

## SPRUCE CAPITAL INVITATIONAL MEET PRINCE GEORGE, BC June 8 & 9, 2019



SANCTIONED BY:	British Columbia Athletics	PRING
LOCATION:	Masich Place Stadium, Prince George, BC	
FACILITY	400 Metre Polyurethane curbed and guttered 8 lane track dual run-ups fo	r long and triple jump and
	pole vault.	

ELIGIBILITY:

- 2019 **BC Athletics members** or equivalent from another Province/Territory, 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 <u>Elementary, middle or high school students only</u> whose schools do <u>not</u> 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
ONLINE REGISTRATIONS:	www.trackiereg.com Check the PG track website for the link.
ENTRY DEADLINE:	Sunday, June 2nd, 2019. Entries received after this will be considered late.
ENTRY FEES:	\$15.00/event Late entries will be charged <b>\$25.00</b> /event.
<b>REGISTRATION:</b>	Packages will be available for pick up at the Stadium after 8:00 am Saturday.
AWARDS:	Medals for 1st, 2nd, and 3rd place <b>(<i>Ribbons only if fewer than 3 in an event</i>)</b> Ribbons 4th to 8th place Relays - Ribbons 1st to 4th
MEDICAL:	Qualified FIRST AID ATTENDANT on site
COACHES MEETING:	To be held 30 minutes before the start of each day
TIMING:	Fully Automatic Finish Lynx Photo Timing
RACE SEEDING:	Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals. All Hurdle events and 400M and longer will be timed finals
FIELD EVENTS:	9 to 13 year olds – Each athlete is permitted 3 (three) attempts 14 and older – Each athlete is permitted 3 (three) attempts – The top 8 qualifiers will have 3 additional attempts

## SPIKE LENGTH:

The maximum spike length allowed is 7mm for all events except high jump and javelin where the maximum is 9mm .

**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

<b></b>	9 10 11 12 13 U16 U18 U20 Senior Masters											
	9 (2010)	(2009)	(2008)	(2007)	(2006)	(05-04)	(02-03)	(01-00)	(85-99)	(84+)		
60m	X	X	X			(00 01)	(02 00)	(01 00)	(00 77)	(01)		
100m	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х		
200m			Х	Х	Х	Х	Х	Х	Х	Х		
300m				Х	Х	Х						
400m							Х	Х	Х	Х		
600m	Х	Х	Х									
800m				Х	Х	Х	Х	Х	Х	Х		
1000m	Х	Х	Х									
1200m				Х	Х	Х						
1500m							Х	Х	Х	Х		
2000m					Х	Х						
3000m							Х	Х	Х	Х		
1500mSC				Х								
(no water )												
2000m SC							Х					
3000m SC								Х	Х	Х		
800m RW	Х	Х	Х	Х								
1500m RW					Х	Х	Х	Х	Х	Х		
60m	Х	Х	Х									
Hurdles				V	V	Women						
80m Hurdles				Х	Х	only						
100m						Men Only	Women	Women	Women			
Hurdles							only	only	only			
110m							Men Only	Men Only	Men Only			
Hurdles				37	37	37	Oilly	Omy	Olly			
200mH				Х	Х	Х	37	37	37	37		
400mH	37	37	37	17		37	X	X	X	X		
LJ	Х	Х	Х	X	Х	X	X	X	X	Х		
TJ					Х	X	Х	X	X	Х		
HJ	Х	Х	Х	X	X	X	X	X	X	Х		
SP	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х		
DT		Х	Х	Х	X	Х	Х	Х	Х	Х		
JT		Х	Х	Х	X	Х	Х	Х	Х	Х		
НТ				Х	X	Х	Х	Х	Х	Х		
4 x 100m	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х		

## **2019 Spruce Capital Meet Events**