

2019 Outdoor Provincial Championships Western Canada Games Trials

U12, U14 and U16 Championships

June 15 & 16

Harry Jerome Track, Prince Albert, SK

Hosted by: PA Athletics

Sanctioned by: Saskatchewan Athletics

1. All questions and inquiries are to be directed to the meet director; Ron Poetker (paathletic@gmail.com)

2. Entries will close on June 7th @ 5:00 pm.

Please return entries to: paathletic@gmail.com

PA Athletics will be using Team Manager for entries,

All teams with more than six entries should use Hy-Tek Team Manager to submit their entries.

An entry form is below for athletes who are unattached or do not have access to Hytek software

Hy-Tek Team Manager Lite can be downloaded free of charge from:

www.hy-tek ltd.com/downloads.html

Hytek file will be available on the website www.paathletics.ca

The following is a link to the file:

[http://paathletics.ca/uploads/3/4/4/5/34453255/tfmm2019-06-15-meetevents-](http://paathletics.ca/uploads/3/4/4/5/34453255/tfmm2019-06-15-meetevents-2019_provincial_championships_pa-003.zip)

[2019_provincial_championships_pa-003.zip](http://paathletics.ca/uploads/3/4/4/5/34453255/tfmm2019-06-15-meetevents-2019_provincial_championships_pa-003.zip)

A late entry fee, double the original fee will be charged to entries received after 5 pm on June 7th.

Changes to entries and scratches may be made up to June 9th, 5:00 pm

3. Entry fees: Entry fee on \$25 for the 1st and 2nd events entered and \$20 for each subsequent event. Combined events will be charged \$40
Please make all cheques payable to PA Athletics

4. All Saskatchewan competitors must have a SA membership prior to the meet. Day passes can be obtained from the SA Office at the Saskatoon Field House 2020 College Dr. Ph. 306-664-7644

DO NOT SENT MONEY FOR DAY PASSES AND MEMBERSHIPS WITH ENTRY MONEY

5. Packages can be picked up at the Finish Line Building at the Track on the Friday evening between 6pm and 8 pm. Payment for all team entries must be made prior to pick up.
6. Awards: Medals will be presented to the top three finishers in each event. Please be available shortly after your event for awards. No medals will be awarded to WCSG trials athletes
7. Selection for the Western Canada Summer Games team will be made at the conclusion of the meet by the Coaches of the Summer Games Team.
8. Athletes will go head to head at the WCSG Trials meet in Combined Events with athletes at the Combined Events National Championships in Toronto

9. All Summer Games distances and implements will be consistent with the senior standards for events. Events are open to athletes born in 1999 and later.

10. Spike length is 7mm for the track

11. Athletes will be expected to compete in their own age class only. The sanctioning body, Sask Athletics follows Athletics Canada's LTAD framework

12. Event Offerings for this Meet

U12 - (2008 or later) - 60, 150, 600, 1000, LJ (only 3 jumps) HJ, SP (6lb), Discus, Ball throw, (only 3 consecutive throws) 4X100 relay

U14 - (2006/2007) - 80, 150, 800, 1200, 80m Hurdles, 200m Hurdles LJ, TJ (only 3 jumps) HJ, SP (6lb), Discus, Javelin, (only 3 consecutive throws) 4X100 relay

U16 - (2004/2005) - 100, 200, 300, 800, 1200, 2000, 80m/100m Hurdles, 200m Hurdles, LJ, TJ, HJ, PV SP, Discus, Javelin, Hammer, 4X100 relay

WCSG - (1999 -2003) - 100, 200, 400, 800, 1500, 3000, 5000, 5000 RW, 100m/110m Hurdles 400m Hurdles, LJ, TJ HJ, PV SP, Discus, Javelin, Hammer, Heptathlon, Decathlon

Special O - 100, 200, LJ, SP

Wheelchair - 200, 400, 800W, 1500M

13. A tentative schedule is below as well. Final Schedule will be posted after entries have been submitted.

2019 Sask Prov Champs and WCSG Trials

Prince Albert Sk

June 15,16, 2019

TENTATIVE SCHEDULE

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2019 Saskatchewan Provincial Championships/WC Summer Games Trials - 6/15/2019

Harry Jerome Track Session Report

Session: 1 Saturday Morning Track
Day 1 - Saturday 6/15/2019 - Starts at 10:00 AM

Event	Round
10:00 AM #45 Women 16-20 5000 Meter Run WC Summer Gam	Finals
10:00 AM #46 Men 16-20 5000 Meter Run WC Summer Games	Finals
10:00 AM #121 Women 16-20 5000 Meter Race Walk WC Summ	Finals
10:00 AM #122 Men 16-20 5000 Meter Race Walk WC Summer C	Finals
10:20 AM #120 Heptathlon: #1 Women 16-20 100 Meter Hurdles	Finals
10:30 AM #10 Girls 10-11 60 Meter Dash U12	Prelims
10:40 AM #9 Boys 10-11 60 Meter Dash U12	Prelims
10:50 AM #7 Girls 12-13 80 Meter Dash U14	Prelims
11:00 AM #8 Boys 12-13 80 Meter Dash U14	Prelims
11:10 AM #3 Girls 14-15 100 Meter Dash U16	Prelims
11:20 AM #4 Boys 14-15 100 Meter Dash U16	Prelims
11:30 AM #1 Women 16-20 100 Meter Dash WC Summer Gam	Prelims
11:40 AM #2 Men 16-20 100 Meter Dash WC Summer Games	Prelims
11:40 AM #119 Decathlon: #1 Men 16-20 100 Meter Dash WC Su	Finals
11:50 AM #130 Women 16-20 100 Meter Dash SPO	Finals
11:50 AM #131 Men 16-20 100 Meter Dash SPO	Finals
12:00 PM #126 Men 16-20 400 Meter Run Wheelchair WC Summ	Finals
12:00 AM #125 Women 16-20 400 Meter Run Wheelchair WC Su	Finals

Session: 3 Saturday Afternoon Track
Day 1 - Saturday 6/15/2019 - Starts at 01:00 PM

Event	Round
1:00 PM #21 Girls 14-15 300 Meter Dash U16	Finals
1:10 PM #22 Boys 14-15 300 Meter Dash U16	Finals
1:20 PM #29 Girls 10-11 600 Meter Run U12	Finals
1:30 PM #30 Boys 10-11 600 Meter Run U12	Finals
1:35 PM #10 Girls 10-11 60 Meter Dash U12	Finals
1:40 PM #9 Boys 10-11 60 Meter Dash U12	Finals
1:45 PM #7 Girls 12-13 80 Meter Dash U14	Finals
1:50 PM #8 Boys 12-13 80 Meter Dash U14	Finals
1:55 PM #3 Girls 14-15 100 Meter Dash U16	Finals
2:00 PM #4 Boys 14-15 100 Meter Dash U16	Finals
2:05 PM #1 Women 16-20 100 Meter Dash WC Summer Gam	Finals
2:10 PM #2 Men 16-20 100 Meter Dash WC Summer Games	Finals
2:15 PM #27 Girls 12-13 800 Meter Run U14	Finals
2:20 PM #28 Boys 12-13 800 Meter Run U14	Finals
2:25 PM #33 Girls 14-15 1200 Meter Run U16	Finals
2:30 PM #34 Boys 14-15 1200 Meter Run U16	Finals
2:40 PM #138 Girls 9-10 60 Meter Hurdles .76 @ 30° U12	Prelims
2:50 PM #139 Boys 9-10 60 Meter Hurdles .76 @ 30° U12	Prelims
3:00 PM #43 Girls 12-13 80 Meter Hurdles .76m U14	Prelims
3:10 PM #44 Boys 12-13 80 Meter Hurdles .76m U14	Prelims
3:20 PM #41 Girls 14-15 80 Meter Hurdles .76m U16	Prelims
3:30 PM #42 Boys 14-15 100 Meter Hurdles .84m U16	Prelims
3:40 PM #39 Women 16-20 100 Meter Hurdles .84m WC Summ	Prelims
3:50 PM #40 Men 16-20 110 Meter Hurdles 1.07m WC Summ	Prelims
3:55 PM #19 Women 16-20 400 Meter Dash WC Summer Gam	Prelims
4:00 PM #20 Men 16-20 400 Meter Dash WC Summer Games	Prelims
4:10 PM #127 Women 16-20 800 Meter Run Wheelchair WC Su	Finals
4:20 PM #128 Men 16-20 1500 Meter Run Wheelchair WC Sum	Finals

Session: 5 Saturday Evening Track
Day 1 - Saturday 6/15/2019 - Starts at 05:00 PM

Event	Round
5:00 PM #40 Men 16-20 110 Meter Hurdles 1.07m WC Summ	Finals
5:10 PM #39 Women 16-20 100 Meter Hurdles .84m WC Sumr	Finals
5:20 PM #42 Boys 14-15 100 Meter Hurdles .84m U16	Finals
5:30 PM #41 Girls 14-15 80 Meter Hurdles .76m U16	Finals
5:40 PM #44 Boys 12-13 80 Meter Hurdles .76m U14	Finals
5:50 PM #43 Girls 12-13 80 Meter Hurdles .76m U14	Finals
6:00 PM #139 Boys 9-10 60 Meter Hurdles .76 @ 30° U12	Finals
6:10 PM #138 Girls 9-10 60 Meter Hurdles .76 @ 30° U12	Finals
6:20 PM #31 Women 16-20 1500 Meter Run WC Summer Gam	Finals
6:30 PM #32 Men 16-20 1500 Meter Run WC Summer Games	Finals
6:40 PM #120 Heptathlon: #4 Women 16-20 200 Meter Dash WC	Finals
7:30 PM #132 Women 16-20 200 Meter Dash SPO	Finals
7:35 PM #133 Men 16-20 200 Meter Dash SPO	Finals
7:40 PM #19 Women 16-20 400 Meter Dash WC Summer Gam	Finals
7:50 PM #20 Men 16-20 400 Meter Dash WC Summer Games	Finals
8:00 PM #119 Decathlon: #5 Men 16-20 400 Meter Dash WC Su	Finals

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2019 Saskatchewan Provincial Championships/WC Summer Games Trials - 6/15/2019

Harry Jerome Track Session Report

Session: 2 Saturday Morning Field
Day 1 - Saturday 6/15/2019 - Starts at 10:00 AM

Event	Round
10:00 AM #64 Boys 10-11 High Jump U12	Finals
10:00 AM #74 Boys 12-13 Long Jump U14	Finals
10:00 AM #79 Girls 14-15 Triple Jump U16	Finals
10:00 AM #93 Girls 12-13 Javelin Throw 400g U14	Finals
10:00 AM #85 Girls 14-15 Discus Throw 750g U16	Finals
10:00 AM #83 Women 16-20 Discus Throw 1kg WC Summer Ga	Finals
10:00 AM #100 Boys 14-15 Shot Put 4kg U16	Finals
11:30 AM #68 Boys 14-15 Pole Vault U16	Finals
10:00 AM #66 Men 16-20 Pole Vault WC Summer Games	Finals
11:30 AM #75 Girls 10-11 Long Jump No board U12	Finals
11:30 AM #58 Men 16-20 High Jump WC Summer Games	Finals
11:30 AM #82 Boys 12-13 Triple Jump 5 m board U14	Finals
11:30 AM #91 Girls 14-15 Javelin Throw 500g U16	Finals
11:30 AM #88 Boys 12-13 Discus Throw 750g U14	Finals
11:30 AM #136 Women 16-20 Shot Put SPO	Finals
11:30 AM #137 Men 16-20 Shot Put SPO	Finals

Session: 4 Saturday Afternoon Field
Day 1 - Saturday 6/15/2019 - Starts at 01:00 PM

Event	Round
1:30 PM #120 Heptathlon: #2 Women 16-20 High Jump WC Sun	Finals
1:30 PM #76 Boys 10-11 Long Jump No board U12	Finals
1:30 PM #80 Boys 14-15 Triple Jump U16	Finals
1:30 PM #94 Boys 12-13 Javelin Throw 400g U14	Finals
1:30 PM #86 Boys 14-15 Discus Throw 1 kg U16	Finals
1:30 PM #103 Girls 10-11 Shot Put 6lb U12	Finals
3:00 PM #65 Women 16-20 Pole Vault WC Summer Games	Finals
3:00 PM #61 Girls 12-13 High Jump U14	Finals
3:00 PM #70 Men 16-20 Long Jump WC Summer Games	Finals
3:00 PM #119 Decathlon: #2 Men 16-20 Long Jump WC Summ	Finals
3:00 PM #81 Girls 12-13 Triple Jump 5 m board U14	Finals
3:00 PM #92 Boys 14-15 Javelin Throw 600g U16	Finals
3:00 PM #96 Men 16-20 Hammer Throw 7.26kg/16lb WC Sum	Finals
3:00 PM #118 Boys 14-15 Hammer Throw 4kg U16	Finals
3:00 PM #97 Women 16-20 Shot Put 4kg WC Summer Games	Finals
3:00 PM #120 Heptathlon: #3 Women 16-20 Shot Put WC Summ	Finals
4:30 PM #119 Decathlon: #3 Men 16-20 Shot Put WC Summer C	Finals
4:30 PM #59 Girls 14-15 High Jump U16	Finals
4:30 PM #57 Women 16-20 High Jump WC Summer Games	Finals
4:30 PM #134 Women 16-20 Long Jump SPO	Finals
4:30 PM #135 Men 16-20 Long Jump SPO	Finals
6:00 PM #119 Decathlon: #4 Men 16-20 High Jump WC Summ	Finals

Session Report

Session: 6 Sunday Morning Track
Day 2 - Sunday 6/16/2019 - Starts at 09:00 AM

Event	Round
9:00 AM #47 Women 16-20 3000 Meter Run WC Summer Gam	Finals
9:15 AM #48 Men 16-20 3000 Meter Run WC Summer Games	Finals
9:30 AM #119 Decathlon: #6 Men 16-20 110 Meter Hurdles WC	Finals
9:40 AM #105 Girls 10-11 4x100 Meter Relay U12	Finals
9:45 AM #106 Boys 10-11 4x100 Meter Relay U12	Finals
9:50 AM #107 Girls 12-13 4x100 Meter Relay U14	Finals
9:55 AM #108 Boys 12-13 4x100 Meter Relay U14	Finals
10:00 AM #109 Girls 14-15 4x100 Meter Relay U16	Finals
10:05 AM #110 Boys 14-15 4x100 Meter Relay U16	Finals
10:30 AM #17 Girls 10-11 150 Meter Dash U12	Prelims
10:40 AM #18 Boys 10-11 150 Meter Dash U12	Prelims
10:50 AM #15 Girls 12-13 150 Meter Dash U14	Prelims
11:00 AM #16 Boys 12-13 150 Meter Dash U14	Prelims
11:10 AM #13 Girls 14-15 200 Meter Dash U16	Prelims
11:20 AM #14 Boys 14-15 200 Meter Dash U16	Prelims
11:30 AM #11 Women 16-20 200 Meter Dash WC Summer Gam	Prelims
11:45 AM #12 Men 16-20 200 Meter Dash WC Summer Games	Prelims

Session: 7 Sunday Morning Field
Day 2 - Sunday 6/16/2019 - Starts at 09:00 AM

Event	Round
9:00 AM #67 Girls 14-15 Pole Vault U16	Finals
9:00 AM #72 Boys 14-15 Long Jump U16	Finals
9:00 AM #113 Girls 10-11 Discus Throw 750g U12	Finals
9:00 AM #116 Boys 10-11 Other Ball Throw U12	Finals
9:00 AM #99 Girls 14-15 Shot Put 3kg U16	Finals
10:30 AM #62 Boys 12-13 High Jump U14	Finals
10:30 AM #69 Women 16-20 Long Jump WC Summer Games	Finals
10:30 AM #78 Men 16-20 Triple Jump WC Summer Games	Finals
10:30 AM #84 Men 16-20 Discus Throw 2kg WC Summer Game	Finals
10:30 AM #119 Decathlon: #7 Men 16-20 Discus Throw WC Sum	Finals
10:30 AM #101 Girls 12-13 Shot Put 3kg U14	Finals
11:00 AM #115 Girls 10-11 Other Ball Throw U12	Finals
12:00 PM #119 Decathlon: #8 Men 16-20 Pole Vault WC Summer	Finals
12:00 PM #63 Girls 10-11 High Jump U12	Finals
12:00 PM #77 Women 16-20 Triple Jump WC Summer Games	Finals
12:00 PM #87 Girls 12-13 Discus Throw 750g U14	Finals
12:00 PM #102 Boys 12-13 Shot Put 3kg U14	Finals
12:00 PM #120 Heptathlon: #5 Women 16-20 Long Jump WC Sur	Finals
12:30 PM #71 Girls 14-15 Long Jump U16	Finals

Session: 8 Sunday Afternoon Track
Day 2 - Sunday 6/16/2019 - Starts at 01:00 PM

Event	Round
1:00 PM #37 Girls 10-11 1000 Meter Run U12	Finals
1:00 PM #38 Boys 10-11 1000 Meter Run U12	Finals
1:10 PM #123 Women 16-20 200 Meter Run Wheelchair WC Su	Finals
1:10 PM #124 Men 16-20 200 Meter Run Wheelchair WC Summ	Finals
1:15 PM #13 Girls 14-15 200 Meter Dash U16	Finals
1:20 PM #14 Boys 14-15 200 Meter Dash U16	Finals
1:25 PM #11 Women 16-20 200 Meter Dash WC Summer Gam	Finals
1:30 PM #12 Men 16-20 200 Meter Dash WC Summer Games	Finals
1:35 PM #18 Boys 10-11 150 Meter Dash U12	Finals
1:40 PM #17 Girls 10-11 150 Meter Dash U12	Finals
1:45 PM #16 Boys 12-13 150 Meter Dash U14	Finals
1:50 PM #15 Girls 12-13 150 Meter Dash U14	Finals
2:00 PM #26 Boys 14-15 800 Meter Run U16	Finals
2:10 PM #25 Girls 14-15 800 Meter Run U16	Finals
2:20 PM #36 Boys 12-13 1200 Meter Run U14	Finals
2:30 PM #35 Girls 12-13 1200 Meter Run U14	Finals
2:40 PM #23 Women 16-20 800 Meter Run WC Summer Game	Finals
2:50 PM #24 Men 16-20 800 Meter Run WC Summer Games	Finals
3:00 PM #120 Heptathlon: #7 Women 16-20 800 Meter Dash WC	Finals
3:05 PM #55 Girls 12-13 200 Meter Hurdles .76m U14	Finals
3:10 PM #56 Boys 12-13 200 Meter Hurdles .76m U14	Finals
3:15 PM #53 Girls 14-15 200 Meter Hurdles .76m U16	Finals
3:20 PM #54 Boys 14-15 200 Meter Hurdles .76m U16	Finals
3:30 PM #51 Women 16-20 400 Meter Hurdles 0.76m WC Sum	Finals
3:35 PM #52 Men 16-20 400 Meter Hurdles 0.91m WC Summe	Finals
3:45 PM #49 Girls 14-15 2000 Meter Run U16	Finals
3:55 PM #50 Boys 14-15 2000 Meter Run U16	Finals
4:05 PM #119 Decathlon: #10 Men 16-20 1500 Meter Dash WC	Finals

Session: 9 Sunday Afternoon Field
Day 2 - Sunday 6/16/2019 - Starts at 01:00 PM

Event	Round
1:30 PM #89 Women 16-20 Javelin Throw 600g WC Summer C	Finals
1:30 PM #120 Heptathlon: #6 Women 16-20 Javelin Throw WC	Finals
2:00 PM #60 Boys 14-15 High Jump U16	Finals
2:00 PM #73 Girls 12-13 Long Jump U14	Finals
2:00 PM #104 Boys 10-11 Shot Put 6lb U12	Finals
2:00 PM #95 Women 16-20 Hammer Throw 4kg WC Summer C	Finals
2:00 PM #117 Girls 14-15 Hammer Throw 3kg U16	Finals
2:30 PM #90 Men 16-20 Javelin Throw 800g WC Summer Gar	Finals
2:30 PM #119 Decathlon: #9 Men 16-20 Javelin Throw WC Sum	Finals
3:00 PM #114 Boys 10-11 Discus Throw 750g U12	Finals
3:00 PM #98 Men 16-20 Shot Put 7.25kg/16lb WC Summer Ga	Finals

