



SPRUCE CAPITAL MEET

PRINCE GEORGE, BC

June 17th, 2023



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. Allows participation in sanctioned events by elementary and high school student athletes who do not hold an annual BC Athletics Competitive Athlete membership or do not compete for a BC Athletics School Club member school or School District Club. Athletes can only compete for their schools.

ENTRIES AND INQUIRIES:

Brian Martinson - MEET MANAGER

Phone (250) - 563-5696

E-Mail: bamartinson@shaw.ca

Elena Thomas – MEET DIRECTOR

E-Mail: thomase8@cnc.bc.ca

ENTRY

DEADLINE:

Tuesday June 13th, 2023 No registrations accepted after this date

REGISTRATION:

Packages will be available for pick up at the Stadium after 8:00am Saturday

ENTRY FEES:

ALL EVENTS \$10 EACH

MASTERS THROWS PENTATHLON \$30

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.](#)

Ribbons for 1st to 8th

AWARDS:

Masters only: Medals for 1st, 2nd, 3rd; ribbons for 4th to 8th

MEDICAL:

Qualified FIRST AID on site

**COACHES &
OFFICIALS 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 to 19 will have 4 attempts. Athletes 20+ will receive 6 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

NO BOTTLED WATER FOR SALE: BRING YOUR OWN WATER BOTTLES!!

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 to be worn on the **front** for all events.

SPIKE LENGTH:

The maximum spike length allowed is 7 mm for all events. No needle spikes allowed. All spikes must be either Christmas tree or pyramid.

