



# SUB ZERO TRACK MEET

PRINCE GEORGE, BC

May 4<sup>th</sup> and 5<sup>th</sup>, 2024



**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](mailto:bamartinson@shaw.ca)

Elena Thomas – MEET DIRECTOR E-Mail: [thomase8@cnc.bc.ca](mailto:thomase8@cnc.bc.ca)

**ENTRY DEADLINE:** *Tuesday April 30<sup>th</sup> 2024* **No registrations accepted after this date**

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

**ENTRY FEES:** **ALL EVENTS \$10 EACH - \$20 per RELAY TEAM (collected at venue)**

Please contact Brian at [bamartinson@shaw.ca](mailto:bamartinson@shaw.ca) for questions regarding entries.

**REGISTRATION:** **Register Online at [Trackie.com](https://www.trackie.com)**

Check the [PG Track website](https://www.pgtrack.com) for the registration link, or use the QR code:

- AWARDS:** *Medals* for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>; *ribbons* for 4<sup>th</sup> to 8<sup>th</sup>
- 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. Final schedule is available day of the meet at the stadium or online. Track runs on a rolling schedule (events follow each other without breaks) which makes scheduling approximate. ALL ATHLETES SHOULD BE AT THE VENUE 1 HOUR PRIOR TO THEIR FIRST EVENT.**
- TRACK:** Events run youngest to oldest in age groups, females first in each group (with the exception of hurdles).
- TIMING:** **Finish Lynx Photo Timing**
- RACE SEEDING:** Athletes are 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 to keep things rolling.
- 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 #'s:** 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.

TENTATIVE EVENTS OFFERED 2024

	U10	U12	U12	U14	U14	U16	U18	U20	OPEN CATEGORY	
	9 (2015)	10 (2014)	11 (2013)	12 (2012)	13 (2011)	14/15 (10/09)	16/17 (08/07)	18/19 (06/05)	20+ (88- 04)	Masters (<88)
60m	X	X	X							
100m	X	X	X	X	X	X	X	X		X
200m				X	X	X	X	X		
300m				X	X	X				
400m							X	X		X
600m	X	X	X							
800m				X	X	X	X	X		X
1000m	X	X	X							
1200m				X	X	X				
1500m							X	X		X
2000m					X	X				
3000m							X	X		X
1500mSC (no water )						X				
2000m SC							X			
3000m SC								X		
1500m RW						X	X	X		X
80m Hurdles						Women only				
100m Hurdles						Men Only	Women only	Women only		
110m Hurdles							Men Only	Men Only		
300mH						X				
400mH							X	X		
LJ	X	X	X	X	X	X	X	X		X
TJ						X	X	X		X
HJ					X	X	X	X		X
SP	X	X	X	X	X	X	X	X		X
DT				X	X	X	X	X		X
JT		X	X	X	X	X	X	X		X
HT					X	X	X	X		X
4 x 100m					X	X	X	X		
4 X 400m					X	X	X	X		