



SPRUCE CAPITAL INVITATIONAL MEET  
PRINCE GEORGE, BC  
June 11 & 12, 2011



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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**      **MEET DIRECTOR:** Brian Martinson      Phone (250) 563-5696  
E-Mail: bamartinson@shaw.ca  
www: pgtrackandfield.ca
- Hy-Tek** – Please contact Brian at bamartinson@shaw.ca regarding Hy-Tek entries.  
(Team Manager Lite is free and available at: <http://hy-tek ltd.com/downloads.html>.  
Instructions for Team Manager Lite are at: <http://hy-tek ltd.com/updates/tftm%20lite.pdf>)
- Mail in:** Spruce Capital entries, 406 North Ogilvie Street, Prince George, BC. V2m 3H8
- ENTRY DEADLINE:**      *June 8, 2010*
- ENTRY FEES:**      \$8.00/event if submitted by Hy-Tek.  
\$9.00/event if submitted by fax, e-mail (without Hy-Tek) or mail-in.  
**Late entries will be charged \$15.00/event .**
- REGISTRATION:**      Packages will be available for pick up at the Stadium Friday evening, or after 8:00 am Saturday
- 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
- MEDICAL:**      Qualified FIRST AID ATTENDANT on site
- COACHES MEETING:**      To be held 30 minutes before the start of each day
- 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:**      1998 – 2002 – Each athlete is permitted 3 (three) attempt  
1997 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







2011 Spruce Capital Meet

Club (or unattached individual): \_\_\_\_\_

Coach or Representative: \_\_\_\_\_

Ph: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Total # of Individual Events: \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

(Entries are \$9.00/event if they are faxed, e-mailed or mailed-in)

Total # of Relays: \_\_\_\_\_ x \$9.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make cheques payable to "Prince George Track and Field Club"

Payment sent with registration: Y or N

Will pay at package pick-up: Y or N

E-mail to: bamartinson@shaw.ca; OR

Mail to: Spruce Capital entries, 406 North Ogilvie Street, Prince George, BC. V2m 3H8  
C/O Brian Martinson

**\*\*ENTRY DEADLINE\*\***: Wednesday, June 8<sup>th</sup>. All entries must be received by this date to avoid late entry fees.