

2019 Regina Indoor Games

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 8 & 9, 2019

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. Entry Fees

Individual Events: First event: \$25.00

Second event: \$25.00

Additional events: \$20.00 per event.

Entry fee for the Triathlon and Pentathlon will be \$35.00 per athlete.

Late entry fee in all individual events will be \$50.00 per event. Late entry fee for Triathlon and Pentathlon competitors will be \$50.00 per athlete.

Cheques and money orders should be made payable to:

Excel Athletika

2. Eligibility

Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition.

Out-of-province athletes must be registered with the sports governing body in their province.

Saskatchewan athletes may obtain a card by writing to:

Saskatchewan Athletics

2020 College Drive

Saskatoon, Saskatchewan

S7N 2W4

Sask Athletics reigtration forms will be available at the meet office during the meet.

Day passes, valid for only the specific meet for which they were purchased, will be available at the meet office. Please **do not** send day pass fees with your meet entry fees. They must be paid separately to **Saskatchewan Athletics**.

3. Age Classes

- Senior: 20 and older as of Dec. 31, 2019 (born 1999 or earlier)
- U20: Under 20 as of Dec. 31, 2019 (born in 2000 or 2001)
- U18: Under 18 as of Dec. 31, 2019 (born in 2002 or 2003)
- U16: Under 16 as of Dec. 31, 2019 (born in 2004 or 2005)
- U14: Under 14 as of Dec. 31, 2019 (born in 2006 or 2007)
- U12: Under 12 as of Dec. 31, 2019 (born in 2008 or later)
- Masters: 35 & over as of the day of the event.

4. **Scratches**

Please report scratches in lane races to the meet office as soon as possible.

5. **Late Entries**

Late entries will only be accommodated if space is available in the event. As well, late entries should be made one hour prior to the event start time especially in lane races.

6. **Protests**

Protests must be submitted in writing to the meet office no later than one-half hour following the official posting of results. Protests must be accompanied by a \$50.00 deposit which is forfeited if the protest is disallowed.

7. **Entry Deadline**

The entry deadline for the meet is:

Friday, February 1, 2019

All teams with more than six entries should use Hy-Tek Team Manager to submit their entries. Hy-Tek Team Manager Lite can be downloaded free of charge from:

www.hy-tektd.com/downloads.html

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Monday, February 4, 2019.

All entries after 11:59 pm, Monday, February 4 will be considered late entries.

All entries submitted with an e-mail address will be confirmed by return e-mail.

Return completed forms to:

James Langen
744 Dalgliesh Drive
Regina, Saskatchewan
S4R 6G2

E-mail: jflangen@sasktel.net - preferred

Fax #: 306 543-3104

8. **Meet Hotel:**

Wyndham by Wingate
1700 Broad Street
1-800-228-1000
1-306-584-7400

Room Rate: \$109.00/night plus taxes. Registration deadline: January 9, 2019

- 9. Registration:** Regina Sportsplex
1717 Elphinstone Street
4:00 P.M., Friday, February 8, 2019 First Event: 5:00 P.M.
8:00 A.M., Saturday, February 9, 2019 First Event: 9:00 A.M.

10. Awards

Gold, Silver and Bronze medallions.

- 11. Schedule of Events (tentative):** Please remember that times are **subject to change** based on the number of entries received.

Friday, February 8

Track			Field		
5:00pm	U12 Girls	4x100m	5:00pm	U16 Boys	Long Jump
	U12 Boys	4x100m		U18 Boys	Long Jump
	U14 Girls	4x100m		U16 Girls	Shot Put
	U14 Boys	4x100m		Masters M&W	Shot Put
	U16 Girls	4x100m			
	U16 Boys	4x100m			
5:30pm	U20 & Sr Men	60mH	5:30pm	U16 Girls	Pole Vault
	U18 Boys	60mH		U18 Girls	Pole Vault
	U16 Boys	60mH		Masters W & M	Pole Vault
	U20 & Sr. Women	60mH		U12 Boys	High Jump
	U18 Girls	60mH		U12 Girls	High Jump
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			

Supper Break

7:00pm	U20 & Sr Men	60mH	7:00pm	U20 & Sr. Men	Shot Put
	U18 Boys	60mH		U14 Girls	High Jump
	U16 Boys	60mH		U20 & Sr. Men	Long Jump
	U20 & Sr. Women	60mH		U20 & Sr. Women	Pole Vault
	U18 Girls	60mH			
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			
7:30pm	U12 Girls	1000m			

	U12 Boys	1000m			
	U14 Girls	1200m	8:00pm	U14 Boys	High Jump
	U14 Boys	1200m		Masters W & M	High Jump
	U16 Girls	1200m		U20 & Sr. Women	Long Jump
	U16 Boys	1200m		U20 & Sr. Women	Shot Put
8:30pm	U18 Girls	1500m		U18 Girls	Shot Put
	U18 Boys	1500m	8:45pm	U16 Girls	High Jump
	U20 & Sr. Women	1500m			
	U20 & Sr. Men	1500m			
	Masters M & W	1500m			
9:00pm	U16 Girls	200m			
	U16 Boys	200m			
	U18 Girls	200m			
	U18 Boys	200m			
	U20 & Sr Women	200m			
	U20 & Sr. Men	200m			
	Masters W & M	200m			

Saturday, February 9

Track			Field		
9:00am	U16 Girls	60m	9:00am	U18 Girls	Weight Throw
	U16 Boys	60m		Masters M & W	Weight Throw
	Masters W & M	60m		U20 & Sr. Women	Weight Throw
	U18 Girls	60m		U16 Girls	Long Jump
	U18 Boys	60m		Masters W & M	Long Jump
	U20 & Sr. Women	60m		U18 Girls	High Jump
	U20 & Sr. Men	60m		U12 Girls	Long Jump - Triathlon
	Sr. Women	60m Spec O		U20 & Sr. Men	Pole Vault
	Sr. Men	60m Spec O		U16 Men	Pole Vault
10:00am	U16 Girls	800m		U18 Men	Pole Vault
	U16 Boys	800m	9:45am	U18 Boys	Weight Throw
	U18 Girls	800m		U20 & Sr Men	Weight Throw
	U18 Boys	800m	10:00am	U12 Boys	Long Jump - Triathlon
	U20 & Sr Women	800m		U18 Girls	Long Jump
	U20 & Sr. Men	800m		U20 & Sr. Women	High Jump
	Masters W & M	800m	10:30am	U12 Girls	Shot Put - Triathlon
11:00am	U16 Girls	60m	11:00am	U14 Girls	Long Jump - Triathlon
	U16 Boys	60m		U16 Girls	Long Jump - Triathlon
	Masters W & M	60m		U14 Boys	Long Jump - Triathlon
	U18 Girls	60m		U16 Boys	Long Jump - Triathlon
	U18 Boys	60m		U20 & Sr. Men	High Jump
	U20 & Sr. Women	60m	11:30am	Sr. Women	Shot Put - Special O

U20 & Sr. Men

60m

Sr. Men

Shot Put - Special O

Lunch Break

1:00pm	U12 Girls	60m - Triathlon	1:00pm	U18 Boys	High Jump
	U12 Boys	60m - Triathlon		U16 Girls	Triple Jump
1:10pm	U12 Girls	600m - Triathlon		U12 Boys	Shot Put - Triathlon
	U12 Girls	600m		Sr. Women	Long Jump - Special O
1:20pm	U12 Boys	600m - Triathlon		Sr. Men	Long Jump - Special O
	U12 Boys	600m			
	Sr. Women	200m Special O			
	Sr. Men	200m Special O			
1:40pm	U18 Girls	400m			
	U18 Boys	400m			
	U20 & Sr. Men	400m	1:45pm	U14 Girls	Shot Put - Triathlon
	U20 & Sr. Women	400m		U16 Girls	Shot Put - Triathlon
	Masters M & W	400m		U16 Boys	High Jump
				U18 Girls	Triple Jump
				U20 & Sr. Women	Triple Jump
2:00pm	U12 Girls	150m			
	U12 Boys	150m			
	U14 Girls	150m			
	U14 Boys	150m			
2:20pm	U16 Girls	300m			
	U16 Boys	300m			
2:30pm	U18 Girls	400m	2:30pm	U14 Boys	Shot Put - Triathlon
	U18 Boys	400m		U16 Boys	Shot Put - Triathlon
	U20 & Sr. Women	400m		U18 Boys	Triple Jump
	U20 & Sr. Men	400m		U20 & Sr. Men	Triple Jump
	Sr. Women	400m Special O		U16 Boys	Triple Jump
	Sr. Men	400m Special O		Masters M & W	Triple Jump
2:45pm	U16 Girls	2000m			
	U16 Boys	2000m			
3:05pm	U18 Girls	3000m			
	Masters W & M	3000m			
3:15pm	U14 Girls	60m - Triathlon	3:15pm	U18 Boys	Shot Put
	U14 Boys	60m - Triathlon		U18 Boys	High Jump
	U16 Girls	60m - Triathlon			
	U16 Boys	60m - Triathlon			
	U14 Girls	800m - Triathlon			
	U14 Girls	800m			
	U14 Boys	800m - Triathlon			
	U14 Boys	800m			
	U20 & Sr. Women	3000m			
	U18 Boys	3000m			

4:00pm	U20 & Sr. Men	3000m	4:00pm	U16 Boys	Shot Put
	U18 Girls	4x100m			
	U18 Boys	4x100m			
	U20 & Sr. Women	4x100m			
	U20 & Sr. Men	4x100m			

12. Events: Please take note of the following:

- Speed triathlon events consist of the 60 metres, Long Jump and Shot Put.
- Endurance triathlon events consist of the 600/800 metres, Long Jump and Shot Put.
- Blocks are allowed for Bantam athletes but are not mandatory.
- **DO NOT ENTER ATHLETES IN BOTH THE SPEED AND ENDURANCE TRIATHLON EVENTS!**

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	32	Men 20-34 400 Meter Dash Senior
2	Boys 14-15 60 Meter Dash U16	33	Women 35-99 400 Meter Dash Masters
3	Girls 16-17 60 Meter Dash U18	34	Men 35-99 400 Meter Dash Masters
4	Boys 16-17 60 Meter Dash U18	35	Girls 10-11 600 Meter Run U 12
5	Women 18-19 60 Meter Dash U20	36	Boys 10-11 600 Meter Run U 12
6	Men 18-19 60 Meter Dash U20	37	Girls 12-13 800 Meter Run U14
7	Women 20-34 60 Meter Dash Senior	38	Boys 12-13 800 Meter Run U14
8	Men 20-34 60 Meter Dash Senior	39	Girls 14-15 800 Meter Run U16
9	Women 35-99 60 Meter Dash Masters	40	Boys 14-15 800 Meter Run U16
10	Men 35-99 60 Meter Dash Masters	41	Girls 16-17 800 Meter Run U18
11	Girls 10-11 150 Meter Dash U 12	42	Boys 16-17 800 Meter Run U18
12	Boys 10-11 150 Meter Dash U 12	43	Women 18-19 800 Meter Run U20
13	Girls 12-13 150 Meter Dash U14	44	Men 18-19 800 Meter Run U20
14	Boys 12-13 150 Meter Dash U14	45	Women 20-34 800 Meter Run Senior
15	Girls 14-15 200 Meter Dash U16	46	Men 20-34 800 Meter Run Senior
16	Boys 14-15 200 Meter Dash U16	47	Women 35-99 800 Meter Run Masters
17	Girls 16-17 200 Meter Dash U18	48	Men 35-99 800 Meter Run Masters
18	Boys 16-17 200 Meter Dash U18	49	Girls 10-11 1000 Meter Run U 12
19	Women 18-19 200 Meter Dash U20	50	Boys 10-11 1000 Meter Run U 12
20	Men 18-19 200 Meter Dash U20	51	Girls 12-13 1200 Meter Run U14
21	Women 20-34 200 Meter Dash Senior	52	Boys 12-13 1200 Meter Run U14
22	Men 20-34 200 Meter Dash Senior	53	Girls 14-15 1200 Meter Run U16
23	Women 35-99 200 Meter Dash Masters	54	Boys 14-15 1200 Meter Run U16
24	Men 35-99 200 Meter Dash Masters	55	Girls 16-17 1500 Meter Run U18
25	Girls 14-15 300 Meter Dash U16	56	Boys 16-17 1500 Meter Run U18
26	Boys 14-15 300 Meter Dash U16	57	Women 18-19 1500 Meter Run U20
27	Girls 16-17 400 Meter Dash U18	58	Men 18-19 1500 Meter Run U20
28	Boys 16-17 400 Meter Dash U18	59	Women 20-34 1500 Meter Run Senior
29	Women 18-19 400 Meter Dash U20	60	Men 20-34 1500 Meter Run Senior
30	Men 18-19 400 Meter Dash U20	61	Women 35-99 1500 Meter Run Masters
31	Women 20-34 400 Meter Dash Senior	62	Men 35-99 1500 Meter Run Masters

Event #	Event Name	Event #	Event Name
63	Girls 14-15 2000 Meter Run U16	108	Men 35-99 Pole Vault Masters
64	Boys 14-15 2000 Meter Run U16	109	Girls 14-15 Long Jump U16
65	Girls 16-17 3000 Meter Run U18	110	Boys 14-15 Long Jump U16
66	Boys 16-17 3000 Meter Run U18	111	Girls 16-17 Long Jump U18
67	Women 18-19 3000 Meter Run U20	112	Boys 16-17 Long Jump U18
68	Men 18-19 3000 Meter Run U20	113	Women 18-19 Long Jump U20
69	Women 20-34 3000 Meter Run Senior	114	Men 18-19 Long Jump U20
70	Men 20-34 3000 Meter Run Senior	115	Women 20-34 Long Jump Senior
71	Women 35-99 3000 Meter Run Masters	116	Men 20-34 Long Jump Senior
72	Men 35-99 3000 Meter Run Masters	117	Women 35-99 Long Jump Masters
73	Girls 12-13 60 Meter Hurdles .76m U14	118	Men 35-99 Long Jump Masters
74	Boys 12-13 60 Meter Hurdles .76m U14	119	Girls 14-15 Triple Jump U16
75	Girls 14-15 60 Meter Hurdles .76m U16	120	Boys 14-15 Triple Jump U16
76	Boys 14-15 60 Meter Hurdles .84m U16	121	Girls 16-17 Triple Jump U18
77	Girls 16-17 60 Meter Hurdles .76m U18	122	Boys 16-17 Triple Jump U18
78	Boys 16-17 60 Meter Hurdles .91m U18	123	Women 18-19 Triple Jump U20
79	Women 18-19 60 Meter Hurdles .84m U20	124	Men 18-19 Triple Jump U20
80	Men 18-19 60 Meter Hurdles .99m U20	125	Women 20-34 Triple Jump Senior
81	Women 20-34 60 Meter Hurdles .84m Senior	126	Men 20-34 Triple Jump Senior
82	Men 20-34 60 Meter Hurdles 1.07m Senior	127	Women 35-99 Triple Jump Masters
83	Women 35-99 60 Meter Hurdles Masters	128	Men 35-99 Triple Jump Masters
84	Men 35-99 60 Meter Hurdles Masters	129	Girls 14-15 Shot Put 3kg U16
85	Girls 10-11 High Jump U 12	130	Boys 14-15 Shot Put 4kg U16
86	Boys 10-11 High Jump U 12	131	Girls 16-17 Shot Put 3kg U18
87	Girls 12-13 High Jump U14	132	Boys 16-17 Shot Put 5kg U18
88	Boys 12-13 High Jump U14	133	Women 18-19 Shot Put 4kg U20
89	Girls 14-15 High Jump U16	134	Men 18-19 Shot Put 6kg U20
90	Boys 14-15 High Jump U16	135	Women 20-34 Shot Put 4kg Senior
91	Girls 16-17 High Jump U18	136	Men 20-34 Shot Put 7.26kg Senior
92	Boys 16-17 High Jump U18	137	Women 35-99 Shot Put Masters
93	Women 18-19 High Jump U20	138	Men 35-99 Shot Put Masters
94	Men 18-19 High Jump U20	139	Girls 16-17 Weight Throw 16lb U18
95	Women 20-34 High Jump Senior	140	Boys 16-17 Weight Throw 20lb U18
96	Men 20-34 High Jump Senior	141	Women 18-19 Weight Throw 20lb U20
97	Women 35-99 High Jump Masters	142	Men 18-19 Weight Throw 25lb U20
98	Men 35-99 High Jump Masters	143	Women 20-34 Weight Throw 20lb Senior
99	Girls 14-15 Pole Vault U16	144	Men 20-34 Weight Throw 35lb Senior
100	Boys 14-15 Pole Vault U16	145	Women 35-99 Weight Throw Masters
101	Girls 16-17 Pole Vault U18	146	Men 35-99 Weight Throw Masters
102	Boys 16-17 Pole Vault U18	147	Girls 10-11 Triathlon Speed U 12
103	Women 18-19 Pole Vault U20	148	Boys 10-11 Triathlon Speed U 12
104	Men 18-19 Pole Vault U20	149	Girls 12-13 Triathlon Speed U14
105	Women 20-34 Pole Vault Senior	150	Boys 12-13 Triathlon Speed U14
106	Men 20-34 Pole Vault Senior	151	Girls 14-15 Triathlon Speed U16
107	Women 35-99 Pole Vault Masters	152	Boys 14-15 Triathlon Speed U16

Event #	Event Name
153	Girls 10-11 Triathlon Endurance U 12
154	Boys 10-11 Triathlon Endurance U 12
155	Girls 12-13 Triathlon Endurance U14
156	Boys 12-13 Triathlon Endurance U14
157	Women 20-34 Indoor Pentathlon Senior
158	Men 20-34 Indoor Pentathlon Senior
159	Girls 10-11 4x100 Meter Relay U 12
160	Boys 10-11 4x100 Meter Relay U 12
161	Girls 12-13 4x100 Meter Relay U14
162	Boys 12-13 4x100 Meter Relay U14
163	Girls 14-15 4x100 Meter Relay U16
164	Boys 14-15 4x100 Meter Relay U16
165	Girls 16-17 4x100 Meter Relay U18
166	Boys 16-17 4x100 Meter Relay U18
167	Women 18-19 4x100 Meter Relay U20

Event #	Event Name
168	Men 18-19 4x100 Meter Relay U20
169	Women 20-34 4x100 Meter Relay Senior
170	Men 20-34 4x100 Meter Relay Senior
171	Women 35-99 4x100 Meter Relay Masters
172	Men 35-99 4x100 Meter Relay Masters
173	Women 20-34 60 Meter Dash Special O Senior
174	Men 20-34 60 Meter Dash Special O Senior
175	Women 20-34 200 Meter Dash Special O Senior
176	Men 20-34 200 Meter Dash Special O Senior
177	Women 20-34 400 Meter Dash Special O Senior
178	Men 20-34 400 Meter Dash Special O Senior
179	Women 20-34 Long Jump Special O Senior
180	Men 20-34 Long Jump Special O Senior
181	Women 20-34 Shot Put Special O Senior
182	Men 20-34 Shot Put Special O Senior

2019 Regina Indoor Games

Regina Sportsplex

Regina, Saskatchewan

February 8 & 9, 2019

CLUB _____

ADDRESS _____

CITY _____ **POSTAL CODE** _____

COACH'S NAME _____ **TELEPHONE** _____

E-MAIL _____

Total Entry Fee Enclosed: _____

Mail entries to: James Langen
744 Dalglish Drive
Regina, Saskatchewan
S4R 6G2

Fax #: 306 543-3104

Home: 306 545-7759

E-mail: jflangen@sasktel.net

Entry Deadline: Friday, February 1, 2019

