



SPRUCE CAPITAL IN CLUB TRIALS

PRINCE GEORGE, BC June 12 & 13, 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/ triple jump and pole vault.

ELIGIBILITY:

- 2021 **BC Athletics members** or equivalent from another Province/Territory, or National Athletics Federation.
- Note: BC Athletics **“Training” members** are not eligible to compete.
- 2021 **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 \$5.00
- 2021 **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: thomase8@cnc.bc.ca

ONLINE REGISTRATIONS: www.trackiereg.com Check the PG track website for the link.

ENTRY DEADLINE: **Wednesday June 9th 11:59pm. No entries accepted after this date**

ENTRY FEES: \$5 per event for all athletes

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

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.

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.

SPIKE LENGTH: The maximum spike length allowed is 7mm for all events; Christmas tree or pyramid, no needle spikes.

2021 Spruce Capital Meet Events

	EVENT	JUNIORS				SENIORS					
		9 (2012)	10 (2011)	11 (2010)	12 (2009)	13 (2008)	U16 (06/07)	U18 (04/05)	U20 (02/03)	Senior (86-01)	Masters (<85)
SPRINTS	60m	X	X	X							
	100m	X	X	X	X	X	X	X	X	X	X
	200m			X	X	X	X	X	X	X	X
	300m				X	X	X				
MID	400m							X	X	X	X
	600m	X	X	X							
	800m				X	X	X	X	X	X	X
LONG	1000m	X	X	X							
	1200m				X	X	X				
	1500m							X	X	X	X
	2000m					X	X				
	3000m							X	X	X	X
STEEPLE CHASE	1500mSC (no water)				X	X	X				
	2000m SC							X			
	3000m SC								X	X	X
SPRINT HURDLES	60m Hurdles	X	X	X							
	80m Hurdles				X	X	Women only				
	100m Hurdles						Men Only	Women only	Women only	Women only	
	110m Hurdles							Men Only	Men Only	Men Only	
	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