

Saskatchewan Provincial Championships
Senior, U20, U18, Masters
Canada Games Athletic Complex
Regina, Saskatchewan
June 22nd & 23rd, 2019

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

Entry Fee: First event: \$25.00
Second event: \$25.00
Additional events: \$20.00 per event.

Late entry fee: \$50.00 per event.

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 unless you have also included a list of the athletes concerned with their birth date, club affiliation and club address and a separate cheque made out 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 2000 or 2001)
- **U18:** Under 18 as of Dec. 31, 2019 (born 2002 or 2003)
- **U16:** Under 16 as of Dec. 31, 2019 (born 2004 or 2005)
- **Masters:** 35 & over as of the day of the event.

4. **Scratches:** Please report scratches the meet office as soon as possible.

5. **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 may be forfeited if the protest is disallowed.

- 6. Entry Deadline:** Mailed entries must be postmarked by Friday, June 14, 2019. Clubs returning entries using Hy-Tek's Team Manager or the Trackie registration method will be given an extended entry deadline of 9:00 P.M., Monday, June 17, 2019.

All entries submitted by e-mail and fax will be confirmed by return e-mail.

Return completed forms with payment to:

James Langen
744 Dalglish Drive
Regina, Saskatchewan
S4R 6G2

E-mail: jflangen@sasktel.net - preferred

Fax #: (306) 543-3104

- 7. Registration:** Canada Games Athletic Complex

10:00 A.M., Saturday, June 22

First Event: 12:00 P.M.

8:00 A.M., Sunday, June 23

First Event: 9:00 A.M.

- 8. Awards:** This event is the Provincial Championship for Senior, U20, and U18 and Masters competitors. Gold, Silver and Bronze medallions will be presented in provincial championship events.

Separate awards will also be presented in U16 events.

- 9. Spike length:** Track – maximum 7mm; Field - maximum 9mm.

10. Tentative Schedule**Saturday, June 22**

12:30pm Masters 50m
 1:00pm 2Km S/C, 3Km S/C
 2:00pm 100m Heats
 2:40pm 300m, 400m Finals
 3:00pm 100m Finals
 3:40pm 80mH, 100mH, 110mH
 4:40pm 1200m, 1500m

High Jump

12:00pm U20, Sr Women
 1:15pm U16 Boys
 2:30pm U16 Girls
 3:45pm U18 Boys
 4:00pm

Long Jump

U20, Sr Men
 U16, U18 Girls
 Masters M & W
 U16, U18 Boys
 U20, Sr Women

Pole Vault

U16, U18 Girls, Mas W
 U20, Sr Women

Discus

11:00am U20, Sr, Master Men
 12:30pm U16, U18 Girls
 1:45pm U16, U18 Boys
 3:00pm U20, Sr, Master Women

Javelin

U20, Sr, Master Women
 U16, U18 Boys
 U16, U18 Girls
 U20, Sr, Master Men

Sunday, June 23

9:00am 5Km, 3Km, 2Km
 11:30am 200m Heats
 12:30pm 800m Finals
 1:45pm 200m Finals
 2:30pm 5Km, 10 Km R/W
 3:30pm 200mH, 400mH
 4:30pm Relays

High Jump

11:00am Masters M & W
 12:00pm U20, Sr Men
 1:30pm
 2:45pm U18 Girls

Triple Jump

U16, U18 Girls
 U16, U18 Boys
 U20, Sr, Masters Women
 U20, Sr, Masters Men

Pole Vault

U16, U18 Boys, Mas M
 U20, Sr Men

Shot Put

9:30am
 11:00am U20, Sr, Masters Women
 12:00pm U16, U18 Girls
 1:15pm U16, U18 Boys
 2:30pm U20, Sr, Masters Men

Hammer

U20, Sr, Masters Men
 U16, U18 Boys
 U16, U18 Girls
 U20, Sr, Masters Women

Weight Throw

Masters M & W

11. Completing the entry form: Numbered event codes should be used on the entry form. If a seed time is available, please include it in your entry. Entries without seeds will be placed in slow sections.

Event #	Event Name	Event #	Event Name
1	Women 20-34 100 Meter Dash Senior	44	Boys 14-15 800 Meter Run U16
2	Men 20-34 100 Meter Dash Senior	45	Women 35-99 800 Meter Run Masters
3	Women 18-19 100 Meter Dash U20	46	Men 35-99 800 Meter Run Masters
4	Men 18-19 100 Meter Dash U20	47	Women 20-34 800 Meter Run Special O Senior
5	Girls 16-17 100 Meter Dash U18	48	Men 20-34 800 Meter Run Special O Senior
6	Boys 16-17 100 Meter Dash U18	49	Women 20-34 1500 Meter Run Senior
7	Girls 14-15 100 Meter Dash U16	50	Men 20-34 1500 Meter Run Senior
8	Boys 14-15 100 Meter Dash U16	51	Women 18-19 1500 Meter Run U20
9	Women 35-99 100 Meter Dash Masters	52	Men 18-19 1500 Meter Run U20
10	Men 35-99 100 Meter Dash Masters	53	Girls 16-17 1500 Meter Run U18
11	Women 20-34 100 Meter Dash Special O Senior	54	Boys 16-17 1500 Meter Run U18
12	Boys 20-34 100 Meter Dash Special O Senior	55	Women 35-99 1500 Meter Run Masters
13	Women 20-34 200 Meter Dash Senior	56	Men 35-99 1500 Meter Run Masters
14	Men 20-34 200 Meter Dash Senior	57	Women 20-34 1500 Meter Run Special O Senior
15	Women 18-19 200 Meter Dash U20	58	Men 20-34 1500 Meter Run Special O Senior
16	Men 18-19 200 Meter Dash U20	59	Girls 14-15 1200 Meter Run U16
17	Girls 16-17 200 Meter Dash U18	60	Boys 14-15 1200 Meter Run U16
18	Boys 16-17 200 Meter Dash U18	61	Women 20-34 100 Meter Hurdles .84m Senior
19	Girls 14-15 200 Meter Dash U16	62	Men 20-34 110 Meter Hurdles 1.07m Senior
20	Boys 14-15 200 Meter Dash U16	63	Women 18-19 100 Meter Hurdles .84m U20
21	Women 35-99 200 Meter Dash Masters	64	Men 18-19 110 Meter Hurdles .99m U20
22	Men 35-99 200 Meter Dash Masters	65	Girls 16-17 100 Meter Hurdles .76m U18
23	Women 20-34 200 Meter Dash Special O Senior	66	Boys 16-17 110 Meter Hurdles .91m U18
24	Men 20-34 200 Meter Dash Special O Senior	67	Girls 14-15 80 Meter Hurdles .76m U16
25	Women 20-34 400 Meter Dash Senior	68	Boys 14-15 100 Meter Hurdles .84m U16
26	Men 20-34 400 Meter Dash Senior	69	Women 35-99 80 Meter Hurdles Masters
27	Women 18-19 400 Meter Dash U20	70	Men 35-99 100 Meter Hurdles Masters
28	Men 18-19 400 Meter Dash U20	71	Women 20-34 5000 Meter Run Senior
29	Girls 16-17 400 Meter Dash U18	72	Men 20-34 5000 Meter Run Senior
30	Boys 16-17 400 Meter Dash U18	73	Women 18-19 3000 Meter Run U20
31	Women 35-99 400 Meter Dash Masters	74	Men 18-19 5000 Meter Run U20
32	Men 35-99 400 Meter Dash Masters	75	Girls 16-17 3000 Meter Run U18
33	Women 20-34 400 Meter Dash Special O Senior	76	Boys 16-17 3000 Meter Run U18
34	Men 20-34 400 Meter Dash Special O Senior	77	Girls 14-15 2000 Meter Run U16
35	Girls 14-15 300 Meter Dash U16	78	Boys 14-15 2000 Meter Run U16
36	Boys 14-15 300 Meter Dash U16	79	Women 35-99 3000 Meter Run Masters
37	Women 20-34 800 Meter Run Senior	80	Men 35-99 3000 Meter Run Masters
38	Men 20-34 800 Meter Run Senior	81	Women 35-99 5000 Meter Run Masters
39	Women 18-19 800 Meter Run U20	82	Men 35-99 5000 Meter Run Masters
40	Men 18-19 800 Meter Run U20	83	Women 20-34 400 Meter Hurdles 0.76m Senior
41	Girls 16-17 800 Meter Run U18	84	Men 20-34 400 Meter Hurdles 0.91m Senior
42	Boys 16-17 800 Meter Run U18	85	Women 18-19 400 Meter Hurdles 0.76m U20
43	Girls 14-15 800 Meter Run U16	86	Men 18-19 400 Meter Hurdles 0.91m U20

Event #	Event Name	Event #	Event Name
87	Girls 16-17 400 Meter Hurdles 0.76m U18	134	Boys 14-15 Long Jump U16
88	Boys 16-17 400 Meter Hurdles 0.84m U18	135	Women 35-99 Long Jump Masters
89	Women 35-99 300 Meter Hurdles Masters	136	Men 35-99 Long Jump Masters
90	Men 35-99 300 Meter Hurdles Masters	137	Women 20-34 Long Jump Special O Senior
91	Girls 14-15 200 Meter Hurdles .76m U16	138	Men 20-34 Long Jump Special O Senior
92	Boys 14-15 200 Meter Hurdles .76m U16	139	Women 20-34 Triple Jump Senior
93	Women 20-34 3000 Meter Steeplechase Senior	140	Men 20-34 Triple Jump Senior
94	Men 20-34 3000 Meter Steeplechase Senior	141	Women 18-19 Triple Jump U20
95	Women 18-19 3000 Meter Steeplechase U20	142	Men 18-19 Triple Jump U20
96	Men 18-19 3000 Meter Steeplechase U20	143	Girls 16-17 Triple Jump U18
97	Girls 16-17 2000 Meter Steeplechase U18	144	Boys 16-17 Triple Jump U18
98	Boys 16-17 2000 Meter Steeplechase U18	145	Girls 14-15 Triple Jump U16
99	Women 14-15 1500 Meter Steeplechase U16	146	Boys 14-15 Triple Jump U16
100	Men 14-15 1500 Meter Steeplechase U16	147	Women 35-99 Triple Jump Masters
101	Women 35-99 2000 Meter Steeplechase Masters	148	Men 35-99 Triple Jump Masters
102	Men 35-99 2000 Meter Steeplechase Masters	149	Women 20-34 Discus Throw 1kg Senior
103	Women 18-19 5000 Meter Race Walk U20	150	Men 20-34 Discus Throw 2kg Senior
104	Men 18-19 10000 Meter Race Walk U20	151	Women 18-19 Discus Throw 1kg U20
105	Women 20-34 5000 Meter Race Walk Senior	152	Men 18-19 Discus Throw 1.75kg U20
106	Men 20-34 10000 Meter Race Walk Senior	153	Girls 16-17 Discus Throw 1 kg U18
107	Women 20-34 High Jump Senior	154	Boys 16-17 Discus Throw 1.5 kg U18
108	Men 20-34 High Jump Senior	155	Girls 14-15 Discus Throw 750g U16
109	Women 18-19 High Jump U20	156	Boys 14-15 Discus Throw 1 kg U16
110	Men 18-19 High Jump U20	157	Women 35-99 Discus Throw Masters
111	Girls 16-17 High Jump U18	158	Men 35-99 Discus Throw Masters
112	Boys 16-17 High Jump U18	159	Women 20-34 Javelin Throw 600g Senior
113	Girls 14-15 High Jump U16	160	Men 20-34 Javelin Throw 800g Senior
114	Boys 14-15 High Jump U16	161	Women 18-19 Javelin Throw 600g U20
115	Women 35-99 High Jump Masters	162	Men 18-19 Javelin Throw 800g U20
116	Men 35-99 High Jump Masters	163	Girls 16-17 Javelin Throw 500g U18
117	Women 20-34 Pole Vault Senior	164	Boys 16-17 Javelin Throw 700g U18
118	Men 20-34 Pole Vault Senior	165	Girls 14-15 Javelin Throw 500g U16
119	Women 18-19 Pole Vault U20	166	Boys 14-15 Javelin Throw 600g U16
120	Men 18-19 Pole Vault U20	167	Women 35-99 Javelin Throw Masters
121	Girls 16-17 Pole Vault U18	168	Men 35-99 Javelin Throw Masters
122	Boys 16-17 Pole Vault U18	169	Women 20-34 Hammer Throw 4 kg Senior
123	Girls 14-15 Pole Vault U16	170	Men 20-34 Hammer Throw 7.26 kg Senior
124	Boys 14-15 Pole Vault U16	171	Women 18-19 Hammer Throw 4kg U20
125	Women 35-99 Pole Vault Masters	172	Men 18-19 Hammer Throw 6kg U20
126	Men 35-99 Pole Vault Masters	173	Girls 16-17 Hammer Throw 3kg U18
127	Women 20-34 Long Jump Senior	174	Boys 16-17 Hammer Throw 5kg U18
128	Men 20-34 Long Jump Senior	175	Girls 14-15 Hammer Throw 3kg U16
129	Women 18-19 Long Jump U20	176	Boys 14-15 Hammer Throw 4kg U16
130	Men 18-19 Long Jump U20	177	Women 35-99 Hammer Throw Masters
131	Girls 16-17 Long Jump U18	178	Men 35-99 Hammer Throw Masters
132	Boys 16-17 Long Jump U18	179	Women 20-34 Shot Put 4kg Senior
133	Girls 14-15 Long Jump U16	180	Men 20-34 Shot Put 7.26kg Senior

Event #	Event Name
181	Women 18-19 Shot Put 4kg U20
182	Men 18-19 Shot Put 6kg U20
183	Girls 16-17 Shot Put 3kg U18
184	Boys 16-17 Shot Put 5kg U18
185	Girls 14-15 Shot Put 3kg U16
186	Boys 14-15 Shot Put 4kg U16
187	Women 35-99 Shot Put Masters
188	Men 35-99 Shot Put Masters
189	Women 20-34 Shot Put Special O Senior
190	Men 20-34 Shot Put Special O Senior

Event #	Event Name
191	Women 35-99 Weight Throw Masters
192	Men 35-99 Weight Throw Masters
193	Girls 14-15 4x100 Meter Relay U16
194	Boys 14-15 4x100 Meter Relay U16
195	Girls 16-17 4x100 Meter Relay U18
196	Boys 16-17 4x100 Meter Relay U18
197	Women 18-19 4x100 Meter Relay U20
198	Men 18-19 4x100 Meter Relay U20
199	Women 20-34 4x100 Meter Relay Senior
200	Men 20-34 4x100 Meter Relay Senior
201	Women 35-99 50 Metre Dash Masters
202	Men 35-99 50 Metre Dash Masters

DO NOT SEND PHOTOS OF THIS FORM

USE A SCAN

OR

E-MAIL YOUR INFORMATION

2019 Saskatchewan Provincial Championships

Canada Games Athletic Complex

Regina, Saskatchewan

June 22 & 23, 2019

CLUB _____

ADDRESS _____

CITY _____ POSTAL CODE _____

COACH'S NAME _____ TELEPHONE _____

FAX #: _____ E-MAIL: _____

I hereby certify that the information given on the attached forms is correct to the best of my knowledge.

Signature

Total Entry Fee Enclosed: _____

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

E-mail: jflangen@sasktel.net – preferred

Fax #: 306 543-3104

ENTRY DEADLINE: Friday, June 14, 2019
TRACKIE & HYTEK ENTRY DEADLINE: Monday, June 17, 2019

