



# SPRUCE CAPITAL MEET

Saturday June 14<sup>th</sup>, 2025



**ENTRY DEADLINE:** TUESDAY June 10<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
- Relay teams are for fun only at the end of the day
- ATHLETES TO BE REGISTERED BY BIRTH YEAR NOT GRADE OR AGE!

**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 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/2025SpruceCapital>

**REGISTRATION PACKAGES:**

- Available for pick up Saturday at 8:30 am at Masich Place Stadium
- Packages registered by team should be picked up by 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 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 their earliest event**
- Track events take precedence over field events
- For a conflict of events, athletes should check in to both events, leaving their field event to complete a race then return to the field to complete if still open

**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**

- Throws pentathlon for Masters only will begin at 9am and roll to each event sequentially

### **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





## **BC ATHLETICS - SPECTATOR CODE OF CONDUCT**

BC Athletics is committed to ensuring that all athletes can participate in a safe and enjoyable environment that is encouraging to all, enabling athletes to achieve personal best performances, and promoting overall development of our sport. We have strong values of fair play, integrity, mutual respect, safety, graciousness, and sportsmanship. Spectators are expected to conduct themselves in a manner which supports the values of our organization and encourages the development of all athletes on and off the competition area.

### **Do:**

- Cheer for all athletes in a positive manner, modeling good sportsmanship, and fair play.
- Show respect to all individuals, treating everyone with courtesy, including but not limited to athletes, coaches, officials, volunteers, other spectators and parents.
- Present any protest or disagreements via the correct avenue and in a respectful manner.
- Acquaint yourself with the rules and correct appeals procedures for track and field competitions.
- Promote respect and appreciation for all coaches, officials and volunteers at any event or practice, and encourage others to do so.
- Thank officials after each event, and ensure your athlete does the same. A handshake goes a long way in the promotion of good sportsmanship.
- Model sportsmanship, respect and courtesy for all athletes and spectators.
- Have realistic expectations for performance outcomes.
- Encourage participation by athletes. Promote emotional and physical well-being.
- Volunteer your time at an event when help is required.

### **Do Not:**

- Engage in profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive behavior.
- Demean or ridicule any athlete who has not met your expectation.
- Use physical force, or engage in verbal abuse, or violent acts of any kind.
- Partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event.
- Coach any athlete during an event, unless you are the personal or team coach for that athlete.
- Intrude into the competition area.

Thank you from the Athletes, Officials, Coaches, Parents and Other Spectators



## 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:*