

LARMER FRIENDSHIP GAMES

REGINA SPORTSPLEX
1717 Elphinstone Street
Regina, Saskatchewan
Saturday, December 8, 2018

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

- Entry Fee:** First event: \$25.00
Second event: \$25.00
Additional events: \$20.00 per event
Triathlon: \$35.00
Late entry fee: \$50.00 per event.

Cheques and money orders should be made payable to:

Excel Athletika

- Eligibility:** Athletes competing in the meet must obtain an Athletics Canada card prior to the competition. Saskatchewan athletes may obtain a card by writing to:

Saskatchewan Athletics
2020 College Drive
Saskatoon, Saskatchewan
S7N 2W4

Day passes, valid for only the specific meet for which they were purchased, are available at the meet office.

- Age Classes:**

Senior: 20 and older as of Dec. 31, 2018 (born 1998 or earlier)
Junior: Under 20 as of Dec. 31, 2018 (born 1999 – 2000)
Youth: Under 18 as of Dec. 31, 2018 (born 2001 - 2002)
Midget: Under 16 as of Dec. 31, 2018 (born 2003 - 2004)
Bantam: Under 14 as of Dec. 31, 2018 (born 2005 – 2006)
Pee Wee: Under 12 as of Dec. 31, 2018 (born 2007 or later)
Masters: 35 years and older as of the day of the meet

- Awards:** Ribbons to the top three finishers in each event including finishers in each individual triathlon event.

5. **Entries:** Entries must be made using the event codes attached. Accurate seed times are useful to place athletes in the appropriate section. Athletes without seed times are placed the slowest sections.

Manual Entry Deadline: 6:00 P.M., Friday, November 30, 2018

Teams submitting entries with **Hy-Tek's Team Manager or Trackie** may use a deadline extension until 9:00 P.M., Monday, December 3, 2018. Teams with more than five or six entries should be using Team Manager to submit their entries. If you need assistance using Team Manager, please give me a call.

Send entries to:

James Langen
744 Dalgliesh Drive
Regina, Saskatchewan
S4R 6G2

E-mail: jflangen@sasktel.net (preferred)

Home: (306) 545-7759

Fax #: (306) 543-3104

All faxed and e-mailed entries will be confirmed by return e-mail.

6. **Registration:** Regina Fieldhouse
1:00 P.M., Saturday, December 8, 2018
First Event: 2:00 P.M.

7. **Tentative Schedule of Events:**

The final schedule will be **e-mailed** to all clubs and individual athletes registered with the meet on Wednesday, December 5, 2018. Please ensure an active e-mail address is included with your entry form.

Track

2:00 PW & Bant 4 x 100
2:15 Jr & Sr Women 60m Heats
2:20 Jr & Sr Men 60m Heats
2:15 Midget Girls 60m
2:20 Midget Boys 60m
2:25 Youth Girls 60m
2:30 Youth Boys 60m
2:45 Masters 60m
2:50 Sr Women 60m Final
2:55 Sr Men 60m Final
3:05 Men and Women 3Km

Long Jump/Triple Jump

2:10 Bantam Girls and Boys Triathlon
3:30 Pee Wee Girls and Boys Triathlon
4:30 Mid., Youth, Jr., Sr., Masters Men
6:30 Mid, Youth, Jr., Sr., Masters Women
7:30 Triple Jump - All

High Jump/Pole Vault

2:00 Mid., Youth, Jr., Sr., Women
3:00 Mid., Youth Men
3:45 Jr., Sr., Men

3:35 Sr. Men 60mH-Heats
3:45 Jr. Men 60mH
3:55 Youth Men 60mH
4:05 Jr. & Sr. Women 60mH-Heats
4:10 Midget Men 60mH
4:20 Midget Girls 60mH
4:25 Youth Girls 60mH
4:35 Bantam Girls and Boys 60mH
4:50 Sr. Men 60mH-Final
5:00 Sr. Women 60mH-Final
5:05 Sr. Women 600m
5:10 Sr. Men 600m
5:15 Masters & Midget Girls 800m
5:25 Bant. Girls & Boys Triathlon 800m
5:35 Bant. Girls & Boys Triathlon 60m
5:45 Supper Break
6:30 Midget Boys 800m
6:40 Youth Girls 800m
6:50 Youth Boys 800m
7:00 Jr. & Sr. Women 800m
7:10 Jr. & Sr. Men 800m
7:15 PW Girls & Boys Triathlon 60m
7:25 PW Girls & Boys Triathlon 600m
7:30 Midget Girls 200m
7:35 Midget Boys 200m
7:40 Youth Girls 200m
7:45 Youth Boys 200m
7:50 Jr. & Sr. Women 200m
7:55 Jr. & Sr. Men 200m
8:00 Masters 200m
8:10 PW Girls & Boys 1000m
8:20 Bant. Girls & Boys 1200m
8:30 Mid. Girls & Boys 1200m
8:40 Masters & Youth Girls 1500m
8:50 Youth Boys 1500m
9:00 Jr. & Sr. Women 1500m
9:10 Jr. & Sr. Men 1500m
9:20 Sprint Medley Relays (200-100-100-400)

4:30 Pole Vault - All
6:30 P.W. & Bantam Boys and Girls

Weight Throw/Shot Put

2:00 Weight Throw - All
3:15 Bantam Boys & Girls Triathlon
4:15 Mid., Youth, Jr., Sr., Masters Women
5:00 Pee Wee Boys & Girls Triathlon
7:00 Mid., Youth, Jr., Sr., Masters Men

8. Multiple Events:

Triathlon Speed: 60 metres, long jump, shot put

Triathlon Endurance: 600/800 metres, long jump, shot put

9. Events:

Please use event codes when making your entries. **Please insure that your athlete names are identical to those in the Sask Athletics database.** If you are not sure, get a copy of your database from Janine at Sask Athletics.

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	34	Boys 10-11 600 Meter Run U12
2	Boys 14-15 60 Meter Dash U16	35	Men 20-34 600 Meter Run Senior
3	Girls 16-17 60 Meter Dash U18	36	Women 20-34 600 Meter Run Senior
4	Boys 16-17 60 Meter Dash U18	37	Girls 12-13 800 Meter Run U14
5	Women 18-19 60 Meter Dash U20	38	Boys 12-13 800 Meter Run U14
6	Men 18-19 60 Meter Dash U20	39	Girls 14-15 800 Meter Run U16
7	Women 20-34 60 Meter Dash Senior	40	Boys 14-15 800 Meter Run U16
8	Men 20-34 60 Meter Dash Senior	41	Girls 16-17 800 Meter Run U18
9	Women 35-99 60 Meter Dash Masters	42	Boys 16-17 800 Meter Run U18
10	Men 35-99 60 Meter Dash Masters	43	Women 18-19 800 Meter Run U20
11	Girls 14-15 200 Meter Dash U16	44	Men 18-19 800 Meter Run U20
12	Boys 14-15 200 Meter Dash U16	45	Women 20-34 800 Meter Run Senior
13	Girls 16-17 200 Meter Dash U18	46	Men 20-34 800 Meter Run Senior
14	Boys 16-17 200 Meter Dash U18	47	Women 35-99 800 Meter Run Masters
15	Women 18-19 200 Meter Dash U20	48	Men 35-99 800 Meter Run Masters
16	Men 18-19 200 Meter Dash U20	49	Girls 6-11 1000 Meter Run U12
17	Women 20-34 200 Meter Dash Senior	50	Boys 6-11 1000 Meter Run U12
18	Men 20-34 200 Meter Dash Senior	51	Girls 12-13 1200 Meter Run U14
19	Women 35-99 200 Meter Dash Masters	52	Boys 12-13 1200 Meter Run U14
20	Men 35-99 200 Meter Dash Masters	53	Girls 14-15 1200 Meter Run U16
21	Girls 12-13 60 Meter Hurdles .76m U14	54	Boys 14-15 1200 Meter Run U16
22	Boys 12-13 60 Meter Hurdles .76m U14	55	Girls 16-17 1500 Meter Run U18
23	Girls 14-15 60 Meter Hurdles .76m U16	56	Boys 16-17 1500 Meter Run U18
24	Boys 14-15 60 Meter Hurdles .84m U16	57	Women 18-19 1500 Meter Run U20
25	Girls 16-17 60 Meter Hurdles .76m U18	58	Men 18-19 1500 Meter Run U20
26	Boys 16-17 60 Meter Hurdles .91m U18	59	Women 20-34 1500 Meter Run Senior
27	Mixed 18-19 60 Meter Hurdles .84m U20	60	Men 20-34 1500 Meter Run Senior
28	Men 18-19 60 Meter Hurdles .99m U20	61	Women 35-99 1500 Meter Run Masters
29	Women 20-34 60 Meter Hurdles .84m Senior	62	Men 35-99 1500 Meter Run Masters
30	Men 20-34 60 Meter Hurdles 1.07m Senior	63	Women 20-34 3000 Meter Run Senior
31	Women 35-99 60 Meter Hurdles Masters	64	Men 20-34 3000 Meter Run Senior
32	Men 34-99 60 Meter Hurdles Masters	65	Girls 6-11 High Jump U12
33	Girls 10-11 600 Meter Run U12	66	Boys 6-11 High Jump U12

Event #	Event Name	Event #	Event Name
67	Girls 12-13 High Jump U14	106	Men 20-34 Pole Vault Senior
68	Boys 12-13 High Jump U14	107	Women 35-99 Pole Vault Masters
69	Girls 14-15 High Jump U16	108	Men 35-99 Pole Vault Masters
70	Boys 14-15 High Jump U16	109	Girls 14-15 Shot Put 3kg U16
71	Girls 16-17 High Jump U18	110	Boys 14-15 Shot Put 4kg U16
72	Boys 16-17 High Jump U18	111	Girls 16-17 Shot Put 3kg U18
73	Women 18-19 High Jump U20	112	Boys 16-17 Shot Put 5kg U18
74	Men 18-19 High Jump U20	113	Women 18-19 Shot Put 4kg U20
75	Women 20-34 High Jump Senior	114	Men 18-19 Shot Put 6kg U20
76	Men 20-34 High Jump Senior	115	Women 20-34 Shot Put 4kg Senior
77	Women 35-99 High Jump Masters	116	Men 20-34 Shot Put 7.26kg Senior
78	Men 35-99 High Jump Masters	117	Women 35-99 Shot Put Masters
79	Girls 14-15 Long Jump U16	118	Men 35-99 Shot Put Masters
80	Boys 14-15 Long Jump U16	119	Girls 16-17 Weight Throw 16lb U18
81	Girls 16-17 Long Jump U18	120	Boys 16-17 Weight Throw 20lb U18
82	Boys 16-17 Long Jump U18	121	Women 18-19 Weight Throw 20lb U20
83	Women 18-19 Long Jump U20	122	Men 18-19 Weight Throw 35lb U20
84	Men 18-19 Long Jump U20	123	Women 20-34 Weight Throw 20lb Senior
85	Women 20-34 Long Jump Senior	124	Men 20-34 Weight Throw 35lb Senior
86	Men 20-34 Long Jump Senior	125	Women 35-99 Weight Throw Masters
87	Women 35-99 Long Jump Masters	126	Men 35-99 Weight Throw Masters
88	Men 35-99 Long Jump Masters	127	Girls 6-11 Triathlon Speed U12
89	Girls 14-15 Triple Jump U16	128	Boys 6-11 Triathlon Speed U12
90	Boys 14-15 Triple Jump U16	129	Girls 12-13 Triathlon Speed U14
91	Girls 16-17 Triple Jump U18	130	Boys 12-13 Triathlon Speed U14
92	Boys 16-17 Triple Jump U18	131	Girls 6-11 Triathlon Endurance U12
93	Women 18-19 Triple Jump U20	132	Boys 6-11 Triathlon Endurance U12
94	Men 18-19 Triple Jump U20	133	Girls 12-13 Triathlon Endurance U14
95	Women 20-34 Triple Jump Senior	134	Boys 12-13 Triathlon Endurance U14
96	Men 20-34 Triple Jump Senior	135	Mixed 10-11 4x100 Meter Relay U12
97	Women 35-99 Triple Jump Masters	136	Mixed 12-13 4x100 Meter Relay U14
98	Men 35-99 Triple Jump Masters	137	Girls 10-11 800 Sprint Medley U12
99	Girls 14-15 Pole Vault U16	138	Boys 10-11 800 Sprint Medley U12
100	Boys 14-15 Pole Vault U16	139	Girls 12-13 800 Sprint Medley U14
101	Girls 16-17 Pole Vault U18	140	Boys 12-13 800 Sprint Medley U14
102	Boys 16-17 Pole Vault U18	141	Girls 14-15 800 Sprint Medley U16
103	Women 18-19 Pole Vault U20	142	Boys 14-15 800 Sprint Medley U16
104	Men 18-19 Pole Vault U20	143	Girls 16-17 800 Sprint Medley U18
105	Women 20-34 Pole Vault Senior	144	Boys 16-17 800 Sprint Medley U18

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1717 Elphinstone Street
Regina, Saskatchewan
Saturday, December 8, 2018

CLUB _____

ADDRESS _____

CITY _____ **POSTAL CODE** _____

COACH'S NAME _____ **TELEPHONE** _____

E-MAIL _____

Total Entry Fee Enclosed: _____

Mail entries to: James Langen
744 Dalgliesh Drive
Regina, Saskatchewan
S4R 6G2
Fax #: (306) 543-3104
Home: (306) 545-7759
E-mail: jflangen@sasktel.net

