



# 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](mailto:bamartinson@shaw.ca)

Elena Thomas – MEET DIRECTOR

E-Mail: [thomase8@cnc.bc.ca](mailto: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](mailto:bamartinson@shaw.ca) if you have questions regarding entries.

## **REGISTRATION:**

**Register Online at [Trackie.com](http://Trackie.com)**

**[Check the PG Track website for the registration link.](#)**

<b>AWARDS:</b>	<i>Medals</i> for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> ; ribbons for 4 <sup>th</sup> to 8 <sup>th</sup>
<b>MEDICAL:</b>	Qualified FIRST AID on site
<b>COACHES &amp; OFFICIALS MEETING:</b>	To be held 30 minutes before the start of the day (8:30 am finish line tent)
<b>EVENT TIMES:</b>	<b>All schedule times are approximate (<i>see attached schedule</i>) Final schedule is available day of the meet at the stadium or online</b>
<b>TIMING:</b>	<b>Finish Lynx Photo Timing</b>
<b>RACE SEEDING:</b>	Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals.
<b>FIELD EVENTS:</b>	<b>All Athletes will have 3 attempts.</b>
<b>PROTESTS:</b>	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.
<b>CONCESSION:</b>	<b>Concession onsite – snacks and drinks only</b> <b>NO BOTTLED WATER FOR SALE: BRING YOUR OWN WATER BOTTLES!!</b>
<b>MARSHALLING:</b>	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.
<b>COMPETITOR'S NUMBERS:</b>	Competition numbers to be worn on the <b><u>front</u></b> for all events.
<b>SPIKE LENGTH:</b>	The maximum spike length allowed is 7 mm for all events. No needle spikes allowed. All spikes must be either Christmas tree or pyramid.

