



# SPRUCE CAPITAL INVITATIONAL MEET

## PRINCE GEORGE, BC June 17 & 18 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/ triple jump and pole vault.

**ELIGIBILITY:**

- 2022 **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:**

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:****Tuesday June 14<sup>th</sup> 11:59pm. No entries accepted after this date****ENTRY FEES:**

\$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:**

Packages will be available for pick up at the Stadium after 4:00 pm Friday.

**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 8th

Treated as one competition group: 20-34 (open); 35+(master)

**MEDICAL:**

Qualified FIRST AID ATTENDANT on site

**COACHES MEETING:**

To be held Friday at 4:15 pm and Saturday at 8:30 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 7mm for all events; Christmas tree or pyramid, no needle spikes.



FIELD	9(U10)	10(U12)	11(U12)	12(U14)	13(U14)	14/15(U16)	16/17(U18)	18+(U20, OPEN)
FRIDAY	2013	2012	2011	2010	2009	2008/2007	2006/2005	2004 -
4:30	F	U	F	M	F	M	F	M
5:15		U	U		U	HT	JT	JT
6:00	SP	SP	SP	U	U	TJ	HT	HT
6:45		SP		U	U		HT	HT
SATURDAY	2013	2012	2011	2010	2009	2008/2007	2006/2005	2004 -
900	F	M	F	M	F	M	F	M
945				DT	DT	HJ	HJ	SP
1030	U				DT	HJ	HJ	SP
1115	U	JT	JT	HJ	HJ	SP	TJ	TJ
1200		DT			U			WT MASTER
1245	HJ	DT	HJ	JT	JT	U	DT	DT
130	HJ	HJ		SP	JT	JT	DT	DT
215				SP	SP	JT	U	U
300						DT	U	U
345						DT		
430								

FRIDAY	TRACK		
4:30	1500M SC	2000M SC	
5:00	200M H	300M H	400M H
5:30	200M TF		
6:30	1200M	1500M	
SATURDAY			
900	800M RW		
930	1000M	2000M	3000M
1030	60-110M H		
1115	100M TF		
1230	300M TF	400M TF	
1:15	60M TF		
230	600M TF	800M 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;