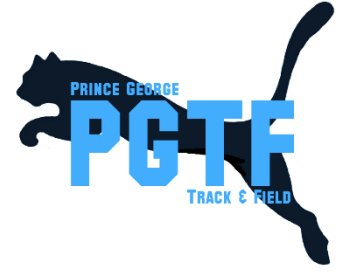




# SUB ZERO TRACK MEET

PRINCE GEORGE, BC

May 7<sup>th</sup>, 2022



**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.

**ELIGIBILITY:** 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 for **\$5.00** (\$3 BCA +\$2 Trackie). 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.

**ENTRIES AND INQUIRIES:** Brian Martinson - MEET DIRECTOR  
Phone (250) - 563-5696  
E-Mail: [princegeorgetrackandfield@gmail.com](mailto:princegeorgetrackandfield@gmail.com) or  
[bamartinson@shaw.ca](mailto:bamartinson@shaw.ca)

Elena Thomas – MEET MANAGER  
E-Mail: [thomase8@cnc.bc.ca](mailto:thomase8@cnc.bc.ca)

**ENTRY DEADLINE:** ***Tuesday May 3<sup>rd</sup>, 2022 No registrations accepted after this date***

**REGISTRATION:** Packages will be available for pick up at the Stadium after 8:30am Saturday

**ENTRY FEES:** **PGTF members: first 3 events free** \$5.00/event after 3  
**All others:** \$5 /event

Please contact Brian at [bamartinson@shaw.ca](mailto:bamartinson@shaw.ca) if you have questions regarding entries.

**REGISTRATION:** **Register Online at TrackieReg**  
[Check the PG Track website for the registration link.](#)

**AWARDS:** ***Ribbons*** for 1st, 2nd, 3rd and 4th place

**MEDICAL:** Qualified FIRST AID on site

- COACHES MEETING:** To be held 30 minutes before the start of the day (8:30 am finish line tent)
- EVENT TIMES:** **All schedule times are approximate (*see attached schedule*) Final schedule is available day of the meet at the stadium or online**
- TIMING:** **Finish Lynx Photo Timing**
- RACE SEEDING:** Athletes will be randomly selected for heats and IAAF seeding rules will apply to finals.
- FIELD EVENTS:** Athletes 13 and younger will have 3 attempts. Athletes 14 and older will have 4 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:** **Onsite- snacks only**
- 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 7 mm for all events. No needle spikes will be allowed. All spikes must be either Christmas tree or pyramid.

Events Offered  
Males & Females

	6-8 Track rascals	9 (2013)	10 (2012)	11 (2011)	12 (2010)	13 (2009)	14/15 (08/07)	16+ (2006 -)
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	X 3kg	G:3kg B:4kg	G:3kg (U18) G:4kg (20+) G:3KG (50+) B:5 kg (U18) B:6kg (U20) B:7.26kg (20+) B:6kg (60+) B:5kg (70+)
Discus						G:750g B: 1 kg	G:1 kg B: 1 kg	G:1kg B:1.5 kg (U18) B:1.75 kg (U20) B:2.0 kg (20+) B:1.5kg (50+) B:1.0kg (60+)
Javelin						G:400g B: 500g	G:500g B:600g	G:500g (U18) G:600g (18+) G:500g (50+) B:700g (U18) B:800g (18+) B:700g (50+) B:600g (60+) B:500g (70+)
4 x 100m		X	X	X	X	X	X	X

**FIELD EVENTS SCHEDULE – SUB ZERO MEET (subject to change)**

Athletes 13 and younger get 3 attempts. Athletes 14 and older get 4 attempts.

Time	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOTPUT	DISCUS	JAVELIN
9:00	16 & older Girls	14/15 Girls	13 yr. old Girls	16 & older Boys	14/15 Boys	13 yr. old Boys
9:45	16 & older Boys		13 yr. old Boys	16 & older Girls		13 yr. old Girls
10:30	9/10 Girls		11 /12 boys	14/15 Boys	13 yr. old Girls	14/15 Girls
11:15	9/10 Boys		14/15 Girls	11 /12 boys	13 yr. old Boys	16 & older Girls
12:00	13 yr. old Girls		14/15 Boys	9/10 Girls	14/15 Girls	16 & older Boys
12:45	13 yr. old Boys	16 & older Girls	11 /12 Girls	9/10 Boys		14/15 Boys
1:30	14/15 Girls	16 & older Boys	9/10 Girls	13 yr. old Girls	16 & older Girls	
2:15	14/15 Boys	13 yr. old Girls	9/10 Boys	13 yr. old Boys	16 & older Boys	
3:00	11 /12 Girls	13 yr. old Boys	16 & older Girls	14/15 Girls		
3:45	11 /12 boys	14/15 Boys	16 & older Boys	11 /12 Girls		

### **TRACK EVENTS SCHEDULE (subject to change)**

Track Events will begin at 9:00 am. All Track events will begin with the youngest group of Girls to the oldest group of Boys. Please listen carefully for announcements. Track events take precedence.

### **ORDER OF EVENTS**

**9:00 - 1000/1200/1500 meters Timed Final**

**10:00 - Sprint Hurdles (14/15 yrs.)**

**11:00 - 200/300/400 meter Timed Final**

**12:30 - 60 meter Track rascal athletes only**

**1:00- 100 meter Timed Final**

**2:30 - 600/800 meter Timed Final**

**4:15 - 4 x 100 meter relays Timed Final**