



SPRUCE CAPITAL INVITATIONAL MEET

PRINCE GEORGE, BC June 17 & 18 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/ triple jump and pole vault.

ELIGIBILITY:

- 2022 **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 – **Elementary, middle or high school students only** whose schools do **not** hold a BC Athletics School Club Membership must purchase “Day of Event” School Club Membership insurance for \$5.00
- 2022 **University athletes** who are members of their schools’ team that is registered with BC Athletics.
- Note: BC Athletics “**Training Only**” members **CANNOT COMPETE!**

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.

