



SPRUCE CAPITAL MEET

PRINCE GEORGE, BC

June 22nd, 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

Elena Thomas – MEET DIRECTOR

E-Mail: thomase8@cnc.bc.ca

ENTRY DEADLINE:

Tuesday June 18th, 2024 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.](#)

AWARDS:	<i>Medals</i> for 1 st , 2 nd , 3 rd ; ribbons for 4 th to 8 th
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 (<i>see attached schedule</i>) 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 U16-U20 will have 4 attempts. 20+ and Masters 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 <u>front</u> 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.

