

2023 Saskatchewan Trials and All Comers Meet
for the
Manitoba/Saskatchewan U16/U18 Dual
Canada Games Athletic Complex
Regina, Saskatchewan
June 10th - 11th, 2023

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

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

- SA Membership Link: <https://www.trackie.com/members/UN-SK.php> or
- E-mail: admin@saskathletics.ca or
- Phone: Saskatchewan Athletics @ 306-664-6744 or
- Writing to: Saskatchewan Athletics
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.

2. **Age Classes:**

- **Open:** 18 and older as of Dec. 31, 2023 (born 2005 or earlier)
- **U20:** Under 20 as of Dec. 31, 2023 (born 2004 or 2005)
- **U18:** Under 18 as of Dec. 31, 2023 (born 2006 or 2007)
- **U16:** Under 16 as of Dec. 31, 2023 (born 2008 or 2009)
- **U14:** Under 14 as of Dec. 31, 2023 (born 2010 or 2011)
- **U12:** Under 12 as of Dec. 31, 2023 (born 2012 or later)
- **Masters:** 35 and over as of the day of the meet (born June 10, 1988 or earlier)

3. **Scratches:** Please report scratches to 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 \$50.00 deposit which may be forfeited if the protest is disallowed.

5. **Entry Deadline:** The entry deadline for the meet is:

6:00 p.m., Monday, June 5, 2023

All competitors must submit entries with **Trackie.**

Trackie Registration: Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/u16-and-u18-trials-and-all-comers-meet/488736/>

Entries will not be accepted from e-mails.

Direct inquiries to: jflangen@sasktel.net

or

(306) 550-7080

6. **Bib Pick-up:** Canada Games Athletic Complex

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

First Event: 12:00 P.M.

8:00 A.M., Sunday, June 11

First Event: 9:00 A.M.

7. **Awards:** Gold, Silver and Bronze medallions.

8. **Spike length:** Track – maximum 7mm; Field - maximum 9mm. Pin spikes only.

9. **Accommodations:**

Meet Hotel: The Atlas Hotel

4177 Albert Street

Regina S4S 3R6

Phone: 306-586-3443

E-mail: questambassador@atlashotel.com

Quote Block Code #060923STM when making reservations to receive the meet rate.

Cost: \$149.95 per room, double occupancy. Complimentary hot breakfast, parking and waterslide.

10. **Tentative Schedule of Events:** This schedule of events is tentative and is subject to change based on the number of entries received. Events will be held on the dates indicated but the times are subject to change.

Saturday, June 10

12:00pm 80mH/100mH/110mH
 1:00pm 1000m/1200m/1500m
 2:00pm 80m/100m Heats
 2:40pm 300m/400m Finals
 3:00pm 80m/100m Finals

4:40pm 10Km

High Jump

12:00pm Open Women
 1:15pm U16 Boys
 2:30pm U16 Girls
 3:45pm U18 Boys
 4:00pm U14 Boys, Girls

Long Jump

Open Men
 U16, U18 Girls
 Masters M & W
 U16, U18 Boys
 U20, Sr Women
 U12 Girls, Boys

Pole Vault

U16, U18 Girls, Mas W

 Open Women

Discus

11:00am U20, Open, Master Men
 12:30pm U16, U18 Girls
 1:45pm U16, U18 Boys
 3:00pm Open, Master Women
 4:00pm U14 Girls,
 Boys

Javelin

Open, Master Women
 U16, U18 Boys
 U16, U18 Girls
 Open, Master Men

 U12 Girls/Boys

 U14 Girls/Boys

Sunday, June 11

9:00am 2Km/3Km/5Km
 12:00pm 200m Heats
 12:30pm 600m/800m Finals
 1:45pm 200m Finals
 2:30pm
 3:30pm 200mH, 400mH
 4:30pm Relays

High Jump

11:00am Masters M & W
 12:00pm U20, Sr Men
 1:30pm U12 Girls,
 Boys
 2:45pm U18 Girls

Long/Triple Jump

U14 Boys, Girls Long Jum
 U16, U18 Boys
 U16, U18 Girls
 U20, Sr, Masters Women
 U20, Sr, Masters Men

Pole Vault

U16, U18 Boys, Mas M

 Open Men

Shot Put

10:00am U14 Girls/Boys
 11:00am U16, U18 Girls
 12:00pm U20, Sr, Masters Women
 1:15pm U20, Sr, Masters Men
 2:30pm U16, U18 Boys

Hammer

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

3:30pm U12 Girls/Boys