## SPRUCE CAPITAL INVITATIONAL MEET <br> PRINCE GEORGE, BC June 17 \&18 2022



## SANCTIONED BY: LOCATION: <br> FACILITY

British Columbia Athletics
Masich Place Stadium, Prince George, BC
400 Metre Polyurethane curbed and guttered 8 lane track -- dual run-ups for long/ triple jump and pole vault.

## ELIGIBILITY:

- 20202 BC Athletics members or equivalent from another Province/Territory, or National Athletics Federation.
- 2022 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
- 2022 University athletes who are members of their schools' team that is registered with BC Athletics.
- Note: BC Athletics "Training Only" members CANNOT COMPETE!


## ENTRIES AND INQUIRIES:

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

## Tuesday June $14^{\text {th }} 11: 59$ pm. No entries accepted after this date

ENTRY FEES: $\quad \$ 15.00$ for the first 3 events; $\$ 5$ every event after for JD athletes; $\$ 10$ each event after for all other athletes; $\$ 10$ extra for Master Pentathlon scoring ( $\$ 45$ total for all events + pent)

REGISTRATION:
AWARDS:

MEDICAL:
Packages will be available for pick up at the Stadium after 4:00 pm Friday.
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 8th
Treated as one competition group: 20-34 (open); 35+(master)
Qualified FIRST AID ATTENDANT on site
COACHES MEETING: To be held Friday at $4: 15 \mathrm{pm}$ and Saturday at $8: 30 \mathrm{am}$

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 7 mm for all events; Christmas tree or pyramid, no needle spikes.

|  | U10 | U12 | U12 | U14 | U14 | U16 | U18 | U20 | OPEN CATEGORY |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 9 (2013) | $\begin{gathered} 10 \\ (2012) \\ \hline \end{gathered}$ | $\begin{gathered} 11 \\ (2011) \\ \hline \end{gathered}$ | $\begin{gathered} 12 \\ (2010) \\ \hline \end{gathered}$ | $\begin{array}{\|c\|} \hline 13 \\ (2009) \\ \hline \end{array}$ | $\begin{array}{\|c\|} \hline 14 / 15 \\ (07 / 08) \\ \hline \end{array}$ | $\begin{array}{\|r} \hline 16 / 17 \\ (06 / 05) \\ \hline \end{array}$ | $\begin{gathered} \hline 18 / 19 \\ (04 / 03) \\ \hline \end{gathered}$ | $\begin{gathered} 20+ \\ (87-02) \end{gathered}$ | Masters (<86) |
| 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 |  |  |  |  |
| 400m |  |  |  |  |  |  | X | X | X | X |
| 600 m | 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 |
| 1500 mSC (no water ) |  |  |  |  |  | X |  |  |  |  |
| 2000 m SC |  |  |  |  |  |  | X |  |  |  |
| 3000m SC |  |  |  |  |  |  |  | X | X | X |
| 800m RW | X | X | X | X |  |  |  |  |  |  |
| 1500m RW |  |  |  |  | X | X | X | X | X | X |
| 60m Hurdles | X | X | X |  |  |  |  |  |  |  |
| $\begin{aligned} & \hline \text { 80m } \\ & \text { Hurdles } \end{aligned}$ |  |  |  | X | X | $\begin{gathered} \text { Women } \\ \text { only } \end{gathered}$ |  |  |  | Women 40+ |
| $\begin{aligned} & \text { 100m } \\ & \text { Hurdles } \end{aligned}$ |  |  |  |  |  | Men Only | Women only | Women only | Women only | Men 50-69 |
| $\begin{aligned} & \hline 110 \mathrm{~m} \\ & \text { Hurdles } \end{aligned}$ |  |  |  |  |  |  | $\begin{aligned} & \text { Men } \\ & \text { Only } \end{aligned}$ | $\begin{aligned} & \hline \text { Men } \\ & \text { Only } \end{aligned}$ | $\begin{aligned} & \hline \begin{array}{l} \text { Men } \\ \text { Only } \end{array} \end{aligned}$ | Men Only |
| 200 mH |  |  |  | X | X |  |  |  |  |  |
| 300 mH |  |  |  |  |  | X |  |  |  |  |
| 400 mH |  |  |  |  |  |  | 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 |
| WT |  |  |  |  |  |  |  |  |  | X |
| $4 \times 100 \mathrm{~m}$ | X | X | X | X | X | X | X | X | X | X |


| FRIDAY | TRACK |  |  |  |  |  |
| ---: | :--- | :--- | :--- | :---: | :---: | :---: |
|  |  |  |  |  |  |  |
| $4: 30$ | 1500 M SC | 2000 M SC |  |  |  |  |
| $5: 00$ | 200 M H | 300 M H | 400 M H |  |  |  |
| $5: 30$ | 200 M TF |  |  |  |  |  |
| $6: 30$ | 1200 M | 1500 M |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| SATURDAY |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 900 | 800 M RW |  |  |  |  |  |
| 930 | 1000 M | 2000 M | 3000 M |  |  |  |
| 1030 | $60-110 \mathrm{M} \mathrm{H}$ |  |  |  |  |  |
| 1115 | 100 M TF |  |  |  |  |  |
| 1230 | 300 M TF | 400 M TF |  |  |  |  |
| $1: 15$ | 60 M TF |  |  |  |  |  |
| 230 | 600 M TF | 800 M TF |  |  |  |  |
| 315 | COMPETITIVE RELAYS |  |  |  |  |  |
| 345 | FAMILY RELAYS |  |  |  |  |  |
|  |  |  |  |  |  |  |

Track：takes precedence over field； youngest to oldest；alternating female then male

Field： 4 attempts up to age 13（2009）
6 attempts for ages $14+(2008)$ only

Event conflicts：check in with both events；

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|  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  | StE |
| $\square$ |  | $\square$ |  |  | 10 |  |  |  |  |  |  |  |  |  |  | 008 |
|  | $\Pi$ |  | $\Pi$ | 15 |  | dS |  | dS |  |  |  |  |  |  |  | Stz |
| 10 | 10 | 10 | 10 |  | 15 |  | dS |  | dS | 「H |  | ［H |  | H |  | $0 \varepsilon \tau$ |
|  |  |  |  | $\Pi$ |  | $1{ }^{\text {r }}$ |  | $1{ }^{1}$ |  | 10 | ［H | 10 | FH |  | ［H | StてI |
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|  | $\downarrow \mathrm{M}$ |  |  | dS |  | ［H |  | ［H |  | $1 \Gamma$ |  | $1 \Gamma$ |  | $\Pi$ |  | SIII |
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| dS |  | ［H |  | ［H |  | 10 |  | 10 |  |  |  |  |  |  |  | St6 |
|  | dS |  | ［H |  | ［H |  | 10 |  | 10 |  |  |  |  |  |  | 006 |
| W | $\pm$ | W | $\pm$ | W | $\pm$ | W | $\pm$ | W | $=$ | w | $\pm$ | w | $\pm$ | w | $\pm$ |  |
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|  | 1H |  | 1H |  |  | $\cdots$ |  | $\square$ |  | dS |  | dS |  | dS |  | St：9 |
| 1H |  | 1H |  | 1 | 11 | ［1 | $\Pi$ |  | $\Pi$ |  | dS |  | dS |  | dS | 00：9 |
|  | 15 |  | 15 | IH |  | 1H |  |  |  | $\Pi$ |  | $\Pi$ |  |  |  | ST： S |
| 15 |  | 15 |  |  | 1H |  |  |  |  |  | $\square$ |  | $\square$ |  |  | 08：${ }^{\text {t }}$ |
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