

SPRUCE CAPITAL INVITATIONAL MEET

PRINCE GEORGE, BC

June 13 & 14, 2009

- 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.
- 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 (Cost \$5.00). 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:** PG Track and Field Club Telephone: (250)564-9528
237 Wilson Crescent FAX: (250)564-8725
Prince George, BC V2L 4P8 Email: pgtrack@telus.net
www: pgtrackandfield.ca
- ENTRY DEADLINE:** **June 9, 2009**
- REGISTRATION:** Packages will be available for pick up at the Stadium Friday evening, or after 8:00am Saturday
- ENTRY FEES:** **\$7.00** per individual event (No charge for relays) (We do not accept Credit Cards)
\$5.00 flat fee per PG Track Club Member (covers both days)
- 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
- AGE DIVISIONS:** ***By year of birth***
1994 - 2001 Girls and Boys individual years
1992 - 1993 - Juvenile group
1991 and Older is an open age group to age 34 (1974)
35+ Masters --- 55+ Senior Games Masters
- MEET DIRECTOR:** Tom Masich Phone (250)564-9528
FAX (250)564-8725
E-Mail: pgtrack@telus.net
- MEDICAL:** Qualified FIRST AID ATTENDANT on site
- COACHES MEETING:** To be held 30 minutes before the start of each day
- MEET RESULTS:** Complete results will be available on request one week following the meet
- EVENT TIMES:** **All schedule times are approximate (see attached schedule)**
- TIMING:** **Finish Lynx Photo Timing (except ages 6 – 8)**
- 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:** 1997 – 2001 – Each athlete is permitted 3 (three) attempts
1996 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