

SPRUCE CAPITAL INVITATIONAL MEET PRINCE GEORGE, BC June 8 & 9, 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 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 <u>University athletes</u> 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 \$25.00/event.

REGISTRATION: Packages will be available for pick up at the Stadium after 8:00 am Saturday.

AWARDS: Medals for 1st, 2nd, and 3rd place (Ribbons only if fewer than 3 in an event)

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

2019 Spruce Capital Meet Events

	9 (2010)	10 (2009)	11 (2008)	12 (2007)	13 (2006)	U16 (05-04)	U18 (02-03)	U20 (01-00)	Senior (85-99)	Masters (84+)
60m	X	X	X			Ì	Ì	,	,	` '
100m	X	X	X	X	X	X	X	X	X	X
200m			X	X	X	X	X	X	X	X
300m				X	X	X				
400m							X	X	X	X
600m	X	X	X							
800m				X	X	X	X	X	X	X
1000m	X	X	X							
1200m				X	X	X				
1500m							X	X	X	X
2000m					X	X				
3000m							X	X	X	X
1500mSC				X						
(no water)										
2000m SC							X			
3000m SC								X	X	X
800m RW	X	X	X	X						
1500m RW					X	X	X	X	X	X
60m	X	X	X							
Hurdles				V	V	Women				
80m Hurdles				X	X	only				
100m						Men Only	Women	Women	Women	
Hurdles							only	only	only	
110m							Men Only	Men Only	Men Only	
Hurdles							Olliy	Only	Ollry	
200mH				X	X	X				
400mH							X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ					X	X	X	X	X	X
HJ	X	X	X	X	X	X	X	X	X	X
SP	X	X	X	X	X	X	X	X	X	X
DT		X	X	X	X	X	X	X	X	X
JT		X	X	X	X	X	X	X	X	X
HT				X	X	X	X	X	X	X
4 x 100m	X	X	X	X	X	X	X	X	X	X