



SUB ZERO TRACK MEET

PRINCE GEORGE, BC

May 1st, 2021



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:

- 2021 **PGTF members** only
- U12, U14, U16, U18, U20, OPEN
- 9-12 yrs: 12PM- 4PM;
- 13yrs+: 8AM -12PM

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: thomase8@cnc.bc.ca

ENTRY DEADLINE: ***Wednesday April 28th, 2021 No registrations accepted after this date***

REGISTRATION:

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

ENTRY FEES:

PGTF members – first 3 free

\$10.00/event after 3

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

REGISTRATION:

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*) Final schedule is available day of the meet at the stadium or online**
- 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:** **NO CONCESSION OR WATER FOUNTAINS – PLEASE COME PREPARED**
- 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 (2012)	10 (2011)	11 (2010)	12 (2009)	13 (2008)	14/15 (07/06)	16+ (2005-)
	12 NOON – 4PM				8AM – 12 NOON		
60m							
100m	X	X	X	X	X	X	X
200m			X	X			
300m					X	X	
400m							X
600m	X	X	X	X			
800m					X	X	X
1000m	X	X	X	X			
1200m					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							
High Jump	X	X	X	X	X	X	X
Shot Put	2kg	2kg	2kg	X 3kg	3KG	3-4KG	3-7.26KG
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+)

FIELD EVENTS SCHEDULE – SUB ZERO MEET (subject to change)

TIME	EVENT						
	JT	SP	DT	HJ	LJ		
8:00	VOULUNTEER SET UP AND ATHLETE WARM UP						
9:00	U14 U16	16+					
10:00		U14 U16	16+	U14 U16	16+		
11:00	16+		U14 U16	16+	U14 U16		
12NOON	ATHLETE WARM UP						
1:00		9&10		11&12			
2:00				9&10	11&12		
3:00		11&12			9&10		
4:00	VOLUNTEER CLEAN UP						

TRACK EVENTS SCHEDULE

Track Events will begin at 9:00 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

9:00 - 1200/1500 meters Timed Final

9:30 - Sprint Hurdles (14/15 yrs)

10:00 - 100 meter Timed Final

10:45 – 300/400 meter Timed Final

1:00 - 1000 meter Timed Finals

1:30 - 100 meter timed Final

2:00- 200 meter Timed Final

2:30 - 600 meter Timed Final