



Track Meet FAQ

How do I register for the meet?

Meet registrations are done on the “trackie” website. The club will send out an email letting people know that registration is open. The registration link and schedule will be posted on our website under the competition page: <https://cowichantrack.com/competitions>

How much will each track meet cost?

\$20 for a single day of unlimited events and \$30 for two days of unlimited events. This is payable via credit card when signing up on the “trackie” registration link.

What are the different age categories?

Competing in events will be done by age category below (birth years provided). Sometimes, if there are only a few athletes in one age category for a particular event, then they will combine different ages in one race. However, in these cases, results will still be listed by age category. Ribbons for places 1-8 will be provided. Some track meets even provide medals for places 1-3.

JD9 = 2015

JD10 = 2014

JD11 = 2013

JD12 = 2012

JD13 = 2011

U16 = 2009/2010

U18 = 2007/2008

U20 = 2005/2006

Senior (Open) = 2004-1990

Master = 1989-1924

What events should my athlete sign up for?

As many as they want! The meet fees cover unlimited event registration. Senior athletes may want to specialize but we encourage the JD athletes to try out the various events. They might think they are only a “runner” but they are jumping and throwing in practice so we encourage all athletes to try at least one event in running, jumping, and throwing. On the next page is a table which outlines the different events available for each age group.

BC Athletics Junior Development (JD) - Events for each Age Group

The chart below shows the events for each age during the JD years. Note that not all events are available for all ages.

TABLE 4.1A - Junior Development Track & Field and Race Walking Events										
Age Group	Tyke		Pee Wee		Pee Wee		Bantam		Bantam	
Age	9		10		11		12		13	
Gender	F	M	F	M	F	M	F	M	F	M
60m	•	•	•	•	•	•				
100m	•	•	•	•	•	•	•	•	•	•
200m					•	•	•	•	•	•
300m							•	•	•	•
600m	•	•	•	•	•	•				
800m							•	•	•	•
1000m	•	•	•	•	•	•				
1200m							•	•	•	•
2000m									•	•
60mH	•	•	•	•	•	•				
80mH							•	•	•	•
200mH							•	•	•	•
800mRW	•	•	•	•	•	•	•	•		
1500mRW									•	•
4 x 100m Relay	•	•	•	•	•	•	•	•	•	•
1200m Medley Relay					•	•	•	•	•	•
High Jump	•	•	•	•	•	•	•	•	•	•
Long Jump	•	•	•	•	•	•	•	•	•	•
Triple Jump									•	•
Pole Vault									•	•
Shot Put	•	•	•	•	•	•	•	•	•	•
Discus			•	•	•	•	•	•	•	•
Javelin			•	•	•	•	•	•	•	•
Hammer							•	•	•	•
Pentathlon	•	•	•	•	•	•	•	•	•	•

LEGEND: H = Hurdle Events | RW = Race Walk | 1200m Medley Relay = 200m, 200m, 200m, 600m

When to arrive?

We generally recommend arriving 1 hour before your first scheduled event. This will allow you time to check in, get your athlete's bib number, find a place to sit, and do a proper warm up.

Where to meet upon arrival?

We will have a white "Jaguars" tent setup at each meet. Please check in here upon arrival to pick up your athlete's numbered bib that they will have for the duration of the meet. Each meet will have a different bib for you to collect. We will have safety pins available to attach them to the singlets. Coaches will let you know whether the bibs are to be attached on the front or the back of the singlet. This will vary meet to meet and may be different for field vs track events. If no coach is at the tent then please look around to find one or send a message out on team snap to let us know you need a bib.

Where do I sit?

Most meets have a bleacher section and you will find a group of Jaguars sitting by the Jaguar sign. This can be a great place to leave your food, water, and other items and use it as a meeting place with your athlete. A blanket to have under your bottom is helpful as they tend to be quite cold. It's also a great spot to get photos and videos of your athlete while they race!

How/where to check in to your events?

You will want to have your athlete check in for their events 30 minutes prior to the event beginning. Check in for field events often occurs at the field event, while track events occur at a marshaling tent (this tent will be in different spots for the sprints vs. the middle/long distance events). Public address system announcements will be made throughout the track meet to notify athletes about where and when to check in. However, it's always a good idea to have a copy of the schedule on hand (we post the link on our website at: <https://cowichantrack.com/competitions>) as events can be running either early (rare) or late (more common). For the first few meets, it is usually helpful for parents of younger athletes (JD9-11) to accompany their athlete to the check in and ensure that the marshal for the event records your athlete as "checked in".

When/How to warm up?

30-45 minutes before your event, it is a good idea to do a small, slow warm up jog, similar to the two laps we do before practice. The track may be in use, but there is usually an abundance of spots around the track to jog around. Then, we recommend your athlete go through the same dynamic warm up that we do at each practice. Coaches are available for assistance and guidance with these warm ups.

What if the field event is scheduled at the same time as a track event?

They can still probably do both! Field officials will want the athlete to check in at the scheduled start time but are understanding and will do their best to accommodate an athlete who wants to do the event. If a field event is underway and the athlete's track event is fast approaching the officials will do their best to allow the athlete to either quickly finish their attempts or to go run their race and come back to finish their attempts.

The schedule says 100m starts at 2pm does this mean my JD 9 will run at 2pm?

No! The track events are usually run from oldest to youngest with females and males alternating (ie masters females, masters males, senior females, senior males, U20 females.....) the older divisions may not have any competitors and some meets will combine these older age groups. Despite the organizers and officials best efforts the track events do not always run on time for a variety of reasons, so an event may also be late starting. It is a good idea to have an idea of what event is running on the track, what time this event was supposed to run and what time it actually is to get an idea of when your athlete will run.

What is good track etiquette?

Avoid going on the track unless you are warming up or competing. If you must cross the track, look both ways before crossing to make sure you won't interfere with an event. Do not run next to an athlete on the track; this will cause them to be disqualified. Avoid going on the infield; it is closed to those who aren't competing/officiating. There are usually specific spectator and coaching areas.

Do I need to have spikes?

No. There are athletes who wear spikes and you may choose to wear spikes but this is not mandatory. You may want to do a few races before you decide to invest in spikes and there are many JD athletes who do very well in runners. Spikes generally will be a half size smaller than your athlete's regular shoe size as the fit should be quite tight. There are short distance spikes (no heel), middle distance spikes (small foam heel) and long distance spikes (larger heel). Most JD athletes will benefit from short or middle distance spikes as they will really only be wearing them for the sprint events (60-400m). Running shoes are ideal for the middle to longer distance events (600m and above). Common places to purchase spikes include: Frontrunners (multiple locations on the island - call first to ensure they have your size), Facebook Marketplace, or even from other CVAC families whose athlete has outgrown them.

What should your athlete wear?

Bring layers! The weather is unpredictable, having warmer clothes, a hat, sunglasses, extra pair of socks and maybe even mitts are useful. They may want to wear their singlet over a t-shirt or long sleeve shirt. It may also be helpful for your athlete to have a warmer shirt over their singlet and pants over their shorts. On cooler days, encourage your athlete to keep their sweatshirt on until just before they race. There is often a pile of clothes near the start line, they can leave their shirt there just before they are called to line up and can go and collect it after their race. A special note to parents - it is often cold at these meets early in the season, so we recommend that parents also dress in layers!

What should we eat?

This depends on how many events your athlete is doing and how much time you have between events. Most meets will have a concession (bring cash!) with a variety of nutritious and less nutritious items available. However, it is preferable to pack a picnic of items including watermelon, oranges, muffins, granola bars, "breakfast" cookies, juice boxes and water. I recommend NOT letting your athlete consume a burger right before their 600m race but save it for post race!

What to do if your athlete is hurt?

Check in with one of our coaches so we can document the injury and provide guidance on if medical treatment is needed. Medical volunteers / St. John Ambulance is present at most meets for more serious injuries. Thankfully, these are very rare in track and field!

Our club responsibility - VOLUNTEERING for High Jump!

For these track meets to run effectively requires multiple volunteers. Each club is assigned to a particular event for the whole season and is responsible for staffing that event with volunteers. Our club has been assigned to high jump. So, we must have multiple parents taking turns throughout the course of the day to man the high jump area. Our president Vlad is very well versed in this and can easily help teach new parents what to do - it's very easy! We are asking for volunteers in 30 minute increments. To sign up, please go to the track meet on the Team Snap schedule and click on the "Assignments" tab. This will then show you the availability of spots for volunteering and who has already signed up. Our coaches will be busy supporting our athletes throughout the day so we really value our parents stepping up to help out with this. Many hands make light work!