

# SPRUCE CAPITAL INVITATIONAL MEET

PRINCE GEORGE, BC

June 12 & 13, 2010

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- 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 *Brian Martinson Phone (250) 563-5696  
E-Mail: bamartinson@shaw.ca  
www: pgtrackandfield.ca*
- ENTRY DEADLINE: **June 9, 2010**
- REGISTRATION: *Packages will be available for pick up at the Stadium Friday evening, or after 8:00am Saturday*
- ENTRY FEES: *\$7.00/event if submitted by Hy-Tek.  
\$8.00/event if submitted by fax, e-mail (without Hy-Tek) or mail-in.*
- Hy-Tek - *Please contact Brian at bamartinson@shaw.ca regarding Hy-Tek entries.  
(Team Manager Lite is free and available at: <http://hy-tek.com/downloads.html>.  
Instructions for Team Manager Lite are at: <http://hy-tek.com/updates/tftm%20lite.pdf>)*
- Mail in: *Spruce Capital entries, 406 North Ogilvie Street, Prince George, BC. V2m 3H8*
- 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*
- MEET DIRECTOR: *Brian Martinson Phone (250) 563-5696  
Fax : 250 -564-4891  
E-Mail: bamartinson@shaw.ca*
- MEDICAL: *Qualified FIRST AID ATTENDANT on site*
- COACHES MEETING: *To be held 30 minutes before the start of each day*
- 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: *1996 – 2001 – Each athlete is permitted 3 (three) attempts*

1997 and older - Each athlete is permitted 3 (three) attempts  
- for 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.