

**2022 Regina Indoor Games**  
**Sask. U12 & U14 Provincial Indoor Championships**

Regina Sportsplex  
1717 Elphinstone Street  
Regina, Saskatchewan  
February 11 & 12, 2022

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

**1. Entry Fees**

Individual Events: First event: \$25.00  
Second event: \$25.00  
Additional events: \$20.00 per event.  
Triathlon: \$30.00

**2. Eligibility**

Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sports governing body in their province. Saskatchewan athletes may obtain a membership by:

1. E-mail: <https://www.saskathletics.ca/> or
2. Phone: Saskatchewan Athletics @ 306-664-6744 or
3. Writing to: Saskatchewan Athletics  
2020 College Drive  
Saskatoon, Saskatchewan S7N 2W4

**3. COVID Protocols:** In order to protect everyone from COVID as much as possible, we are asking for everyone's cooperation to restrict contact between everyone attending the meet. Please be aware of the following:

- a) As per City of Regina regulations, ALL individuals MUST present proof of double vaccination prior to entry into the Regina Fieldhouse. Do not register for the meet unless you are certain that you will meet the COVID immunization requirements. Entry fees will not be refunded if athletes are refused entry into the Regina Fieldhouse.
- b) While in the fieldhouse cell do your best to socially distance from people not in your household. Wearing your mask at all times is mandatory. Athletes are permitted to remove their mask when in the competition area.
- c) Only athletes competing in the events scheduled for the current time period will be permitted in the competition area. Warm-ups are permitted in the competition area 45 minutes prior to the start of an event. When events are completed, athletes must leave the competition area promptly.
- d) Absolutely no spectators are permitted in the competition area. Individuals breaking this rule on a repeated basis will be asked to leave the fieldhouse.

- e) Once athletes have completed their events for the day, please leave the fieldhouse promptly.  
Results will be posted on the Excel Athletika website.

4. **Entry Deadline:** 6:00 PM, Monday, February 7, 2022

**PLEASE NOTE**

**Entries:** All entries **MUST** be made online using the **Trackie registration system.**

Payment must be made on line when registering to reduce traffic in the meet office.

5. **Trackie Registration:** Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/2022-regina-indoor-games/474369/>

**Entries will not be accepted from e-mails. Late entries will not be accepted.**

Direct inquiries to:

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

or

(306) 550-7080

6. **Bib Pick-up:** Regina Sportsplex  
1717 Elphinstone Street  
4:00 P.M., Friday, February 11, 2022 First Event: 5:00 P.M.  
8:00 A.M., Saturday, February 12, 2022 First Event: 9:00 A.M.

7. **Age Classes**

- Senior: 20 and older as of Dec. 31, 2022 (born 2002 or earlier)
- U20: Under 20 as of Dec. 31, 2022 (born in 2003 or 2004)
- U18: Under 18 as of Dec. 31, 2022 (born in 2005 or 2006)
- U16: Under 16 as of Dec. 31, 2022 (born in 2007 or 2008)
- U14: Under 14 as of Dec. 31, 2022 (born in 2009 or 2010)
- U12: Under 12 as of Dec. 31, 2022 (born in 2011 or later)
- Masters: 35 & over as of the day of the event.

8. **Scratches**

Please report scratches in lane races to the meet office as soon as possible.

9. **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.

10. **Meet Hotel:** ATLAS HOTEL

4177 Albert Street

Rate: \$129.00 per night includes hot breakfast and parking

To book online, e-mail: [guestambassador@atlashotel.com](mailto:guestambassador@atlashotel.com)

Quote block code: 020422EXA

Book Direct: (306) 586-3443

### 11. Awards:

**Senior, U20, U18 and U16:** Gold, Silver and Bronze Regina Indoor medallions.

**U14 & U12:** Gold, Silver and Bronze Provincial medallions.

### 12. Event Registration:

**Triathlon:** Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.

**Triathlon Speed:** 60 metres, long jump, shot put

**Triathlon Endurance:** 600m(U12)/800m(U14), long jump, shot put

**Please ensure that the spelling of your athlete names and club names are identical to those in the Sask Athletics information.** If you are not sure, get a copy of your information from Laura at Sask Athletics at 306-664-6744.

**13. Tentative Schedule of Events:** Please remember that times are **subject to change** based on the number of entries received.

### Friday, February 11

<b>Track</b>			<b>Field</b>		
5:00pm	U12 Girls	4x100m	5:00pm	U16 Boys	Long Jump
	U12 Boys	4x100m		U20 & Sr. Women	Shot Put
	U14 Girls	4x100m		U18 Girls	Shot Put
	U14 Boys	4x100m			
	U16 Girls	4x100m			
	U16 Boys	4x100m			
5:30pm	U20 & Sr Men	60mH	5:30pm	U16 Girls	Pole Vault
	U18 Boys	60mH		U18 Girls	Pole Vault
	U16 Boys	60mH		Masters W & M	Pole Vault
	U20 & Sr. Women	60mH		U12 Boys	High Jump
	U18 Girls	60mH		U12 Girls	High Jump
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			

**Supper  
Break**

7:00pm	U20 & Sr Men	60mH	7:00pm	U20 & Sr. Men	Shot Put
	U18 Boys	60mH		U14 Girls	High Jump
	U16 Boys	60mH		U20 & Sr. Men	Long Jump
	U20 & Sr. Women	60mH		U20 & Sr. Women	Pole Vault
	U18 Girls	60mH			
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			
7:30pm	U12 Girls	1000m	8:00pm	U14 Boys	High Jump
	U12 Boys	1000m		Masters W & M	High Jump
	U14 Girls	1200m		U20 & Sr. Women	Long Jump
	U14 Boys	1200m			
	U16 Girls	1200m			
	U16 Boys	1200m			
8:30pm	U18 Girls	1500m	8:45pm	U16 Girls	High Jump
	U18 Boys	1500m		U16 Girls	Shot Put
	U20 & Sr. Women	1500m		Masters M&W	Shot Put
	U20 & Sr. Men	1500m			
	Masters M & W	1500m			
9:00pm	U16 Girls	200m			
	U16 Boys	200m			
	U18 Girls	200m			
	U18 Boys	200m			
	U20 & Sr Women	200m			
	U20 & Sr. Men	200m			
	Masters W & M	200m			

### Saturday, February 12

#### Track

#### Field

9:00am	U16 Girls	60m	9:00am	U18 Girls	Weight Throw
	U16 Boys	60m		Masters M & W	Weight Throw
	Masters W & M	60m		U20 & Sr. Women	Weight Throw
	U18 Girls	60m		U16 Girls	Long Jump
	U18 Boys	60m		Masters W & M	Long Jump
	U20 & Sr. Women	60m		U18 Girls	High Jump
	U20 & Sr. Men	60m		U12 Girls	Long Jump - Triathlon
	Sr. Women	60m Spec O		U20 & Sr. Men	Pole Vault
	Sr. Men	60m Spec O		U16 Men	Pole Vault
10:00am	U16 Girls	800m		U18 Men	Pole Vault

	U16 Boys	800m	9:45am	U18 Boys	Weight Throw
	U18 Girls	800m		U20 & Sr Men	Weight Throw
	U18 Boys	800m	10:00am	U12 Boys	Long Jump - Triathlon
	U20 & Sr Women	800m		U20 & Sr. Women	High Jump
	U20 & Sr. Men	800m			
	Masters W & M	800m	10:30am	U12 Girls	Shot Put - Triathlon
11:00am	U16 Girls	60m	11:00am	U14 Girls	Long Jump - Triathlon
	U16 Boys	60m		U16 Girls	Long Jump - Triathlon
	Masters W & M	60m		U14 Boys	Long Jump - Triathlon
	U18 Girls	60m		U16 Boys	Long Jump - Triathlon
	U18 Boys	60m		U20 & Sr. Men	High Jump
	U20 & Sr. Women	60m	11:30am	Sr. Women	Shot Put - Special O
	U20 & Sr. Men	60m		Sr. Men	Shot Put - Special O
<b>Lunch Break</b>					
1:00pm	U12 Girls	60m - Triathlon	1:00pm	U18 Boys	High Jump
	U12 Boys	60m - Triathlon		Sr. Women	Long Jump - Special O
1:10pm	U12 Girls	600m - Triathlon		Sr. Men	Long Jump - Special O
	U12 Girls	600m			
1:20pm	U12 Boys	600m - Triathlon			
	U12 Boys	600m	1:15pm	U12 Boys	Shot Put - Triathlon
	Sr. Women	200m Special O			
	Sr. Men	200m Special O			
1:40pm	U18 Girls	400m			
	U18 Boys	400m			
	U20 & Sr. Men	400m	1:45pm	U14 Girls	Shot Put - Triathlon
	U20 & Sr. Women	400m		U16 Girls	Shot Put - Triathlon
	Masters M & W	400m		U16 Boys	High Jump
2:00pm	U12 Girls	150m	2:00pm	U18 Boys	Long Jump
	U12 Boys	150m			
	U14 Girls	150m			
	U14 Boys	150m			
2:20pm	U16 Girls	300m			
	U16 Boys	300m			
2:30pm	U18 Girls	400m	2:30pm	U14 Boys	Shot Put - Triathlon
	U18 Boys	400m		U16 Boys	Shot Put - Triathlon
	U20 & Sr. Women	400m			
	U20 & Sr. Men	400m			
	Sr. Women	400m Special O			
	Sr. Men	400m Special O			
2:45pm	U16 Girls	2000m	3:00pm	U18 Girls	Long Jump
	U16 Boys	2000m			

3:05pm	U18 Girls	3000m			
	Masters W & M	3000m			
3:15pm	U14 Girls	60m - Triathlon	3:15pm	U18 Boys	Shot Put
	U14 Boys	60m - Triathlon			
	U16 Girls	60m - Triathlon			
	U16 Boys	60m - Triathlon			
	U14 Girls	800m - Triathlon			
	U14 Girls	800m			
	U14 Boys	800m - Triathlon			
	U14 Boys	800m			
	U20 & Sr. Women	3000m			
	U18 Boys	3000m			
	U20 & Sr. Men	3000m			
4:00pm	U18 Girls	4x100m	4:00pm	U16 Boys	Shot Put
	U18 Boys	4x100m			
	U20 & Sr. Women	4x100m			
		4x100m			
	U20 & Sr. Men				

**14. Events:** Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	23	Women 35-99 200 Meter Dash Masters
2	Boys 14-15 60 Meter Dash U16	24	Men 35-99 200 Meter Dash Masters
3	Girls 16-17 60 Meter Dash U18	25	Girls 16-17 400 Meter Dash U18
4	Boys 16-17 60 Meter Dash U18	26	Boys 16-17 400 Meter Dash U18
5	Women 18-19 60 Meter Dash U20	27	Women 18-19 400 Meter Dash U20
6	Men 18-19 60 Meter Dash U20	28	Men 18-19 400 Meter Dash U20
7	Women 20-34 60 Meter Dash Senior	29	Women 20-34 400 Meter Dash Senior
8	Men 20-34 60 Meter Dash Senior	30	Men 20-34 400 Meter Dash Senior
9	Women 35-99 60 Meter Dash Masters	31	Women 35-99 400 Meter Dash Masters
10	Men 35-99 60 Meter Dash Masters	32	Men 35-99 400 Meter Dash Masters
11	Girls 10-11 150 Meter Dash U 12	33	Girls 10-11 600 Meter Run U 12
12	Boys 10-11 150 Meter Dash U 12	34	Boys 10-11 600 Meter Run U 12
13	Girls 12-13 150 Meter Dash U14	35	Girls 12-13 800 Meter Run U14
14	Boys 12-13 150 Meter Dash U14	36	Boys 12-13 800 Meter Run U14
15	Girls 14-15 200 Meter Dash U16	37	Girls 14-15 800 Meter Run U16
16	Boys 14-15 200 Meter Dash U16	38	Boys 14-15 800 Meter Run U16
17	Girls 16-17 200 Meter Dash U18	39	Girls 16-17 800 Meter Run U18
18	Boys 16-17 200 Meter Dash U18	40	Boys 16-17 800 Meter Run U18
19	Women 18-19 200 Meter Dash U20	41	Women 18-19 800 Meter Run U20
20	Men 18-19 200 Meter Dash U20	42	Men 18-19 800 Meter Run U20
21	Women 20-34 200 Meter Dash Senior	43	Women 20-34 800 Meter Run Senior
22	Men 20-34 200 Meter Dash Senior	44	Men 20-34 800 Meter Run Senior

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
45	Women 35-99 800 Meter Run Masters	88	Boys 14-15 High Jump U16
46	Men 35-99 800 Meter Run Masters	89	Girls 16-17 High Jump U18
47	Girls 10-11 1000 Meter Run U 12	90	Boys 16-17 High Jump U18
48	Boys 10-11 1000 Meter Run U 12	91	Women 18-19 High Jump U20
49	Girls 12-13 1200 Meter Run U14	92	Men 18-19 High Jump U20
50	Boys 12-13 1200 Meter Run U14	93	Women 20-34 High Jump Senior
51	Girls 14-15 1200 Meter Run U16	94	Men 20-34 High Jump Senior
52	Boys 14-15 1200 Meter Run U16	95	Women 35-99 High Jump Masters
53	Girls 16-17 1500 Meter Run U18	96	Men 35-99 High Jump Masters
54	Boys 16-17 1500 Meter Run U18	97	Girls 14-15 Pole Vault U16
55	Women 18-19 1500 Meter Run U20	98	Boys 14-15 Pole Vault U16
56	Men 18-19 1500 Meter Run U20	99	Girls 16-17 Pole Vault U18
57	Women 20-34 1500 Meter Run Senior	100	Boys 16-17 Pole Vault U18
58	Men 20-34 1500 Meter Run Senior	101	Women 18-19 Pole Vault U20
59	Women 35-99 1500 Meter Run Masters	102	Men 18-19 Pole Vault U20
60	Men 35-99 1500 Meter Run Masters	103	Women 20-34 Pole Vault Senior
61	Girls 14-15 2000 Meter Run U16	104	Men 20-34 Pole Vault Senior
62	Boys 14-15 2000 Meter Run U16	105	Women 35-99 Pole Vault Masters
63	Girls 16-17 3000 Meter Run U18	106	Men 35-99 Pole Vault Masters
64	Boys 16-17 3000 Meter Run U18	107	Girls 14-15 Long Jump U16
65	Women 18-19 3000 Meter Run U20	108	Boys 14-15 Long Jump U16
66	Men 18-19 3000 Meter Run U20	109	Girls 16-17 Long Jump U18
67	Women 20-34 3000 Meter Run Senior	110	Boys 16-17 Long Jump U18
68	Men 20-34 3000 Meter Run Senior	111	Women 18-19 Long Jump U20
69	Women 35-99 3000 Meter Run Masters	112	Men 18-19 Long Jump U20
70	Men 35-99 3000 Meter Run Masters	113	Women 20-34 Long Jump Senior
71	Girls 12-13 60 Meter Hurdles .76m U14	114	Men 20-34 Long Jump Senior
72	Boys 12-13 60 Meter Hurdles .76m U14	115	Women 35-99 Long Jump Masters
73	Girls 14-15 60 Meter Hurdles .76m U16	116	Men 35-99 Long Jump Masters
74	Boys 14-15 60 Meter Hurdles .84m U16	117	Girls 14-15 Shot Put 3kg U16
75	Girls 16-17 60 Meter Hurdles .76m U18	118	Boys 14-15 Shot Put 4kg U16
76	Boys 16-17 60 Meter Hurdles .91m U18	119	Girls 16-17 Shot Put 3kg U18
77	Women 18-19 60 Meter Hurdles .84m U20	120	Boys 16-17 Shot Put 5kg U18
78	Men 18-19 60 Meter Hurdles .99m U20	121	Women 18-19 Shot Put 4kg U20
79	Women 20-34 60 Meter Hurdles .84m Senior	122	Men 18-19 Shot Put 6kg U20
80	Men 20-34 60 Meter Hurdles 1.07m Senior	123	Women 20-34 Shot Put 4kg Senior
81	Women 35-99 60 Meter Hurdles Masters	124	Men 20-34 Shot Put 7.26kg Senior
82	Men 35-99 60 Meter Hurdles Masters	125	Women 35-99 Shot Put Masters
83	Girls 10-11 High Jump U 12	126	Men 35-99 Shot Put Masters
84	Boys 10-11 High Jump U 12	127	Girls 16-17 Weight Throw 16lb U18
85	Girls 12-13 High Jump U14	128	Boys 16-17 Weight Throw 20lb U18
86	Boys 12-13 High Jump U14	129	Women 18-19 Weight Throw 20lb U20
87	Girls 14-15 High Jump U16	130	Men 18-19 Weight Throw 25lb U20

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
131	Women 20-34 Weight Throw 20lb Senior	150	Boys 14-15 4x100 Meter Relay U16
132	Men 20-34 Weight Throw 35lb Senior	151	Girls 16-17 4x100 Meter Relay U18
133	Women 35-99 Weight Throw Masters	152	Boys 16-17 4x100 Meter Relay U18
134	Men 35-99 Weight Throw Masters	153	Women 18-19 4x100 Meter Relay U20
135	Girls 11 & Under Triathlon Speed U 12	154	Men 18-19 4x100 Meter Relay U20
136	Boys 11 & Under Triathlon Speed U 12	155	Women 20-34 4x100 Meter Relay Senior
137	Girls 12-13 Triathlon Speed U14	156	Men 20-34 4x100 Meter Relay Senior
138	Boys 12-13 Triathlon Speed U14	157	Women 35-99 4x100 Meter Relay Masters
139	Girls 14-15 Triathlon Speed U16	158	Men 35-99 4x100 Meter Relay Masters
140	Boys 14-15 Triathlon Speed U16	159	Women 20-34 60 Meter Dash Special O Senior
141	Girls 11 & Under Triathlon Endurance Tri12E	160	Men 20-34 60 Meter Dash Special O Senior
142	Boys 11 & Under Triathlon Endurance Tri12E	161	Women 20-34 200 Meter Dash Special O Senior
143	Girls 12-13 Triathlon Endurance Tri14E	162	Men 20-34 200 Meter Dash Special O Senior
144	Boys 12-13 Triathlon Endurance Tri14E	163	Women 20-34 400 Meter Dash Special O Senior
145	Girls 10-11 4x100 Meter Relay U 12	164	Men 20-34 400 Meter Dash Special O Senior
146	Boys 10-11 4x100 Meter Relay U 12	165	Women 20-34 Long Jump Special O Senior
147	Girls 12-13 4x100 Meter Relay U14	166	Men 20-34 Long Jump Special O Senior
148	Boys 12-13 4x100 Meter Relay U14	167	Women 20-34 Shot Put Special O Senior
149	Girls 14-15 4x100 Meter Relay U16	168	Men 20-34 Shot Put Special O Senior