



SUB ZERO TRACK MEET

Saturday May 2nd

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Sunday May 3rd, 2026



ENTRY DEADLINE: TUESDAY April 28th, 2026, online with [Trackie.com](https://www.trackie.com)

ENTRY FEES: Please note fee changes

- \$15 per event at time of registration online
- \$5 officiating fee for each athlete
- \$5 Day of Event for non-BCA members online
- **\$20 per relay team collected at venue for 13+ only**
- \$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 "**Non-member event license**" **from BC Athletics for \$5.00** (\$3 BCA +\$2 Trackie). This license is extra to event entry costs and provides liability coverage to the athlete and to PGTF. Licensed athletes can only compete for their schools or as unattached.
- All non-members need to sign the waiver during registration

ENTRIES AND INQUIRIES:

- Meet Director: Elena Thomas email: pgtfmeetandequip@gmail.com • Meet Manager: Brian Martinson email: bamartinson@shaw.ca

REGISTRATION: online at Trackie.com or check our website for link
<https://trackie.com/event/2026-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
- No awards ceremony; pick up 30 minutes after posting of results

MEDICAL:

- Qualified first aid on site for minor injuries
- Emergency situations will be transferred to:
University Hospital of Northern BC
1475 Edmonton Street Prince George
1.7km from venue

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. Throwing and jumping events can be started and returned to if results have not been submitted. There is no guarantee of completing missed throws. Check with the event official to ensure that one throw or jump gets completed.

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 7mm, 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

POLE VAULT:

- Warm up for pole vault starts 45-60 prior to competition time on the schedule

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
age birth yr	9 yr old 2017	10 2016	11 2015	12 2014	13 2013	14/15 (12/11)	16/17 (10/09)	18/19 (08/07)	20+ 2006 and earlier
60m	X	X	X						
100m				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
5000m								X	X
1500mSC (no water)						X			
2000m SC							X		
3000m SC								X	
1500m RW						X	X	X	X
80mH						Women only			
100mH						Men only	Women only	Women only	
110mH							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:

