

THE SUB ZERO MEET

May 1, 2010

at MASICH PLACE STADIUM

**** ALL EVENTS ARE SUB-DISTANCE****

****WEATHER MAY BE SUB-ZERO****

****NO EVENT LIMIT PER ATHLETE****

****ALL AGE CLASSES BY YEAR OF BIRTH****

****EVENTS FOR ELEMENTARY AGED ATHLETES****

COME AND EXPERIENCE OUR FABULOUS ALL-WEATHER RUNNING TRACK!
REGISTRATION AT EACH EVENT (NO PRE-REGISTRATION REQUIRED)

Prince George Track & Field Club sponsored Concession

Non PG Track Members - \$10.00 per person (no entry limit)

(pay at the Administration Booth prior to beginning your events)

FIRST TO FOURTH PLACE RIBBONS FOR ALL EVENTS

RELAYS WILL RUN ACCORDING TO THE FOLLOWING RULES:

Athletes will be marshaled in age groups on the infield, and either selected randomly or accepted as pre-organized by the coach

- *The Medley will be 200 – 400 – 800 – 200 meters (in that order)*
- *All relays will be timed finals*
- *There will be an event ribbon awarded to all relay competitors*

ELEMENTARY EVENTS AGES 6 – 12 (yob 1998-2004)

- **Events available will be: Relays, 60M, 300M, 600M, Long Jump, and Shot Put**
- **Age groups will be according to athletes' year of birth**
- **Coaches and Athletes are advised to listen for events to be called**

OTHER MEETS IN 2010

North Central District High School Meet
May 20 - 21
Contact: Eric Wolf: E-mail Eric_Wolf@sd59.bc.ca

Jack Brow Meet – Kelowna
July 3 - 4

Contact Tom: PGTF (250)564-9528

Spruce Capital Invitational Meet
June 12 - 13
Contact Tom: PGTF (250)564-9528

BC Juvenile, Junior, Senior - Abbotsford
July 16 - 17

Contact Tom: PGTF (250)564-9528

BC Junior Development Championships – Kamloops
July 30 – August 1
Contact Tom: PGTF (250)564-9528

National Legion Youth Championships
Aug 4 - 10

Contact Tom: PGTF (250)564-9528

BC SUMMER GAMES
July 22 – 25 -- Langley
Contact Judy (250)964-8448