SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET

JUNE 13 & 14, 2009

CLUB ____

ADDRESS ____

CITY ________________________________ **PC** ___________

COACH __________________________________

PHONE ________________________

Not all events listed are for all Age Groups
Please refer to the information sheet before entering athletes!!
Indicate Track & Field entries with an "X"
Indicate Hurdles & Racewalk with the appropriate distance
Please use entry form provided (copy as required)

Entry Deadline - June 9, 2009

Mail, Fax, or E-Mail entries to:
Prince George Track & Field Club
237 Wilson Crescent, Prince George, BC V2L 4P8
Telephone (250)564-9528 FAX (250)564-8725
E-Mail: pgtrack@telus.net

Meet Director - Tom Masich

Year of Birth	M F	NAME OF ATHLETE (PLEASE PRINT CLEARLY)	BCA NUMBER	Hurdles	Hurdles	100M	200M	400M	800M	1500M	3000M	Race Walk	Other Track	HJ	LJ	TJ	DT	HT	JT	SP	