



SUB ZERO TRACK MEET

PRINCE GEORGE, BC

April 27th, 2019



SANCTIONED BY: British Columbia Athletics

LOCATION: Masich Place Stadium, Prince George, BC

FACILITY: 400 Metre Polyurethane curbed and guttered 8 lane track -- dual run-ups for long and triple jump and pole vault.

ELIGIBILITY:

- 2019 **BC Athletics members** or equivalent from another Prov/Terr, or National Athletics Federation.
- Note: BC Athletics **“Training” members** who belong to a BC Athletics club must purchase a School Day of Event membership if they are not members of a BC Athletics School/School District member and can NOT compete under their club name.
- 2019 **School Club Members** – Elementary, middle or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete.
- “Day of Event” School Club Members – **Elementary, middle or high school students only** whose schools do **not** hold a BC Athletics School Club Membership must purchase “Day of Event” School Club Membership insurance for \$3.00
- 2019 **University athletes** who are members of their schools’ team that is registered with BC Athletics.

ENTRIES AND INQUIRIES: Brian Martinson - MEET DIRECTOR
Phone (250) - 563-5696
E-Mail: princegeorgetrackandfield@gmail.com or
bamartinson@shaw.ca

Elena Thomas – MEET MANAGER
E-Mail: Elena@schonewille.ca

ENTRY DEADLINE: *Sunday, April 21st, 2019*

REGISTRATION: Packages will be available for pick up at the Stadium after 10:00am Saturday

ENTRY FEES: **PGTF members – free**
\$10.00/person (non-PGTF members) if submitted by Trackie.

Please contact Brian at bamartinson@shaw.ca if you have questions regarding entries

**Register Online
at TrackieReg**

[Check the PG Track website for the registration link.](#)

AWARDS: *Ribbons* for 1st, 2nd, 3rd and 4th place

MEDICAL: Qualified FIRST AID on site

COACHES MEETING: To be held 30 minutes before the start of the day

EVENT TIMES: **All schedule times are approximate (*see attached schedule*)**

TIMING: **Finish Lynx Photo Timing**

RACE SEEDING: Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals.

FIELD EVENTS: Each athlete is permitted 3 (three) attempts

PROTESTS: Protests shall be in writing and received within 30 minutes of the posting of event results.
Coaches should attempt to resolve protests with Officials prior to a written submission .

CONCESSION: A concession will be provided.

MARSHALLING: Check-in for all field events at the event site. Check-in for all track events is at the start line area. All athletes must check-in a minimum of 30 minutes prior to the scheduled start time.

COMPETITOR'S NUMBERS: Competition numbers must be worn on the **front** for all events.

SPIKE LENGTH: The maximum spike length allowed is 7 mm for all events. No needle spikes will be allowed. All spikes must be either christmas tree or pyramid.

Events Offered

Males & Females

	9 (2010)	10 (2009)	11 (2008)	12 (2007)	13 (2006)	14/15 (05/04)	16+ 2003 -
60m							
100m	X	X	X	X	X	X	X
200m			X				
300m				X	X	X	
400m							X
600m	X	X	X				
800m				X	X	X	X
1000m	X	X	X				
1200m				X	X	X	
1500m							X
80m Hurdles						Girls 8 x 30"	
100m Hurdles						Boys 10 x 33"	
Long Jump	X	X	X	X	X	X	X
Triple Jump					X	X	X
High Jump					X	X	X
Shot Put	X 2kg	X 2kg	X 2kg	X 3kg			
Discus					G:750g B: 1 kg	G:1 kg B: 1 kg	G:1kg B:1.5 kg (16) B:1.75 kg (18/19) B:2.0 kg (20+)
Javelin					G:400g B: 500g	G:500g B:600g	G:500g (16/17) G: 600g (18+) B:700g (16/17) B:800g (18+)
4 x 100m	X	X	X	X	X	X	X

FIELD EVENTS SCHEDULE – SUB ZERO MEET

<u>HIGH JUMP</u>	<u>LONG JUMP</u>	<u>TRIPLE JUMP</u>
11:00 – All Girls	11:00 – 16 & older Boys	11:00 – 16 & older Girls
12:00 – All Boys	11:30 – 9/10 Girls	11:30 – 14/15 Boys
	12:30 – 14/15 Boys	12:30 – 13 yr. old Boys
	1:00 – 9/10 Boys	1:00 – 13 yr. old Girls
	1:30 - 16 & older Girls	1:30 – 14/15 Girls
	2:00 – 11/12 Girls	2:00 – 16 & older Boys
	2:30 – 11/12 Boys	2:30 – 13 year old Boys Long Jump**
	3:00 – 13 yr. old Girls	**this event will be done in the TJ pit
	3:30 – 14/15 Girls	
<u>DISCUS</u>	<u>JAVELIN</u>	<u>Shot Put</u>
11:00 – 13 yr. old Girls	11:00 – 14/15 Boys	11:00 – 11 /12 Girls
11:45 – 13 yr. old Boys	11:45 – 16 and older Girls	11:45 – 11 /12 boys
12:30 – 14/15 Girls	12:30 – 16 & older Boys	12:30 – 9 /10 Girls
1:15 – 16 & older Girls	1:15 – 14/15 Girls	
2:00 – 14/15 Boys	2:00 – 13 yr. old Boys	2:00 – 9/10 Boys
2:45 – 16 & older Boys	2:30 – 13 yr. old Girls	
All athletes will have 3 attempts. All field events will be held as per normal rules.		

TRACK EVENTS SCHEDULE

Track Events will begin at 11:00 am. All Track events will begin with the youngest group of Girls to the oldest group of Boys. Please listen carefully for announcements.

ORDER OF EVENTS

11:00 - 1000/1200/1500 meters Timed Final

12:30 - Sprint Hurdles (14/15 yrs)

1:00 - 200/300/400 meter Timed Final

2:15 - 100 meter Timed Finals

3:30 - 600/800 meter timed Final

4:45 - 4 x 100 relays Timed Final