



SUB ZERO TRACK MEET

PRINCE GEORGE, BC

May 6th and 7th, 2023



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 practise-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.
- A restored and repainted grandstand that includes improved change facilities. Accessible seating and bucket seats with back support.

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 MANAGER

Phone (250) - 563-5696

E-Mail: bamartinson@shaw.ca

Elena Thomas – MEET DIRECTOR

E-Mail: thomase8@cnc.bc.ca

ENTRY

Tuesday May 2nd, 2022 No registrations accepted after this date

DEADLINE:

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

ENTRY FEES: **ALL EVENTS \$10 EACH**

RELAY TEAM \$20 (collected at venue)

Please contact Brian at bamartinson@shaw.ca if you have questions regarding entries.

REGISTRATION:

Register Online at [TrackieReg](#)

[Check the PG Track website for the registration link.](#)

AWARDS:	<i>Medals</i> for 1 st , 2 nd , 3 rd ; ribbons for 4 th to 8 th
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:	Concession onsite – snacks and drinks only NO BOTTLED WATER FOR SALE: BRING YOUR OWN WATER BOTTLES!!
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 to be worn on the front for all events.
SPIKE LENGTH:	The maximum spike length allowed is 7 mm for all events. No needle spikes allowed. All spikes must be either Christmas tree or pyramid.

TENTATIVE EVENTS OFFERED 2023

	U10	U12	U12	U14	U14	U16	U18	U20	OPEN CATEGORY	
	9 (2014)	10 (2013)	11 (2012)	12 (2011)	13 (2010)	14/15 (09/08)	16/17 (07/06)	18/19 (05/04)	20+ (87-03)	Masters (<88)
100m	X	X	X	X	X	X	X	X	X	X
200m				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		
2000m					X	X				
3000m							X	X	X	X
1500mSC (no water)						X				
2000m SC							X			
3000m SC								X		
800m RW										
1500m RW					X	X	X	X		
60m Hurdles										
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
SP	X	X	X	X	X	X	X	X	X	X
DT				X	X	X	X	X		
JT		X	X	X	X	X	X	X	X	X
HT					X	X	X	X	X	X
4 x 100m					X	X	X	X		
4 X 400m					X	X	X	X		