themselves as an athlete in the Athlete Development & Masters program pay a discounted club fee at a rate of $150 per athlete. Please contact the club registrar, registercvcougars@gmail.com, for instructions on how to receive the discount when registering online.

Club coaches, board members and officials that join the club as athletes are not eligible for funding to attend provincial championships, national championships or summer games meets. All costs for attending these meets, including, but not limited to, meet entry fees, travel and accommodation, are the responsibility of the individual attending the meet.