

SPRUCE CAPITAL INVITATIONAL MEET PRINCE GEORGE, BC June 17 &18 2022



SANCTIONED BY: LOCATION:

British Columbia Athletics

Masich Place Stadium, Prince George, BC

FACILITY 400 Metre Polyurethane curbed and guttered 8 lane track -- dual run-ups for long/ triple jump and

pole vault.

ELIGIBILITY:

• 20202 **BC Athletics members** or equivalent from another Province/Territory, or National Athletics Federation.

• 2022 **School Club Members** – Elementary, middle or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete.

 "Day of Event" School Club Members – <u>Elementary, middle or high school students only</u> whose schools do <u>not</u> hold a BC Athletics School Club Membership must purchase "Day of Event" School Club Membership insurance for \$5.00

2022 <u>University athletes</u> who are members of their schools' team that is registered with BC Athletics.

Note: BC Athletics "Training Only" members <u>CANNOT COMPETE!</u>

ENTRIES AND INQUIRIES: Brian Martinson - MEET DIRECTOR

Phone (250) - 563-5696

E-Mail: princegeorgetrackandfield@gmail.com or bamartinson@shaw.ca

Elena Thomas – MEET MANAGER E-Mail: thomase8@cnc.bc.ca

ONLINE REGISTRATIONS: www.trackiereg.com Check the PG track website for the link.

ENTRY DEADLINE: Tuesday June 4th 11:59pm. No entries accepted after this date

ENTRY FEES: \$15.00 for the first 3 events; \$5 every event after for JD athletes; \$10 each event after for

all other athletes; \$10 extra for Master Pentathlon scoring (\$45 total for all events + pent)

REGISTRATION: Packages will be available for pick up at the Stadium after 4:00 pm Friday.

AWARDS: Medals for 1st, 2nd, and 3rd place (Ribbons only if fewer than 3 in an event)

Ribbons 4th to 8th place; Relays - Ribbons 1st to 4th

Treated as one competition group: 20-34 (open); 35+(master)

MEDICAL: Qualified FIRST AID ATTENDANT on site

COACHES MEETING: To be held Friday at 4:15 pm and Saturday at 8:30 am

TIMING: Fully Automatic Finish Lynx Photo Timing

RACE SEEDING: Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals. All Hurdle

events and 400M and longer will be timed finals

FIELD EVENTS: 9 to 13 year olds – Each athlete is permitted 3 (three) attempts

14 and older – Each athlete is permitted 3 (three) attempts. The top 8 qualifiers will have 3

additional 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.

SPIKE LENGTH: The maximum spike length allowed is 7mm for all events; Christmas tree or pyramid, no needle spikes.

2022 Spruce Capital Meet Events

	U10	U12	U12	U14	U14	U16	U18	U20	OPEN C	ATEGORY
	9 (2013)	10 (2012)	11 (2011)	12 (2010)	13 (2009)	14/15 (07/08)	16/17 (06/05)	18/19 (04/03)	20+ (87-02)	Masters (<86)
60m	X	X	X	,		,			, ,	, ,
100m	X	X	X	X	X	X	X	X	X	X
200m			X	X	X	X	X	X	X	X
300m				X	X	X				
400m							X	X	X	X
600m	X	X	X							
800m				X	X	X	X	X	X	X
1000m	X	X	X							
1200m				X	X	X				
1500m							X	X	X	X
2000m					X	X				
3000m							X	X	X	X
1500mSC						X				·
(no water)									1	1
2000m SC							X			
3000m SC								X	X	X
800m RW	X	X	X	X						
1500m RW					X	X	X	X	X	X
60m Hurdles	X	X	X							
80m Hurdles				X	X	Women only				Women 40+
100m Hurdles						Men Only	Women only	Women only	Women only	Men 50-69
110m Hurdles							Men Only	Men Only	Men Only	Men Only
200mH				X	X					
300mH						X				
400mH							X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ					X	X	X	X	X	X
HJ	X	X	X	X	X	X	X	X	X	X
SP	X	X	X	X	X	X	X	X	X	X
DT		X	X	X	X	X	X	X	X	X
JT		X	X	X	X	X	X	X	X	X
HT				X	X	X	X	X	X	X
WT										X
4 x 100m	X	X	X	X	X	X	X	X	X	X

FRIDAY		TRACK		
4:30		1500M SC	2000M SC	
5:00		800M RW	1500M RW	1
5:30		200M H	300M H	400M H
6:30		1200M	1500M	
SATURDAY				
900		60M HEATS		
945		1000M	2000M	3000M
1030		60-110M H		
1115		60M FINAL		
1200		200M TF	300M TF	400M TF
1:15		100M HEAT		
230		600M TF	800M TF	
315		100M TF		
400		COMPETITI	VE RELAYS	
430		FAMILY REL		

Track: takes precedence over field; youngest to oldest; alternating female then male

Field: 3 attempts up to age 13(2009) and groups less than 8; 3 more attempts for top 8 ages 14 + (2008) only

Event conflicts: check in with both events; attempts will be "passed" if athlete is on the track during throwing trial rotation

												SATURDAY								FRIDAY	FIELD
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