



SUB ZERO TRACK MEET

PRINCE GEORGE, BC

May 7th, 2022



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.
- Synthetic infield turf with a built-in shock pad and markings for FIFA and Canadian Football League (CFL) regulation-sized fields.
- Adjacent sports fields that include two natural grass, full-sized fields, and one practise-sized field.
- Consolidated areas for high jump, triple jump, and pole vaulting.
- Permanent, all-weather surfaced throwing areas with cages for shot put, hammer, discus, and javelin.
- A restored and repainted grandstand that includes improved change facilities. Accessible seating and bucket seats with back support.

ELIGIBILITY: Athletes must possess a current BC Athletics or equivalent registration card. Athletes not registered with BC Athletics must purchase a "**Day of the Meet**" **BC Athletics card for \$5.00** (\$3 BCA +\$2 Trackie). Day of Meet is extra to event entry costs. "Day of the Meet" provides liability coverage to the athlete and to PG Track & Field Club.

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: *Tuesday May 3rd, 2022 No registrations accepted after this date*

REGISTRATION: Packages will be available for pick up at the Stadium after 8:30am Saturday

ENTRY FEES: **PGTF members: first 3 events free** \$5.00/event after 3
All others: \$5 /event

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 (8:30 am finish line tent)
- 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:** Athletes 13 and younger will have 3 attempts. Athletes 14 and older will have 4 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:** **Concession onsite – snacks and drinks only**
- 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

	6-8 Track rascals	9 (2013)	10 (2012)	11 (2011)	12 (2010)	13 (2009)	14/15 (08/07)	16+ (2006 -)
60m	X							
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	X 3kg	G:3kg B:4kg	G:3kg (U18) G:4kg (18+) G:3KG (50+) B:5 kg (U18) B:6kg (U20) B:7.26kg (20+) B:6kg (60+) B:5kg (70+)
Discus						G:750g B: 1 kg	G:1 kg B: 1 kg	G:1kg B:1.5 kg (U18) B:1.75 kg (U20) B:2.0 kg (20+) B:1.5kg (50+) B:1.0kg (60+)
Javelin						G:400g B: 500g	G:500g B:600g	G:500g (U18) G:600g (18+) G:500g (50+) B:700g (U18) B:800g (18+) B:700g (50+) B:600g (60+) B:500g (70+)
4 x 100m		X	X	X	X	X	X	X

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

Athletes 13 and younger get 3 attempts. Athletes 14 and older get 4 attempts.

Time	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOTPUT	DISCUS	JAVELIN
9:00	16 & older Girls	14/15 Girls	13 yr. old Girls	16 & older Boys	14/15 Boys	13 yr. old Boys
9:45	16 & older Boys		13 yr. old Boys	16 & older Girls		13 yr. old Girls
10:30	9/10 Girls			14/15 Boys	13 yr. old Girls	14/15 Girls
11:15	9/10 Boys		14/15 Girls	11 /12 boys	13 yr. old Boys	16 & older Girls
12:00	13 yr. old Girls		14/15 Boys	9/10 Girls	14/15 Girls	16 & older Boys
12:45	13 yr. old Boys	16 & older Girls		9/10 Boys		14/15 Boys
1:30	14/15 Girls	16 & older Boys		13 yr. old Girls	16 & older Girls	
2:15	14/15 Boys	13 yr. old Girls		13 yr. old Boys	16 & older Boys	
3:00	11 /12 Girls	13 yr. old Boys	16 & older Girls	14/15 Girls		
3:45	11 /12 boys	14/15 Boys	16 & older Boys	11 /12 Girls		

TRACK EVENTS SCHEDULE (subject to change)

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. Track events take precedence.

ORDER OF EVENTS

9:00 - 1000/1200/1500 meters Timed Final

10:00 - Sprint Hurdles (14/15 yrs.)

11:00 - 200/300/400 meter Timed Final

12:30 - 60 meter Track rascal athletes only

1:00- 100 meter Timed Final

2:30 - 600/800 meter Timed Final

4:15 - 4 x 100 meter relays Timed Final

PGTF SUB ZERO MEET ACCOMMODATION LINKS

Courtyard Marriott: 900 Brunswick St, Prince George, BC V2L 2C3
downtown Prince George, just steps away from the Civic and Convention Centre

Event Summary:

PGTF Sub Zero Meet

Start Date: Friday, May 6, 2022

End Date: Sunday, May 8, 2022

Last Day to Book: Friday, April 29, 2022 at 5 pm

Cancellation: Within seven days prior to arrival date, full nights and taxes will be charged to the guaranteed credit card.

Your special group rate:

- **Courtyard Prince George for 129 CAD per night**

Here's your reservation link your guests can use to make reservations:

[Book your group rate for PGTF High School/Sub Zero](#)

Prestige Treasure Cove: 2005 Highway 97S, Prince George, BC; located minutes from downtown and the Masich Place Stadium. **Sports teams appreciate the pool and waterslide area, and the billiards room.**

Event Summary:

PGTF Sub Zero Meet

Start Date: Friday, May 6, 2022

End Date: Sunday, May 8, 2022

Last Day to Book: Tuesday May 3, 2022

Your special group rate:

- **Prestige Treasure Cove for 139 CAD per night (2 queens or King w/ sofabed)**

Here's your reservation link your guests can use to make reservations:

[Treasure Cove Sub Zero](#)



Special
team menus
available!

PRINCE GEORGE TRACK AND FIELD MEET

2022 Team Rates

The Prestige Treasure Cove Resort Prince George offers guests a unique experience with many desirable amenities. Sport teams will appreciate the pool and waterslide area, and the billiards room. Centrally located, you're only minutes away from all there is to see and do in Prince George.

Hotel Amenities

- Restaurant and Cafe
- Meeting space
- Pool & Waterslide
- Business centre
- Hot tub
- Lounge 19+
- Complimentary WiFi & Parking
- Sports games room
- Casino 19+

* Minimum booking of 10 rooms.
Kids under 16 free with 2 adults in room.
Additional adults \$20.

Starting from

\$139*

Valid on May 7, 2022 Use link in footer.

*Special rate available on standard rooms with two queen beds (QQ) or king bed w/ sofa bed (SK).

Prestige Treasure Cove – Prince George BC

2005 Hwy 97 S | 1-250-614-9111 | PrinceGeorge@prestigehotels.ca | prestigehotelsandresorts.com

Book online by May 3, 2022 and get the special room rate of \$139 on standard rooms for May 7, 2022.

Link: <https://tinyurl.com/45n27abb>