

# Campbell River Comets



# Track & Field Club



The Campbell River Comets Track and Field Club is a non-profit sports organization which provides an opportunity for athletes in the Campbell River area to participate in the sport of Track and Field.

Our club philosophy and goal is to help each athlete develop to their full potential in a safe, non-threatening environment.

We promote a sense of fun and fair-play and encourage each athlete to focus on achieving their personal best.

The Campbell River Comets is a proud member of the BC Amateur Athletics Association (B.C.A.A.A.),



and the Vancouver Island Athletics Association (V.I.A.A.)





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**Track and field** is a sport that includes athletic contests based on running, jumping and throwing skills. Competitions usually take place on a running track and a grass field for the throwing and some of the jumping events. Track and field is categorized under the umbrella sport of “Athletics”.

**Track and field** is one of the oldest sports. In ancient times, it was an event held in conjunction with festivals and sports meets such as the Ancient Olympic Games in Greece. In modern times, the two most prestigious international track and field competitions are the Olympic Games and the World Athletics Championships

**Track and field** events are divided into three broad categories: track events, field events, and combined events.

1) **Track events** involve running on a track over specified distances.

2) **Field events** can be divided into two categories: jumps and throws.

In jumping events, athletes are judged on either the length or height of their jumps.

In Throwing events athletes throw or hurl an implement (such as a heavy weight, a javelin, or discus). Athletes are judged on the distance that the object is thrown.

3) **Combined events** involve the same group of athletes competing in a specific number of different track and field events. Points are given for their performance in each event and the athlete and/or team with the greatest points total at the end of all events is the winner.

**The Campbell River Comets** is primarily a JD (Junior Development) athletic club which offers coaching and an introduction to the events listed below. Our goal is to encourage young athletes to achieve their own personal bests.

**Track events offered:**

- Sprints (Short distance 60m to 400m)
- Middle Distance (distances of 600m to 1500m)
- Long Distance (distances of 2000m and longer)
- Relay Races (a race with usually 4 competitors on a team passing a baton. Common relay races are 4 x 100m; and 4 x 400m)
- Hurdles (races where a runner has to jump over barricades. This includes Steeplechase races where a water jump is included)
- Race Walk (competitors use a specific walking technique in competition)

**Field Events offered:**

- Long Jump (run and jump into a sand pit)
- Triple Jump (hop, step and jump into a sand pit)
  
- Shot Put (thrusting or “putting” a metal ball forward for distance)
- Discus throw (throwing a weighted disc the farthest)
- Javelin throw (throwing a spear-like implement the farthest)
- Hammer throw (throwing a metal ball and cable implement the farthest)

High Jump & Pole Vault are not offered at this time because we do not have the necessary equipment or the facilities.