



# SUB ZERO TRACK MEET

Saturday May 3<sup>rd</sup>

&

Sunday May 4<sup>th</sup>, 2025



**ENTRY DEADLINE:** TUESDAY April 29<sup>th</sup>, 2025 online with [Trackie.com](https://trackie.com)

**ENTRY FEES:** No hidden fees!!

- \$10 per event at time of registration online
- \$5 Day of Event for non-BCA members online
- **\$20 per relay team collected at venue**
- \$5 pole vault workshop after relays on Saturday, register online
- ATHLETES TO BE REGISTERED BY BIRTH YEAR NOT GRADE!

**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 practice-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

**ELIGIBILITY:**

- Athletes must possess a current BC Athletics or equivalent registration card
- Athletes not registered with BC Athletics must purchase a "**Day of the Event**" **BC Athletics card for \$5.00** (\$3 BCA +\$2 Trackie). DOE is extra to event entry costs and provides liability coverage to the athlete and to PGTF. DOE athletes can only compete for their schools or as unattached.

**ENTRIES AND INQUIRIES:**

- Meet Director: Elena Thomas      email: [pgtfmeetandequip@gmail.com](mailto:pgtfmeetandequip@gmail.com)
- Meet Manager: Brian Martinson      email: [bamartinson@shaw.ca](mailto:bamartinson@shaw.ca)

**REGISTRATION:** online at [Trackie.com](https://trackie.com) or check our website for link

<https://trackie.com/event/2025-SubZeroMeet>

**REGISTRATION PACKAGES:**

- Available for pick up Saturday at 8:30 am at Masich Place Stadium
- Packages registered by school should be picked up by school representatives

**AWARDS:**

- Medals for first, second and third
- Ribbons for fourth to eighth

**MEDICAL:**

- Qualified first aid on site for minor injuries

**CONCESSION:**

- Snacks and drinks only

**OFFICIALS & COACHES MEETING:**

- Held each morning at 8:30 am at finish line tent

**COMPETITOR BIB NUMBERS AND ATTIRE:**

- Numbers to be worn **on front** for all events
- Athletes are encouraged to wear school or club attire

**SCHEDULING:**

- **TIMES ARE APPROXIMATE!** Events can start 30 minutes early
- **Athletes should be prepared 1 hour before earliest event**
- Track events take precedence over field events
- For a conflict of events, athletes should check in to both events

**TRACK EVENTS:**

- MARSHALLING: will occur at the tents near the sprint start line 20 minutes prior to event
- Events will run on a rolling schedule, making times approximate
- Events will run youngest to oldest, female first in each age category
- Timing provided by Finish Lynx Photo Timing
- Athletes are randomly selected for heats and IAAF seeding rules apply to finals
- Maximum spike length is 7mm, Christmas tree or pyramid – no needle spikes

**FIELD EVENTS:**

- MARSHALLING: will occur at each field event site
- Athletes 13 and younger will have 3 attempts; 14 and older will have 4 attempts
- Maximum spike length is 9mm, Christmas tree or pyramid – no needle spikes
- Throwing implements are provided onsite

- Athlete throwing implements must pass WA standards prior to competing and will be shared in the implement rotation

### **COMBINED EVENTS**

- There are no designated combined event registrations
- The schedule indicates possible event registrations that would test a multi-event athlete
- Any registration in the OPEN 20+ age category for an event will automatically remove younger athletes from medals or ribbons in that event. The results will be for athlete benefit only.
- Results from events completed in the appropriate age category will be eligible for medals or ribbons and Athletics Canada rankings
- **No results can be submitted as combined event rankings**

### **PROTESTS:**

- Only an athlete or his/her representative may make a protest if the athlete was affected by the decision or result of the event
- Orally first through **officials or the Meet Director**
- In writing within 30 minutes of the posting of the event results (form attached) to the **Meet Director**

### **APPEALS:**

- Appeal of protest decision may be made within 30 minutes of decision announcement
- Shall be in writing (form attached) with a \$50 deposit to the **Meet Director**
- Deposit will be refunded **ONLY** if appeal is successful

	U10	U12	U12	U14	U14	U16	U18	U20	OPEN CATEGORY	
	9 (2016)	10 (2015)	11 (2014)	12 (2013)	13 (2012)	14/15 (11/10)	16/17 (09/08)	18/19 (07/06)	20+ (05 and earlier)	
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		
Pole Vault						X	X	X		X
HJ					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		



## ATHLETICS PROTEST FORM

Reference: World Athletics Rule TR 8 (Protests)

*NOTE: Any protest shall be made orally to the Referee by an athlete, or by someone acting on his/her behalf.*

**PROTEST** DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ EVENT: \_\_\_\_\_

ATHLETE: \_\_\_\_\_ COMPETITION NO: \_\_\_\_\_

Male:

Female

NAME OR PERSON PRESENTING PROTEST: \_\_\_\_\_

*Reason for Protest:*

*To Be Completed by Referee:*

NAME OF REFEREE: \_\_\_\_\_ ASSIGNED POSITION: \_\_\_\_\_

EVENT OFFICIAL: \_\_\_\_\_ ASSIGNED POSITION: \_\_\_\_\_

TIME OF OFFICIAL ANNOUNCEMENT OF THE RESULT: \_\_\_\_\_

WORLD ATHLETICS RULE NO. AND TITLE: \_\_\_\_\_

PROTEST UPHELD: YES NO

*Reason for Decision:*

*Signature of Referee:* \_\_\_\_\_



## ATHLETICS APPEAL FORM

Reference: World Athletics Rule TR 8 (Appeals)

*NOTE: An Appeal of Protest Decision shall be in writing, signed by the athlete or by someone acting on his/her behalf and shall be accompanied by a deposit of \$50 which will be forfeited if the appeal is not allowed.*

**APPEAL** DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ EVENT: \_\_\_\_\_

ATHLETE: \_\_\_\_\_ COMPETITION NO: \_\_\_\_\_

Female:

Male:

NAME OR PERSON PRESENTING APPEAL: \_\_\_\_\_ *Reason for Appeal:*

AMOUNT OF DEPOSIT RECEIVED: \_\_\_\_\_ SIGNATURE OF RECEIVER: \_\_\_\_\_

*To Be Completed by Jury of Appeal:*

NAMES OF JURY MEMBERS

Chair: \_\_\_\_\_

Other members: \_\_\_\_\_

WORLD ATHLETICS RULE NO. AND TITLE: \_\_\_\_\_

APPEAL UPHELD: YES NO *Reason*

*For Decision:*