

TRI PROVINCE TRACK AND FIELD MEET  
Canada Games Park  
Regina, Saskatchewan  
July 16 – 17, 2011

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

1. Eligibility: Athletes competing in the meet must obtain a 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

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

4. 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 \$40.00 deposit which is forfeited if the protest is disallowed.

5. Entry Deadline: Team entries must be completed using Hy-Tek's Team Manager. Entries must be received no later than Monday, July 11, 2011.  
Return entries bny e-mail to:

jflangen@sasktel.net

6. Registration: Canada Games Park  
8:00 A.M., Saturday, July 16, 2011  
First Event: 9:00 A.M.

7. Age Divisions:

Midget: Under 16 as of Dec. 31, 2011 (born in 1996 or later)

Youth: Under 18 as of Dec.31, 2011 (born 1994 or 1995)

Senior (WCSG): Under 22 as of Dec. 31, 2011 (born 1990 or later)

Senior all comers events will be held for interested athletes older than the above WCSG age.

7. Schedule of Events:

Session: 1  
Saturday

9:00 AM	Girls 1200 Meter Dash Midget
9:00 AM	Boys High Jump Midget
9:00 AM	Girls Shot Put 3kg Midget
9:00 AM	Girls Triple Jump Midget

9:00 AM	Women Hammer Throw 4kg Senior
9:10 AM	Boys 1200 Meter Dash Midget
9:20 AM	Girls 1500 Meter Dash Youth
9:30 AM	Boys 1500 Meter Dash Youth
9:40 AM	Women 1500 Meter Run Senior
9:45 AM	Women Triple Jump Senior
9:45 AM	Men Shot Put 7.26kg Senior
9:45 AM	Girls Hammer Throw 4kg Youth
9:50 AM	Men 1500 Meter Run Senior
10:00 AM	Men High Jump Senior
10:10 AM	Men 1500 Meter Run Wheelchair Senior
10:20 AM	Girls 300 Meter Dash Midget
10:30 AM	Boys 300 Meter Dash Midget
10:30 AM	Boys Discus Throw 1kg Midget
10:30 AM	Boys Shot Put 5kg Youth
10:40 AM	Girls 400 Meter Dash Youth
10:45 AM	Boys Triple Jump Youth
10:50 AM	Boys 400 Meter Dash Youth
11:00 AM	Women 400 Meter Dash Senior
11:10 AM	Men 400 Meter Dash Senior
11:15 AM	Girls Discus Throw .75kg Midget
11:20 AM	Women 400 Meter Dash Wheelchair Senior
11:30 AM	Men 400 Meter Dash Wheelchair Senior
12:30 PM	Girls 80 Meter Hurdles 30" Midget
12:45 PM	Girls 100 Meter Hurdles 30" Youth
12:55 PM	Boys 100 Meter Hurdles 33" Midget
1:00 PM	Women 100 Meter Hurdles 33" Senior
1:00 PM	Women Shot Put 4kg Senior
1:00 PM	Boys Hammer Throw 4kg Midget
1:00 PM	Girls High Jump Midget
1:10 PM	Boys 110 Meter Hurdles 36" Youth
1:20 PM	Men 110 Meter Hurdles 42" Senior
1:30 PM	Girls 100 Meter Dash Midget
1:40 PM	Boys 100 Meter Dash Midget
1:50 PM	Girls 100 Meter Dash Youth
2:00 PM	Boys 100 Meter Dash Youth
2:00 PM	Girls Shot Put 4kg Youth
2:00 PM	Men Hammer Throw 7.26kg Senior
2:00 PM	Boys Triple Jump Midget
2:00 PM	Girls High Jump Youth
2:10 PM	Women 100 Meter Dash Senior
2:20 PM	Men 100 Meter Dash Senior
2:30 PM	Girls 1500 Meter Steeplechase Midget
2:45 PM	Boys 1500 Meter Steeplechase Midget
2:55 PM	Girls 2000 Meter Steeplechase Youth

3:00 PM	Women High Jump Senior
3:00 PM	Girls Hammer Throw 3kg Midget
3:00 PM	Boys Shot Put 4kg Midget
3:00 PM	Men Triple Jump Senior
3:10 PM	Boys 2000 Meter Steeplechase Youth
3:25 PM	Women 3000 Meter Steeplechase Senior
3:45 PM	Men 3000 Meter Steeplechase Senior
3:55 PM	Girls 4x100 Meter Relay Midget
4:00 PM	Boys Hammer Throw 5kg Youth
4:00 PM	Girls Triple Jump Youth
4:00 PM	Boys High Jump Youth
4:05 PM	Boys 4x100 Meter Relay Midget
4:15 PM	Girls 4x100 Meter Relay Youth
4:25 PM	Boys 4x100 Meter Relay Youth
4:35 PM	Women 4x100 Meter Relay Senior
4:45 PM	Men 4x100 Meter Relay Senior

Session: 2  
Sunday

9:00 AM	Girls 2000 Meter Dash Midget
9:00 AM	Girls Long Jump Youth
9:00 AM	Girls Discus Throw 1kg Youth
9:00 AM	Boys Javelin Throw 600g Midget
9:10 AM	Boys 2000 Meter Dash Midget
9:20 AM	Girls 3000 Meter Dash Youth
9:35 AM	Boys 3000 Meter Dash Youth
9:45 AM	Women Discus Throw 1kg Senior
9:45 AM	Girls Javelin Throw 500g Midget
9:50 AM	Women 3000 Meter Run Senior
10:00 AM	Men Long Jump Senior
10:00 AM	Women Pole Vault Senior
10:00 AM	Girls Pole Vault Youth
10:00 AM	Girls Pole Vault Midget
10:05 AM	Men 3000 Meter Run Senior
10:20 AM	Girls 800 Meter Dash Midget
10:30 AM	Boys 800 Meter Dash Midget
10:30 AM	Men Javelin Throw 800g Senior
10:40 AM	Girls 800 Meter Dash Youth
10:50 AM	Boys 800 Meter Dash Youth
11:00 AM	Women 800 Meter Run Senior
11:00 AM	Boys Long Jump Midget
11:10 AM	Men 800 Meter Run Senior
11:15 AM	Women Javelin Throw 600g Senior
11:20 AM	Women 800 Meter Run Wheelchair Senior

12:00 PM	Boys Javelin Throw 700g Youth
12:10 PM	Girls 200 Meter Dash Midget
12:20 PM	Boys 200 Meter Dash Midget
12:30 PM	Girls 200 Meter Dash Youth
12:30 PM	Girls Long Jump Midget
12:30 PM	Men Pole Vault Senior
12:30 PM	Boys Pole Vault Youth
12:30 PM	Boys Pole Vault Midget
12:40 PM	Boys 200 Meter Dash Youth
12:50 PM	Women 200 Meter Dash Senior
1:00 PM	Men 200 Meter Dash Senior
1:00 PM	Girls Javelin Throw 600g Youth
1:10 PM	Women 200 Meter Dash Wheelchair Senior
1:20 PM	Men 200 Meter Dash Wheelchair Senior
1:30 PM	Women Long Jump Senior
1:35 PM	Men 400 Meter Hurdles 36" Senior
1:45 PM	Boys 300 Meter Hurdles 36" Youth
1:45 PM	Boys Discus Throw 1.5kg Youth
2:00 PM	Girls 300 Meter Hurdles 30" Youth
2:10 PM	Women 400 Meter Hurdles 30" Senior
2:20 PM	Girls 200 Meter Hurdles 30" Midget
2:30 PM	Boys 200 Meter Hurdles 30" Midget
2:30 PM	Men Discus Throw 2kg Senior
2:30 PM	Boys Long Jump Youth
2:35 PM	Women 4x400 Meter Relay Senior
2:40 PM	Men 4x400 Meter Relay Senior
2:45 PM	Girls 1600 Sprint Medley Youth
2:50 PM	Boys 1600 Sprint Medley Youth
2:55 PM	Girls 4x200 Meter Relay Midget
3:00 PM	Boys 4x200 Meter Relay Midget