



## Scarlette Twilight Race Series 5000m Night

### Meet Technical Package

Hosted by [Team Sunset Sweat](#)

**Saturday, October 11, 2025**

**5:00PM-8:00PM**

**LOCATION:**

Vanier Oval Track & Field Facility, 3001 Vanier Dr, Courtenay, BC V9N 5Y2

**FACILITY:**

400m rubberized 8-lane track with washrooms near the starting line. Covered spectator seating. Parking is available at the facility.

**MEET DIRECTOR:**

DeVonte Scarlette  
[devontescarlette@gmail.com](mailto:devontescarlette@gmail.com)

**WEATHER:**

In October, the temperature in Courtenay typically ranges from 8 °C to 13 °C and is rarely below 4 °C or above 16 °C. On average, there is a 35% chance that more than 1.00 millimetres of total precipitation will fall in Courtenay throughout the day on October 11, all of which can be expected to be rain. These chances decrease after 3:00pm. Source linked [HERE](#).

**MEDICAL:**

Certified First Aid attendants will be available on-site (St. John Ambulance).

**ENTRY FEES:**

\$35.00

**Non-BCA members pay the standard \$35.00 fee plus an additional \$5.00 non member fee.**

<b><u>REFUNDS:</u></b>	Due to the charitable nature of the event, once an entry is received, refunds will <u>not</u> be given.
<b><u>ENTRY DEADLINE:</u></b>	11:59 pm Wednesday, October 1 <sup>st</sup> . <b>After October 1<sup>st</sup>, no further entries will be accepted.</b> However, donations can always be made directly to the Comox Valley Transition Society <a href="#">HERE</a> .
<b><u>ENTRY PROCEDURE:</u></b>	All entries and payments will be through Trackie.com. Registration opens 12:00am Sunday, June 1 <sup>st</sup> <a href="#">HERE</a> .
<b><u>COMPETITOR NUMBER:</u></b>	Competitor numbers will be available for collection at the registration desk from 4:00pm. Each athlete will be issued one competitor number for the meet. This number is to be worn on the front of their shirt/singlet.
<b><u>AWARDS:</u></b>	There will be a brief awards ceremony for the top 3 male & top 3 female finishers following the completion of the final heat.
<b><u>MEET RESULTS:</u></b>	Meet results will be posted live on trackie.com and our website at <a href="http://teamsunsetsweat.ca">teamsunsetsweat.ca</a> . We will not be posting paper copies of results at the track during the meet.
<b><u>SPIKE LENGTH:</u></b>	Track: 7mm maximum
<b><u>WARMUP/ COOL DOWN:</u></b>	Use the outside lanes, infield, or nearby areas. <b>Please stay out of lane one when not racing.</b>
<b><u>MARSHALLING AREA:</u></b>	Check in for all track events is at the event start line area. All athletes must check in a minimum of 20 minutes prior to their scheduled heat start time. You will be called to the start line when it is time for your race.
<b><u>SEEDING:</u></b>	You will be prompted to seed yourself during registration. We encourage ambition but please also be honest with yourself.
<b><u>MEET UPDATES:</u></b>	Updates to meet information will be posted to the website <a href="http://teamsunsetsweat.com">teamsunsetsweat.com</a> .
<b><u>ACCOMMODATIONS:</u></b>	<ul style="list-style-type: none"> <li>• Holiday Inn Courtenay</li> <li>• Bayview Hotel</li> <li>• Comox Valley Inn &amp; Suites</li> <li>• Best Western Comox Valley</li> <li>• Coast Hotel Courtenay</li> <li>• Puntledge Campground</li> </ul>

**\*\*\*TENTATIVE\*\*\* HEAT SHEET**

**5:00pm - 25 - 35 minutes**

**5:50pm - 20 - 25 minutes**

**6:30pm - 18 - 20 minutes**

**7:00pm - 17 - 18 minutes**

**7:30pm - sub 17 minutes**

\*The final starting list/heat sheet will be emailed to registrants within 48 hours of the October 1<sup>st</sup> registration deadline.

**POST-RACE:**

To support the development of track & field events in British Columbia, BC Athletics is committed to collecting and providing feedback for all sanctioned events. The goal of this feedback is to inform improvements that can better support athletes, coaches, officials, volunteers and spectators.

After the event, we ask that you please take a few minutes to complete the linked [BC Athletics Event Feedback Form](#). Thank you for your time!