

# **2017 Regina Indoor Games**

Regina Sportsplex  
1717 Elphinstone Street  
Regina, Saskatchewan  
February 10 & 11, 2017

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

## 1. **Entry Fee**

The entry fee for all individual events will be \$20.00 per event. Entry fee for the Triathlon and Pentathlon will be \$30.00 per athlete. Late entry fee in all individual events will be \$30.00 per event. Late entry fee for Triathlon and Pentathlon competitors will be \$40.00 per athlete. 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.

## 3. **Age Classes**

- Senior: 20 and older as of Dec. 31, 2017 (born 1997 or earlier)
- Junior: Under 20 as of Dec. 31, 2017 (born 1998 or 1999)
- Youth: Under 18 as of Dec. 31, 2017 (born 2000 or 2001)
- Midget: Under 16 as of Dec. 31, 2017 (born 2002 or 2003)
- Bantam: Under 14 as of Dec. 31, 2017 (born 2004 or 2005)
- Pee Wee: Under 12 as of Dec. 31, 2017 (born 2006 or later)
- Masters: 35 & over as of the day of the event.

## 4. **Scratches**

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

5. **Late Entries**

Late entries will only be accommodated if space is available in the event. As well, late entries should be made one hour prior to the event start time especially in lane races.

6. **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.

7. **Entry Deadline**

The entry deadline for the meet is:

**Friday, February 3, 2017**

All teams with more than six entries should use Hy-Tek Team Manager to submit their entries. Hy-Tek Team Manager Lite can be downloaded free of charge from:

[www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html)

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Monday, February 6, 2017.

All entries after 11:59 pm, Monday, February 6 will be considered late entries.

All entries submitted with an e-mail address will be confirmed by return e-mail.

Return completed forms to:

James Langen  
744 Dalgliesh Drive  
Regina, Saskatchewan  
S4R 6G2

E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net) - preferred

Fax #: 306 543-3104

8. **Registration:** Regina Sportsplex  
1717 Elphinstone Street  
4:00 P.M., Friday, February 10, 2017 First Event: 5:00 P.M.  
8:00 A.M., Saturday, February 11, 2017 First Event: 9:00 A.M.

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

**Friday, February 10, 2017**

<b><u>Track</u></b>			<b><u>Field</u></b>		
5:00pm	Jr. & Sr Men	60mH	5:00pm	PeeWee B &G	High Jump
5:10pm	Youth Boys			Midget Boys	Long Jump
5:20pm	Midget Boys			Midget Girls	Pole Vault
5:30pm	Jr. & Sr. Women			Youth Girls	Pole Vault
5:40pm	Bantam Girls			Midget Girls	Shot Put
5:50pm	Midget Girls			Masters M & W	Shot Put
	Youth Girls				
6:00pm	Masters Men & Women				
6:15pm	PeeWee Girls	1000m	6:00pm	Jr. & Sr. Women	Shot Put
6:20pm	Pee Wee Boys			Youth Girls	High Jump
6:25pm	Bantam Girls	1200m		Jr. & Sr. Men	Long Jump
6:30pm	Bantam Boys			Youth Boys	Long Jump
6:35pm	Midget Girls	2000m			
6:45pm	Midget Boys		6:30pm	Jr. & Sr. Women	Pole Vault
6:55pm	Youth Girls	3000m			
6:55pm	Masters Men & Women		7:30pm	Youth Girls	Shot Put
7:10pm	Youth Boys			Midget Girls	High Jump
7:25pm	Jr. & Sr. Women			Masters W & M	High Jump
7:40pm	Jr. & Sr. Men			Jr. & Sr. Women	Long Jump
7:55pm	Jr. & Sr. Men	60mH - Final			
8:00pm	Jr. & Sr. Women				
8:05pm	Midget Girls	800m			
8:05pm	Midget Boys				
8:10pm	Jr. & Sr. Women	4x200m	8:30pm	Bantam G & B	High Jump
8:15pm	Jr. & Sr. Men	4x200m		Youth Boys	Weight Throw
8:20pm	Jr. & Sr Women	400m		Jr. & Sr. Men	Weight Throw
8:25pm	Youth Girls				
8:30pm	Jr. & Sr. Men				
8:35pm	Youth Boys				
8:40pm	Masters Women & Men				

**Saturday, February 11, 2017**

<b><u>Track</u></b>			<b><u>Field</u></b>		
9:00am	Youth Girls	800m	9:00am	PeeWee B & G	Long Jump - Triathlon
9:10am	Youth Boys			Youth Girls	Weight Throw

9:20am	Jr. & Sr. Women			Masters M & W	Weight Throw
9:30am	Jr. & Sr. Men				
9:40am	Masters Women & Men				
9:50am	Midget Girls	1200m	10:00am	Jr. & Sr. Women	Weight Throw
10:00am	Midget Boys				
10:10am	Youth Girls	1500m	10:15am	Jr. & Sr. Women	High Jump
10:20am	Youth Boys				
10:30am	Jr. & Sr. Women				
10:40am	Jr. & Sr. Men		10:45am	Bantam G & B Youth Girls	Long Jump - Triathlon Long Jump
10:50am	Masters Women & Men				
11:00am	Midget Girls	60m Heats			
11:10am	Midget Boys		11:00am	PeeWee B & G	Shot Put - Triathlon
11:20am	Masters Women & Men				
11:30am	Youth Girls		11:30am	Jr. & Sr. Men	Pole Vault
11:40am	Youth Boys				
11:50am	Jr. & Sr. Women		12:00pm	Jr. & Sr. Men	High Jump
12:00am	Jr. & Sr. Men				
12:55pm	PeeWee Girls	60m - Triathlon	12:15pm	Bantam B & G All Men	Shot Put - Triathlon Triple Jump
1:00 PM	PeeWee Boys				
1:10pm	Midget Girls	60m Finals			
1:15pm	Midget Boys		1:15pm	Jr. & Sr. Men	Shot Put
1:20pm	Youth Girls				
1:25pm	Youth Boys		1:30pm	Midget Boys Midget Boys Youth Boys	High Jump Pole Vault Pole Vault
1:30pm	Jr. & Sr. Women				
1:35pm	Jr. & Sr. Men				
1:40pm	Bantam Girls	60m - Triathlon			
1:45pm	Bantam Boys		1:45pm	All Women	Triple Jump
1:50pm	Midget Girls		2:00pm	Midget Girls Masters W & M	Long Jump Long Jump
1:55pm	Midget Boys				
1:50pm	PeeWee Girls & Boys	600m			
1:50pm	PeeWee Girls & Boys	600m - Triathlon	2:30pm	Youth Boys	High Jump
2:00pm	Bantam Girls & Boys	800m			
2:10pm	Bantam Girls & Boys	800m - Triathlon			
2:20pm	Midget Girls	200m - Finals	2:45pm	Midget Boys	Shot Put
2:25pm	Midget Boys	200m - Finals			
2:40pm	Masters M & W				
2:50pm	Youth Girls				
3:00pm	Youth Boys				
3:10pm	Jr. & Sr. Women				
3:20pm	Jr. & Sr. Men				
3:30pm	PeeWee Girls	150m - Finals			
3:40pm	PeeWee Boys		3:45pm	Youth Boys	Shot Put

3:50pm	Bantam Girls	
4:00pm	Bantam Boys	
4:10pm	Women	4x800m
4:20pm	Men	4x800m
4:30pm	Women	4x400m
4:40pm	Men	4x400m
4:50pm		4x100m

## 10. Awards

Gold, Silver and Bronze medallions. All Pee Wee and Bantam Provincial Championship events will be awarded a Saskatchewan Athletics medallion.

## 11. Events: Please take note of the following:

- Speed triathlon events consist of the 60 metres, Long Jump and Shot Put.
- Endurance triathlon events consist of the 600/800 metres, Long Jump and Shot Put.
- **DO NOT ENTER ATHLETES IN BOTH THE SPEED AND ENDURANCE TRIATHLON EVENTS!**
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Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash Midget	25	Girls 16-17 400 Meter Dash Youth
2	Boys 14-15 60 Meter Dash Midget	26	Boys 16-17 400 Meter Dash Youth
3	Girls 16-17 60 Meter Dash Youth	27	Women 18-19 400 Meter Dash Junior
4	Boys 16-17 60 Meter Dash Youth	28	Men 18-19 400 Meter Dash Junior
5	Women 18-19 60 Meter Dash Junior	29	Women 20-34 400 Meter Dash Senior
6	Men 18-19 60 Meter Dash Junior	30	Men 20-34 400 Meter Dash Senior
7	Women 20-34 60 Meter Dash Senior	31	Women 35-99 400 Meter Dash Masters
8	Men 20-34 60 Meter Dash Senior	32	Men 35-99 400 Meter Dash Masters
9	Women 35-99 60 Meter Dash Masters	33	Girls 10-11 600 Meter Run Pee Wee
10	Men 35-99 60 Meter Dash Masters	34	Boys 10-11 600 Meter Run Pee Wee
11	Girls 10-11 150 Meter Dash Pee Wee	35	Girls 12-13 800 Meter Run Bantam
12	Boys 10-11 150 Meter Dash Pee Wee	36	Boys 12-13 800 Meter Run Bantam
13	Girls 12-13 150 Meter Dash Bantam	37	Girls 14-15 800 Meter Run Midget
14	Boys 12-13 150 Meter Dash Bantam	38	Boys 14-15 800 Meter Run Midget
15	Girls 14-15 200 Meter Dash Midget	39	Girls 16-17 800 Meter Run Youth
16	Boys 14-15 200 Meter Dash Midget	40	Boys 16-17 800 Meter Run Youth
17	Girls 16-17 200 Meter Dash Youth	41	Women 18-19 800 Meter Run Junior
18	Boys 16-17 200 Meter Dash Youth	42	Men 18-19 800 Meter Run Junior
19	Women 18-19 200 Meter Dash Junior	43	Women 20-34 800 Meter Run Senior
20	Men 18-19 200 Meter Dash Junior	44	Men 20-34 800 Meter Run Senior
21	Women 20-34 200 Meter Dash Senior	45	Women 35-99 800 Meter Run Masters
22	Men 20-34 200 Meter Dash Senior	46	Men 35-99 800 Meter Run Masters
23	Women 35-99 200 Meter Dash Masters	47	Girls 10-11 1000 Meter Run Pee Wee
24	Men 35-99 200 Meter Dash Masters	48	Boys 10-11 1000 Meter Run Pee Wee

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
49	Girls 12-13 1200 Meter Run Bantam	93	Women 20-34 High Jump Senior
50	Boys 12-13 1200 Meter Run Bantam	94	Men 20-34 High Jump Senior
51	Girls 14-15 1200 Meter Run Midget	95	Women 35-99 High Jump Masters
52	Boys 14-15 1200 Meter Run Midget	96	Men 35-99 High Jump Masters
53	Girls 16-17 1500 Meter Run Youth	97	Girls 14-15 Pole Vault Midget
54	Boys 16-17 1500 Meter Run Youth	98	Boys 14-15 Pole Vault Midget
55	Women 18-19 1500 Meter Run Junior	99	Girls 16-17 Pole Vault Youth
56	Men 18-19 1500 Meter Run Junior	100	Boys 16-17 Pole Vault Youth
57	Women 20-34 1500 Meter Run Senior	101	Women 18-19 Pole Vault Junior
58	Men 20-34 1500 Meter Run Senior	102	Men 18-19 Pole Vault Junior
59	Women 35-99 1500 Meter Run Masters	103	Women 20-34 Pole Vault Senior
60	Men 35-99 1500 Meter Run Masters	104	Men 20-34 Pole Vault Senior
61	Girls 14-15 2000 Meter Run Midget	105	Women 35-99 Pole Vault Masters
62	Boys 14-15 2000 Meter Run Midget	106	Men 35-99 Pole Vault Masters
63	Girls 16-17 3000 Meter Run Youth	107	Girls 14-15 Long Jump Midget
64	Boys 16-17 3000 Meter Run Youth	108	Boys 14-15 Long Jump Midget
65	Women 18-19 3000 Meter Run Junior	109	Girls 16-17 Long Jump Youth
66	Men 18-19 3000 Meter Run Junior	110	Boys 16-17 Long Jump Youth
67	Women 20-34 3000 Meter Run Senior	111	Women 18-19 Long Jump Junior
68	Men 20-34 3000 Meter Run Senior	112	Men 18-19 Long Jump Junior
69	Women 35-99 3000 Meter Run Masters	113	Women 20-34 Long Jump Senior
70	Men 35-99 3000 Meter Run Masters	114	Men 20-34 Long Jump Senior
71	Girls 12-13 60 Meter Hurdles .76m Bantam	115	Women 35-99 Long Jump Masters
72	Boys 12-13 60 Meter Hurdles .76m Bantam	116	Men 35-99 Long Jump Masters
73	Girls 14-15 60 Meter Hurdles .76m Midget	117	Girls 14-15 Triple Jump Midget
74	Boys 14-15 60 Meter Hurdles .84m Midget	118	Boys 14-15 Triple Jump Midget
75	Girls 16-17 60 Meter Hurdles .76m Youth	119	Girls 16-17 Triple Jump Youth
76	Boys 16-17 60 Meter Hurdles .91m Youth	120	Boys 16-17 Triple Jump Youth
77	Women 18-19 60 Meter Hurdles .84m Junior	121	Women 18-19 Triple Jump Junior
78	Men 18-19 60 Meter Hurdles .99m Junior	122	Men 18-19 Triple Jump Junior
79	Women 20-34 60 Meter Hurdles .84m Senior	123	Women 20-34 Triple Jump Senior
80	Men 20-34 60 Meter Hurdles 1.07m Senior	124	Men 20-34 Triple Jump Senior
81	Women 35-99 60 Meter Hurdles Masters	125	Women 35-99 Triple Jump Masters
82	Men 35-99 60 Meter Hurdles Masters	126	Men 35-99 Triple Jump Masters
83	Girls 10-11 High Jump Pee Wee	127	Girls 14-15 Shot Put 3kg Midget
84	Boys 10-11 High Jump Pee Wee	128	Boys 14-15 Shot Put 4kg Midget
85	Girls 12-13 High Jump Bantam	129	Girls 16-17 Shot Put 3kg Youth
86	Boys 12-13 High Jump Bantam	130	Boys 16-17 Shot Put 5kg Youth
87	Girls 14-15 High Jump Midget	131	Women 18-19 Shot Put 4kg Junior
88	Boys 14-15 High Jump Midget	132	Men 18-19 Shot Put 6kg Junior
89	Girls 16-17 High Jump Youth	133	Women 20-34 Shot Put 4kg Senior
90	Boys 16-17 High Jump Youth	134	Men 20-34 Shot Put 7.26kg Senior
91	Women 18-19 High Jump Junior	135	Women 35-99 Shot Put Masters
92	Men 18-19 High Jump Junior	136	Men 35-99 Shot Put Masters

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
137	Girls 16-17 Weight Throw 16lb Youth	162	Boys 14-15 4x100 Meter Relay Midget
138	Boys 16-17 Weight Throw 20lb Youth	163	Girls 16-17 4x100 Meter Relay Youth
139	Women 18-19 Weight Throw 20lb Junior	164	Boys 16-17 4x100 Meter Relay Youth
140	Men 18-19 Weight Throw 35lb Junior	165	Women 20-34 4x100 Meter Relay Senior
141	Women 20-34 Weight Throw 20lb Senior	166	Men 20-34 4x100 Meter Relay Senior
142	Men 20-34 Weight Throw 35lb Senior	167	Women 35-99 4x100 Meter Relay Masters
143	Women 35-99 Weight Throw 20lb Masters	168	Men 35-99 4x100 Meter Relay Masters
144	Men 35-99 Weight Throw 20lb Masters	169	Women 20-34 4x200 Meter Relay Senior
145	Girls 10-11 Triathlon Speed Pee Wee	170	Men 20-34 4x200 Meter Relay Senior
146	Boys 10-11 Triathlon Speed Pee Wee	171	Women 20-34 4x400 Meter Relay Senior
147	Girls 12-13 Triathlon Speed Bantam	172	Men 20-34 4x400 Meter Relay Senior
148	Boys 12-13 Triathlon Speed Bantam	173	Women 20-34 4x800 Meter Relay Senior
149	Girls 14-15 Triathlon Speed Midget	174	Men 20-34 4x800 Meter Relay Senior
150	Boys 14-15 Triathlon Speed Midget	175	Women 20-34 60 Meter Dash Special O Senior
151	Girls 10-11 Triathlon Endurance Pee Wee	176	Men 20-34 60 Meter Dash Special O Senior
152	Boys 10-11 Triathlon Endurance Pee Wee	177	Women 20-34 200 Meter Dash Special O Senior
153	Girls 12-13 Triathlon Endurance Bantam	178	Men 20-34 200 Meter Dash Special O Senior
154	Boys 12-13 Triathlon Endurance Bantam	179	Mixed 20-34 400 Meter Dash Special O Senior
155	Women 20-34 Indoor Pentathlon Senior	180	Women 20-34 Long Jump Special O Senior
156	Men 20-34 Indoor Pentathlon Senior	181	Men 20-34 Long Jump Special O Senior
157	Girls 10-11 4x100 Meter Relay Pee Wee	182	Women 20-34 Shot Put Special O Senior
158	Boys 10-11 4x100 Meter Relay Pee Wee	183	Men 20-34 Shot Put Special O Senior
159	Girls 12-13 4x100 Meter Relay Bantam	184	Men 20-34 800 Meter Run Senior
160	Boys 12-13 4x100 Meter Relay Bantam	185	Women 35-99 800 Meter Run Masters
161	Girls 14-15 4x100 Meter Relay Midget		

**2017 Regina Indoor Games**

Regina Sportsplex

Regina, Saskatchewan

February 10 & 11, 2017

**CLUB** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **POSTAL CODE** \_\_\_\_\_

**COACH'S NAME** \_\_\_\_\_ **TELEPHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

Total Entry Fee Enclosed: \_\_\_\_\_

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

Fax #: 306 543-3104  
Home: 306 545-7759  
E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net)

**Entry Deadline: Friday, February 3, 2017**



