**SPRUCE CAPITAL MEET**

**PRINCE GEORGE, BC**

**June 22nd, 2024**

**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. Allows participation in sanctioned events by elementary and high school student athletes who do not hold an annual BC Athletics Competitive Athlete membership or do not compete for a BC Athletics School Club member school or School District Club. Athletes can only compete for their schools.

**ENTRIES AND INQUIRIES:**

Brian Martinson - MEET MANAGER

Phone (250) - 563-5696

E-Mail: bamartinson@shaw.ca

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|  | Elena Thomas – MEET DIRECTOR |
|  | E-Mail: thomase8@cnc.bc.ca |
| **ENTRY DEADLINE:** | ***Tuesday June 18th, 2024 No registrations accepted after this date*** |
| **REGISTRATION** | Packages will be available for pick up at the Stadium after 8:00am Saturday |
| **ENTRY FEES:** | **ALL EVENTS $10 EACH** |
|  | **MASTERS THROWS PENTATHLON $30** |

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

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| **REGISTRATION:** | | **Register Online at TrackieReg** |
|  | | Check the PG Track website for the registration link. |
| **AWARDS:** | | ***Medals*** for 1st, 2nd, 3rd; ribbons for 4th to8th |
|  | |  |
| **MEDICAL:** | | Qualified FIRST AID on site |
| **COACHES & OFFICIALS 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 U16-U20 will have 4 attempts. 20+ and Masters will receive 6 attempts.** |
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| **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 2024

|  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **6-8**  **Track rascals** | **9**  **U10**  **(2015)** | **10**  **U12**  **(2014)** | **11**  **U12**  **(2013)** | **12**  **U14**  **(2012)** | **13**  **U14**  **(2011)** | **14/15**  **U16**  **(10/09)** | **16/17**  **U18**  **(08/07)** | **18/19**  **U20**  **(06/05)** | **Senior**  **20+**  **(90-04)** | **Master**  **(→89 in 5 yr groups)** |
| **60m** | X | X | X | X |  |  |  |  |  |  |  |
| **100m** |  | X | X | X | X | X | X | X | X | X | X |
| **200m** |  |  |  | X | X | X | X | 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 |  |  |  |
| **5000m** |  |  |  |  |  |  |  |  | X | X | X |
| **1500m RW** |  |  |  |  |  |  | X | X | X | X | X |
| **60m Hurdles** |  | X | X | X |  |  |  |  |  |  |  |
| **80m Hurdles** |  |  |  |  | X | X |  |  |  |  |  |
| **Long Jump** |  | X | X | X | X | X | X | X | X | X | X |
| **Triple Jump** |  |  |  |  |  |  | X | X | X |  |  |
| **High Jump** |  | X | X | X | X | X | X | X | X | X | X |
| **Pole vault** |  |  |  |  |  |  | X | X | X | X | X |
| **Shot Put** |  | X | X | X | X | X |  |  |  |  | X |
| **Discus** |  |  | X | X | X | X | X | X | X | X | X |
| **Javelin** |  |  | X | X | X | X | X | X | X | X | X |
| **Hammer** |  |  |  |  |  | X | X | X | X | X | X |
| **Throws pentathlon** |  |  |  |  |  |  |  |  |  |  | X |
| **4 x 100m (fun)** |  | X | X | X | X | X | X | X | X | X | X |