



# SUB ZERO TRACK MEET

PRINCE GEORGE, BC  
May 6th, 2017



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<b>SANCTIONED BY:</b>	British Columbia Athletics
<b>LOCATION:</b>	Masich Place Stadium, Prince George, BC
<b>FACILITY:</b>	400 Metre Polyurethane curbed and guttered 8 lane track -- dual run-ups for long and triple jump and pole vault.
<b>ELIGIBILITY:</b>	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 (Cost \$5.00). 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.
<b>ENTRIES AND INQUIRIES:</b>	Brian Martinson - MEET DIRECTOR Phone (250) 563-5696 E-Mail: <a href="mailto:bamartinson@shaw.ca">bamartinson@shaw.ca</a> www: <a href="http://pgtrackandfield.ca">pgtrackandfield.ca</a>
<b>ENTRY DEADLINE:</b>	<b><i>Wednesday May 3rd, 2017.</i></b>
<b>REGISTRATION:</b>	Packages will be available for pick up at the Stadium after 10:00am Saturday
<b>ENTRY FEES:</b>	<b>PGTF members – free</b> \$10.00/person (non-PGTF members) if submitted by Hy-Tek or Trackie. \$15.00/person if submitted by fax, e-mail (without Hy-Tek) or mail-in.
<b>Hy-Tek:</b>	Please contact Brian at <a href="mailto:bamartinson@shaw.ca">bamartinson@shaw.ca</a> regarding Hy-Tek entries. Team Manager Lite is free and available at: <a href="http://hy-tek ltd.com/downloads.html">http://hy-tek ltd.com/downloads.html</a> Instructions for Team Manager Lite are at: <a href="http://hy-tek ltd.com/updates/tftm%20lite.pdf">http://hy-tek ltd.com/updates/tftm%20lite.pdf</a>
<b>Online at TrackieReg</b>	<a href="http://www.trackiereg.com/2017SubZeroMeet">www.trackiereg.com/2017SubZeroMeet</a> or <a href="https://www.trackie.com/online-registration/find-event/">https://www.trackie.com/online-registration/find-event/</a>
<b>AWARDS:</b>	<b><i>Ribbons</i></b> for 1st, 2nd, 3rd and 4th place
<b>MEDICAL:</b>	Qualified FIRST AID on site
<b>COACHES MEETING:</b>	To be held 30 minutes before the start of the day

- EVENT TIMES:** All schedule times are approximate (*see attached schedule*)
- TIMING:** Finish Lynx Photo Timing (except ages 6 – 8)
- RACE SEEDING:** Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals.
- FIELD EVENTS:** 13 and younger: Each athlete is permitted 3 (three) attempts  
14 and older: Each athlete is permitted 4 (four) 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:** A concession will be provided.
- 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 must be worn on the **front** for all events.
- SPIKE LENGTH:** The maximum spike length allowed is 7mm for all events except high jump and javelin. Maximum 9mm for high jump and javelin.

Events Offered  
Males & Females

	6-8 Track rascals	9 (2008)	10 (2007)	11 (2006)	12 (2005)	13 (2004)	14/15 (03/02)	16+ 2001 -
60m	X							
100m		X	X	X	X	X	X	X
200m				X				
300m					X	X	X	
400m								X
600m		X	X	X				
800m					X	X	X	X
1000m		X	X	X				
1200m					X	X	X	
1500m								X
80m Hurdles							Girls 8 x 30"	
100m Hurdles							Boys 10 x 33"	
Long Jump		X	X	X	X	X	X	X
Triple Jump						X	X	X
High Jump						X	X	X
Shot Put		X 2kg	X 2kg	X 2kg	X 3kg			
Discus						G:750g B: 1 kg	G:1 kg B: 1 kg	G:1kg B:1.5 kg (16) B:1.75 kg (18/19) B:2.0 kg ( 20+)
Javelin						G:400g B: 500g	G:500g B:600g	G:500g (16/17) G: 600g (18+) B:700g (16/17) B:800g (18+)
4 x 100m		X	X	X	X	X	X	X

## FIELD EVENTS SCHEDULE – SUB ZERO MEET

<u>HIGH JUMP</u>	<u>LONG JUMP</u>	<u>TRIPLE JUMP</u>
11:00 – All Girls	11:00 – 16 & older Boys	11:00 – 16 & older Girls
12:00 – All Boys	11:30 – 9/10 Girls	11:30 – 14/15 Boys
	12:30 – 14/15 Boys	12:30 – 13 yr. old Boys
	1:00 – 9/10 Boys	1:00 – 13 yr. old Girls
	1:30 - 16 & older Girls	1:30 – 14/15 Girls
	2:00 – 11/12 Girls	2:00 – 16 & older Boys
	2:30 – 11/12 Boys	2:30 – 13 year old Boys <b>Long Jump**</b>
	3:00 – 13 yr. old Girls	**this event will be done in the TJ pit
	3:30 – 14/15 Girls	
<u>DISCUS</u>	<u>JAVELIN</u>	<u>Shot Put</u>
11:00 – 13 yr. old Girls	11:00 – 14/15 Boys	11:00 – 11 /12 Girls
11:45 – 13 yr. old Boys	11:45 – 16 and older Girls	11:45 – 11 /12 boys
12:30 – 14/15 Girls	12:30 – 16 & older Boys	12:30 – 9 /10 Girls
1:15 – 16 & older Girls	1:15 – 14/15 Girls	
2:00 – 14/15 Boys	2:00 – 13 yr. old Boys	2:00 – 9/10 Boys
2:45 – 16 & older Boys	2:30 – 13 yr. old Girls	
Athletes 13 and younger will have 3 attempts. Athletes 14 and older will have 4 attempts.		
All field events will be held as per normal rules.		

## TRACK EVENTS SCHEDULE

Track Events will begin at 11:00 am. All Track events will begin with the youngest group of Girls to the oldest group of Boys. Please listen carefully for announcements.

### ORDER OF EVENTS

**11:00 - 1000/1200/1500 meters Timed Final**

**11:45 - Sprint Hurdles (14/15 yrs)**

**12:00 - 200/300/400 meter Timed Final**

**1:00 - 60 meter Track rascal athletes only**

**1:15 - 100 meter Timed Finals**

**2:00 - 600/800 meter timed Final**

**2:45 - 4 x 100 relays Timed Final**