

# **2018 Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 9 & 10, 2018

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

## **1. Entry Fees**

Individual Events: First two events: \$25.00 per event

Additional events: \$20.00 per event.

Entry fee for the Triathlon and Pentathlon will be \$30.00 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**

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, 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, 2018 (born 1998 or earlier)
- Junior: Under 20 as of Dec. 31, 2018 (born in 1999 or 2000)
- Youth: Under 18 as of Dec. 31, 2018 (born in 2001 or 2002)
- Midget: Under 16 as of Dec. 31, 2018 (born in 2003 or 2004)
- Bantam: Under 14 as of Dec. 31, 2018 (born in 2005 or 2006)
- Pee Wee: Under 12 as of Dec. 31, 2018 (born in 2007 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 2, 2018**

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-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html)

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Monday, February 5, 2018.

All entries after 11:59 pm, Monday, February 5 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](mailto:jflangen@sasktel.net) - preferred

Fax #: 306 543-3104

#### 8. Meet Hotel:

**Fairford Inn and Suites**  
3915 Albert Street  
1-866-500-4938  
1-306-545-9777

**Registration Link:** [http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=Regina%20Indoor%20Track%5EYQRFI%60RITRITA%60130.00%60CAD%60false%604%602/9/18%602/11/18%601/19/18&app=resvlink&stop\\_mobi=yes](http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=Regina%20Indoor%20Track%5EYQRFI%60RITRITA%60130.00%60CAD%60false%604%602/9/18%602/11/18%601/19/18&app=resvlink&stop_mobi=yes)

**Room Rate:** \$130.00/night. A complimentary breakfast is included in the room rate.

**Registration:** Regina Sportsplex  
 1717 Elphinstone Street  
 4:00 P.M., Friday, February 9, 2018 First Event: 5:00 P.M.  
 8:00 A.M., Saturday, February 10, 2018 First Event: 9:00 A.M.

**9. Awards**

Gold, Silver and Bronze medallions.

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

**Friday, February 9, 2018**

<b><u>Track</u></b>			<b><u>Field</u></b>		
5:00pm	Jr. & Sr Men	60mH	5:00pm	PeeWee B&G	High Jump
5:10pm	Youth Boys			Midget Boys	Long Jump
5:20pm	Midget Boys			Midget Girls	Pole Vault
5:30pm	Jr. & Sr. Women			Youth Girls	Pole Vault
5:40pm	Bantam Girls			Masters W & M	Pole Vault
5:50pm	Midget Girls			Midget Girls	Shot Put
6:00pm	Youth Girls			Masters M&W	Shot Put
6:00pm	Masters M & W		6:00pm	Jr. & Sr. Women	Shot Put
6:15pm	Midget Girls	800m		Youth Girls	High Jump
6:20pm	Midget Boys			Jr. & Sr. Men	Long Jump
6:25pm	Youth Girls			Youth Boys	Long Jump
6:30pm	Youth Boys		6:30pm	Jr. & Sr. Women	Pole Vault
6:35pm	Jr. & Sr. Women				
6:40pm	Jr. & Sr. Men				
6:45pm	Masters M & W				
6:50pm	PeeWee Girls	1000m			
6:55pm	Pee Wee Boys				
7:00pm	Bantam Girls	1200m			
7:05pm	Bantam Boys				
7:10pm	Midget Girls	2000m			
7:20pm	Midget Boys				
7:30pm	Youth Girls	3000m			
7:45pm	Masters M & W		7:30pm	Youth Girls	Shot Put
8:00pm	Youth Boys			Midget Girls	High Jump

8:15pm	Jr. & Sr. Women		Masters W & M	High Jump
8:30pm	Jr. & Sr. Men		Jr. & Sr. Women	Long Jump
8:45pm	Jr. & Sr. Men	60mH - Final		
8:55pm	Jr. & Sr. Women			
9:00pm	Youth Girls	400m	8:30pm Bantam G & B	High Jump
9:05pm	Youth Boys		Youth Boys	Weight Throw
9:10pm	Jr. & Sr. Women		Jr. & Sr. Men	Weight Throw
9:15pm	Jr. & Sr. Men			
9:20pm	Masters Women & Men			
9:25pm	Jr. & Sr. Men			

**Saturday, February 10, 2018**

**Track**

9:00am	PeeWee Girls	4x100m
9:10am	PeeWee Boys	4x100m
9:20am	Bantam Girls	4x100m
9:30am	Bantam Boys	4x100m
9:40am	Midget Girls	1200m
9:50am	Midget Boys	
10:00am	Youth Girls	1500m
10:10am	Youth Boys	
10:20am	Jr. & Sr. Women	
10:30am	Jr. & Sr. Men	
10:40am	Masters W & M	
10:50am	Midget Girls	60m Heats
11:00am	Midget Boys	
11:10am	Masters W & M	
11:20am	Youth Girls	
11:30am	Youth Boys	
11:40am	Jr. & Sr. Women	
11:50am	Jr. & Sr. Men	

**Field**

9:00am	Youth Girls	Weight Throw
	Masters M & W	Weight Throw
	Midget Girls	Long Jump
	Masters W & M	Long Jump
9:30am	PeeWee B & G	Long Jump - Triathlon
10:00am	Jr. & Sr. Women	Weight Throw
10:15am	Jr. & Sr. Women	High Jump
10:30am	Jr. & Sr. Men	Pole Vault
10:45am	Bantam G & B	Long Jump - Triathlon
	Youth Girls	Long Jump
11:00am	PeeWee B & G	Shot Put - Triathlon
12:00pm	Jr. & Sr. Men	High Jump

LUNCH BREAK

1:00pm	PeeWee Girls	60m - Triathlon	1:00pm	Bantam B & G	Shot Put - Triathlon
1:10pm	PeeWee Boys			All Men	Triple Jump
1:20pm	Midget Girls	60m Finals			
1:25pm	Midget Boys				
1:30pm	Youth Girls				
1:35pm	Youth Boys		1:30pm	Midget Boys	High Jump
1:40pm	Jr. & Sr. Women			Midget Boys	Pole Vault
1:45pm	Jr. & Sr. Men			Youth Boys	Pole Vault
1:50pm	Bantam Girls	60m - Triathlon			
2:00pm	Bantam Boys				

2:10pm	Midget Girls		2:00pm	Jr. & Sr. Men	Shot Put
2:15pm	Midget Boys		2:15pm	All Women	Triple Jump
2:20pm	PeeWee B & G	600m			
2:20pm	PeeWee B & G	600m - Triathlon			
2:25pm	Bantam Girls & Boys	800m			
2:25pm	Bantam Girls & Boys	800m - Triathlon			
2:30pm	Midget Girls	200m - T. Finals	2:30pm	Youth Boys	High Jump
2:35pm	Midget Boys				
2:40pm	Masters M & W				
2:45pm	Youth Girls		2:45pm	Midget Boys	Shot Put
2:50pm	Youth Boys				
2:55pm	Jr. & Sr. Women				
3:00pm	Jr. & Sr. Men				
3:05pm	PeeWee Girls	150m - T. Finals			
3:10pm	PeeWee Boys				
3:15pm	Bantam Girls				
3:20pm	Bantam Boys				
3:25pm	Midget Girls	4x100m			
3:30pm	Midget Boys				
3:35pm	Youth Girls				
3:40pm	Youth Boys				
3:45pm	Jr. & Sr. Women		3:45pm	Youth Boys	Shot Put
3:50pm	Jr. & Sr. Men				

**11. 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 Midget	12	Boys 10-11 150 Meter Dash Pee Wee
2	Boys 14-15 60 Meter Dash Midget	13	Girls 12-13 150 Meter Dash Bantam
3	Girls 16-17 60 Meter Dash Youth	14	Boys 12-13 150 Meter Dash Bantam
4	Boys 16-17 60 Meter Dash Youth	15	Girls 14-15 200 Meter Dash Midget
5	Women 18-19 60 Meter Dash Junior	16	Boys 14-15 200 Meter Dash Midget
6	Men 18-19 60 Meter Dash Junior	17	Girls 16-17 200 Meter Dash Youth
7	Women 20-34 60 Meter Dash Senior	18	Boys 16-17 200 Meter Dash Youth
8	Men 20-34 60 Meter Dash Senior	19	Women 18-19 200 Meter Dash Junior
9	Women 35-99 60 Meter Dash Masters	20	Men 18-19 200 Meter Dash Junior
10	Men 35-99 60 Meter Dash Masters	21	Women 20-34 200 Meter Dash Senior
11	Girls 10-11 150 Meter Dash Pee Wee	22	Men 20-34 200 Meter Dash Senior

<b>Event #</b>	<b>Event Name</b>
23	Women 35-99 200 Meter Dash Masters
24	Men 35-99 200 Meter Dash Masters
25	Girls 16-17 400 Meter Dash Youth
26	Boys 16-17 400 Meter Dash Youth
27	Women 18-19 400 Meter Dash Junior
28	Men 18-19 400 Meter Dash Junior
29	Women 20-34 400 Meter Dash Senior
30	Men 20-34 400 Meter Dash Senior
31	Women 35-99 400 Meter Dash Masters
32	Men 35-99 400 Meter Dash Masters
33	Girls 10-11 600 Meter Run Pee Wee
34	Boys 10-11 600 Meter Run Pee Wee
35	Girls 12-13 800 Meter Run Bantam
36	Boys 12-13 800 Meter Run Bantam
37	Girls 14-15 800 Meter Run Midget
38	Boys 14-15 800 Meter Run Midget
39	Girls 16-17 800 Meter Run Youth
40	Boys 16-17 800 Meter Run Youth
41	Women 18-19 800 Meter Run Junior
42	Men 18-19 800 Meter Run Junior
43	Women 20-34 800 Meter Run Senior
44	Men 20-34 800 Meter Run Senior
45	Women 35-99 800 Meter Run Masters
46	Men 35-99 800 Meter Run Masters
47	Girls 10-11 1000 Meter Run Pee Wee
48	Boys 10-11 1000 Meter Run Pee Wee
49	Girls 12-13 1200 Meter Run Bantam
50	Boys 12-13 1200 Meter Run Bantam
51	Girls 14-15 1200 Meter Run Midget
52	Boys 14-15 1200 Meter Run Midget
53	Girls 16-17 1500 Meter Run Youth
54	Boys 16-17 1500 Meter Run Youth
55	Women 18-19 1500 Meter Run Junior
56	Men 18-19 1500 Meter Run Junior
57	Women 20-34 1500 Meter Run Senior
58	Men 20-34 1500 Meter Run Senior
59	Women 35-99 1500 Meter Run Masters
60	Men 35-99 1500 Meter Run Masters
61	Girls 14-15 2000 Meter Run Midget
62	Boys 14-15 2000 Meter Run Midget
63	Girls 16-17 3000 Meter Run Youth
64	Boys 16-17 3000 Meter Run Youth
65	Women 18-19 3000 Meter Run Junior

<b>Event #</b>	<b>Event Name</b>
66	Men 18-19 3000 Meter Run Junior
67	Women 20-34 3000 Meter Run Senior
68	Men 20-34 3000 Meter Run Senior
69	Women 35-99 3000 Meter Run Masters
70	Men 35-99 3000 Meter Run Masters
71	Girls 12-13 60 Meter Hurdles .76m Bantam
72	Boys 12-13 60 Meter Hurdles .76m Bantam
73	Girls 14-15 60 Meter Hurdles .76m Midget
74	Boys 14-15 60 Meter Hurdles .84m Midget
75	Girls 16-17 60 Meter Hurdles .76m Youth
76	Boys 16-17 60 Meter Hurdles .91m Youth
77	Women 18-19 60 Meter Hurdles .84m Junior
78	Men 18-19 60 Meter Hurdles .99m Junior
79	Women 20-34 60 Meter Hurdles .84m Senior
80	Men 20-34 60 Meter Hurdles 1.07m Senior
81	Women 35-99 60 Meter Hurdles Masters
82	Men 35-99 60 Meter Hurdles Masters
83	Girls 10-11 High Jump Pee Wee
84	Boys 10-11 High Jump Pee Wee
85	Girls 12-13 High Jump Bantam
86	Boys 12-13 High Jump Bantam
87	Girls 14-15 High Jump Midget
88	Boys 14-15 High Jump Midget
89	Girls 16-17 High Jump Youth
90	Boys 16-17 High Jump Youth
91	Women 18-19 High Jump Junior
92	Men 18-19 High Jump Junior
93	Women 20-34 High Jump Senior
94	Men 20-34 High Jump Senior
95	Women 35-99 High Jump Masters
96	Men 35-99 High Jump Masters
97	Girls 14-15 Pole Vault Midget
98	Boys 14-15 Pole Vault Midget
99	Girls 16-17 Pole Vault Youth
100	Boys 16-17 Pole Vault Youth
101	Women 18-19 Pole Vault Junior
102	Men 18-19 Pole Vault Junior
103	Women 20-34 Pole Vault Senior
104	Men 20-34 Pole Vault Senior
105	Women 35-99 Pole Vault Masters
106	Men 35-99 Pole Vault Masters
107	Girls 14-15 Long Jump Midget
108	Boys 14-15 Long Jump Midget

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
109	Girls 16-17 Long Jump Youth	144	Men 35-99 Weight Throw Masters
110	Boys 16-17 Long Jump Youth	145	Girls 10-11 Triathlon Speed Pee Wee
111	Women 18-19 Long Jump Junior	146	Boys 10-11 Triathlon Speed Pee Wee
112	Men 18-19 Long Jump Junior	147	Girls 12-13 Triathlon Speed Bantam
113	Women 20-34 Long Jump Senior	148	Boys 12-13 Triathlon Speed Bantam
114	Men 20-34 Long Jump Senior	149	Girls 14-15 Triathlon Speed Midget
115	Women 35-99 Long Jump Masters	150	Boys 14-15 Triathlon Speed Midget
116	Men 35-99 Long Jump Masters	151	Girls 10-11 Triathlon Endurance Pee Wee
117	Girls 14-15 Triple Jump Midget	152	Boys 10-11 Triathlon Endurance Pee Wee
118	Boys 14-15 Triple Jump Midget	153	Girls 12-13 Triathlon Endurance Bantam
119	Girls 16-17 Triple Jump Youth	154	Boys 12-13 Triathlon Endurance Bantam
120	Boys 16-17 Triple Jump Youth	155	Women 20-34 Indoor Pentathlon Senior
121	Women 18-19 Triple Jump Junior	156	Men 20-34 Indoor Pentathlon Senior
122	Men 18-19 Triple Jump Junior	157	Girls 10-11 4x100 Meter Relay Pee Wee
123	Women 20-34 Triple Jump Senior	158	Boys 10-11 4x100 Meter Relay Pee Wee
124	Men 20-34 Triple Jump Senior	159	Girls 12-13 4x100 Meter Relay Bantam
125	Women 35-99 Triple Jump Masters	160	Boys 12-13 4x100 Meter Relay Bantam
126	Men 35-99 Triple Jump Masters	161	Girls 14-15 4x100 Meter Relay Midget
127	Girls 14-15 Shot Put 3kg Midget	162	Boys 14-15 4x100 Meter Relay Midget
128	Boys 14-15 Shot Put 4kg Midget	163	Girls 16-17 4x100 Meter Relay Youth
129	Girls 16-17 Shot Put 3kg Youth	164	Boys 16-17 4x100 Meter Relay Youth
130	Boys 16-17 Shot Put 5kg Youth	165	Women 20-34 4x100 Meter Relay Senior
131	Women 18-19 Shot Put 4kg Junior	166	Men 20-34 4x100 Meter Relay Senior
132	Men 18-19 Shot Put 6kg Junior	167	Women 35-99 4x100 Meter Relay Masters
133	Women 20-34 Shot Put 4kg Senior	168	Men 35-99 4x100 Meter Relay Masters
134	Men 20-34 Shot Put 7.26kg Senior	169	Women 20-34 60 Meter Dash Special O Senior
135	Women 35-99 Shot Put Masters	170	Men 20-34 60 Meter Dash Special O Senior
136	Men 35-99 Shot Put Masters	171	Women 20-34 200 Meter Dash Special O Senior
137	Girls 16-17 Weight Throw 16lb Youth	172	Men 20-34 200 Meter Dash Special O Senior
138	Boys 16-17 Weight Throw 20lb Youth	173	Women 20-34 400 Meter Dash Special O Senior
139	Women 18-19 Weight Throw 20lb Junior	174	Men 20-34 400 Meter Dash Special O Senior
140	Men 18-19 Weight Throw 25lb Junior	175	Women 20-34 Long Jump Special O Senior
141	Women 20-34 Weight Throw 20lb Senior	176	Men 20-34 Long Jump Special O Senior
142	Men 20-34 Weight Throw 35lb Senior	177	Women 20-34 Shot Put Special O Senior
143	Women 35-99 Weight Throw Masters	178	Men 20-34 Shot Put Special O Senior

## **2018 Regina Indoor Games**

Regina Sportsplex

Regina, Saskatchewan

February 9 & 10, 2018

**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](mailto:jflangen@sasktel.net)

**Entry Deadline: Friday, February 2, 2018**



