



## **2013 Queen City Kinsmen Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 8 & 9, 2013

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

### 1. **Entry Fee**

The entry fee for all individual events will be \$20.00 per event. The entry fee for all combined (multiple) events will be \$40.00 per athlete. Relay teams are \$5.00 per team regardless of age. Late entry fee in all individual events will be \$40.00 per event. Late entry fee for multiple event competitors will be \$55.00 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: 18 and older as of Dec. 31, 2013 (born 1995 or earlier)
- Junior: Under 20 as of Dec. 31, 2013 (born 1994 or 1995)
- Youth: Under 18 as of Dec. 31, 2013 (born 1996 or 1997)
- Midget: Under 16 as of Dec. 31, 2013 (born 1998 or 1999)
- Bantam: Under 14 as of Dec. 31, 2013 (born 2000 or 2001)

- Pee Wee: Under 12 as of Dec. 31, 2013 (born 2002 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 must 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 1, 2013**

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Tuesday, February 5, 2013.

All entries after 11:59 pm, Tuesday, February 7 will be considered late entries. **All late entries, including athletes from universities, will be assessed the late entry fee.**

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

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

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

Return completed forms with payment 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 8, 2013 First Event: 5:00 P.M.  
 8:00 A.M., Saturday, February 9, 2013 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.

The final schedule will be sent to all clubs providing an e-mail address.

**2013 Queen City Kinsmen Indoor Games**

Tentative Schedule (may be adjusted based on entries)

**Friday February 8, 2013**

<u>Track</u>			<u>Field</u>		
5:00pm	Bantam	60mH	5:00pm	PeeWee	High Jump
5:10pm	Midget Women			Midget Men	Long Jump
5:20pm	Midget Men			Youth Men	Weight Throw
5:30pm	Youth Women			Senior Men	Weight Throw
5:40pm	Youth Men				
5:50pm	Senior Women		5:45pm	Midget Women	Triple Jump
6:00pm	Senior Men			Masters	Triple Jump
6:15pm	PeeWee	1000m	6:15pm	Bantam	High Jump
6:25pm	Bantam	1200m		Senior Men	Long Jump
6:35pm	Midget Women	2000m		Senior Women	Shot Put
6:45pm	Midget Men			Youth Women	Shot Put
7:00pm	Youth Women	3000m			
	Masters		6:45pm	Senior Women	Pole Vault
7:15pm	Youth Men			Youth Women	Pole Vault
7:30pm	Senior Women			Midget Women	Pole Vault
7:45pm	Senior Men				
			7:00pm	Youth Women	Triple Jump
8:10pm	Senior Men	60mH - Final			
8:20pm	Senior Women				
			7:30pm	Midget Women	High Jump
8:30pm	PeeWee Girls	150m		Masters	High Jump
8:35pm	PeeWee Boys			Senior Women	Long Jump
8:45pm	Bantam Girls			Masters	Shot Put
8:50pm	Bantam Girls			Midget Women	Shot Put
8:55pm	Senior Women	300m			
9:05pm	Senior Men		8:15pm	Youth Men	Long Jump
9:15pm	Senior Women	1000m	8:30pm	Youth Women	High Jump
9:25pm	Senior Men				
9:35pm	Senior Women	4x200m			
9:45pm	Senior Men	4x200m			

**Saturday February 9, 2013**

<b><u>Track</u></b>			<b><u>Field</u></b>		
9:00am	Midget Women	800m	9:00am	PeeWee	Long Jump - Triathlon
	Masters			Midget Men	Triple Jump
9:05am	Midget Men			Youth Women	Weight Throw
9:10am	Youth Women			Masters	Weight Throw
9:15am	Youth Men				
9:20am	Senior Women				
9:25am	Senior Men				
9:35am	Youth Women	400m			
9:40am	Youth Men				
9:50am	Senior Women				
9:55am	Senior Men				
10:05am	Senior Women	600m	10:00am	Senior Women	Weight Throw
10:10am	Senior Men	600m			
			10:15am	Senior Women	High Jump
10:30am	Senior Women	1500m		Senior Men	Triple Jump
10:40am	Senior Men	1500m			
			10:45am	Bantam	Long Jump - Triathlon
11:00am	Midget Women	60m Heats			
11:20am	Midget Men				
11:30am	Masters		11:00am	PeeWee	Shot Put - Triathlon
11:40am	Youth Women				
11:50am	Youth Men		11:30am	Senior Men	Pole Vault
12:00pm	Senior Women				
12:10pm	Senior Men		12:00pm	Senior Men	High Jump
12:55pm	PeeWee	60m - Triathlon	12:15pm	Senior Women	Triple Jump
				Senior Men	Shot Put
1:10pm	Midget Women	60m Finals			
1:15pm	Midget Men		12:30pm	Youth Women	Long Jump
1:20pm	Youth Women				
1:25pm	Youth Men		1:15pm	Bantam	Shot Put - Triathlon
1:30pm	Senior Women				
1:35pm	Senior Men		1:30pm	Midget Men	High Jump
				Midget Men	Pole Vault
1:45pm	Midget Women	1200m		Youth Men	Pole Vault
1:55pm	Midget Men	1200m		Youth Men	Triple Jump
2:05pm	Youth Women	1500m			
2:15pm	Youth Men	1500m	2:00pm	Midget Women	Long Jump
				Masters	Long Jump
2:25pm	Women	4x800m			
2:35pm	Men	4x800m	2:30pm	Youth Men	High Jump
2:45pm	Women	4x400m			
2:55pm	Men	4x400m	2:45pm	Midget Men	Shot Put
3:05pm	PeeWee	600m - Triathlon			
3:15pm	Bantam	800m - Triathlon			
3:25pm	Bantam	60m - Triathlon			

3:45pm Midget Women 200m  
Masters  
3:55pm Midget Men  
4:05pm Youth Women  
4:15pm Youth Men  
4:25pm Senior Women/Men  
4:35pm 4x100m and Medley Relays

3:45pm Youth Men Shot Put

## 10. Awards

Gold, Silver and Bronze medallions.

## 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.
- Junior events are provided when a specific implement weight or hurdle spacing/height is required. For all other events Junior athletes should enter the Senior category.
- Masters athletes throw age appropriate implements.
- Please complete the entry form carefully.

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash Midget	28	Boys 10-11 600 Meter Run Pee Wee
2	Boys 14-15 60 Meter Dash Midget	29	Girls 12-13 800 Meter Run Bantam
3	Girls 16-17 60 Meter Dash Youth	30	Boys 12-13 800 Meter Run Bantam
4	Boys 16-17 60 Meter Dash Youth	31	Girls 14-15 800 Meter Run Midget
5	Women 18-34 60 Meter Dash Senior	32	Boys 14-15 800 Meter Run Midget
6	Men 18-34 60 Meter Dash Senior	33	Girls 16-17 800 Meter Run Youth
7	Women 35-99 60 Meter Dash Masters	34	Boys 16-17 800 Meter Run Youth
8	Men 35-99 60 Meter Dash Masters	35	Women 20-34 800 Meter Run Senior
9	Girls 10-11 150 Meter Dash Pee Wee	36	Men 20-34 800 Meter Run Senior
10	Boys 10-11 150 Meter Dash Pee Wee	37	Women 35-99 800 Meter Run Masters
11	Girls 12-13 150 Meter Dash Bantam	38	Men 35-99 800 Meter Run Masters
12	Boys 12-13 150 Meter Dash Bantam	39	Girls 10-11 1000 Meter Run Pee Wee
13	Girls 14-15 200 Meter Dash Midget	40	Boys 10-11 1000 Meter Run Pee Wee
14	Boys 14-15 200 Meter Dash Midget	41	Girls 12-13 1200 Meter Run Bantam
15	Girls 16-17 200 Meter Dash Youth	42	Boys 12-13 1200 Meter Run Bantam
16	Boys 16-17 200 Meter Dash Youth	43	Girls 14-15 1200 Meter Run Midget
17	Women 18-34 200 Meter Dash Senior	44	Boys 14-15 1200 Meter Run Midget
18	Men 18-34 200 Meter Dash Senior	45	Girls 16-17 1500 Meter Run Youth
19	Women 35-99 200 Meter Dash Masters	46	Boys 16-17 1500 Meter Run Youth
20	Men 35-99 200 Meter Dash Masters	47	Women 20-34 1500 Meter Run Senior
21	Girls 16-17 400 Meter Dash Youth	48	Men 20-34 1500 Meter Run Senior
22	Boys 16-17 400 Meter Dash Youth	49	Women 35-99 1500 Meter Run Masters
23	Women 20-34 400 Meter Dash Senior	50	Men 35-99 1500 Meter Run Masters
24	Men 20-34 400 Meter Dash Senior	51	Girls 14-15 2000 Meter Run Midget
25	Women 35-99 400 Meter Dash Masters	52	Boys 14-15 2000 Meter Run Midget
26	Men 35-99 400 Meter Dash Masters	53	Girls 16-17 3000 Meter Run Youth
27	Girls 10-11 600 Meter Run Pee Wee	54	Boys 16-17 3000 Meter Run Youth

<b>Event #</b>	<b>Event Name</b>
55	Women 18-34 3000 Meter Run Senior
56	Men 18-34 3000 Meter Run Senior
57	Women 35-99 3000 Meter Run Masters
58	Men 35-99 3000 Meter Run Masters
59	Girls 12-13 60 Meter Hurdles .76m Bantam
60	Boys 12-13 60 Meter Hurdles .76m Bantam
61	Girls 14-15 60 Meter Hurdles .76m Midget
62	Boys 14-15 60 Meter Hurdles .84m Midget
63	Girls 16-17 60 Meter Hurdles .76m Youth
64	Boys 16-17 60 Meter Hurdles .91m Youth
65	Men 18-19 60 Meter Hurdles .99m Junior
66	Women 18-34 60 Meter Hurdles .84m Senior
67	Men 18-34 60 Meter Hurdles 1.07m Senior
68	Women 35-99 60 Meter Hurdles Masters
69	Men 35-99 60 Meter Hurdles Masters
70	Girls 10-11 High Jump Pee Wee
71	Boys 10-11 High Jump Pee Wee
72	Girls 12-13 High Jump Bantam
73	Boys 12-13 High Jump Bantam
74	Girls 14-15 High Jump Midget
75	Boys 14-15 High Jump Midget
76	Girls 16-17 High Jump Youth
77	Boys 16-17 High Jump Youth
78	Women 18-34 High Jump Senior
79	Men 18-34 High Jump Senior
80	Women 35-99 High Jump Masters
81	Men 35-99 High Jump Masters
82	Girls 14-15 Pole Vault Midget
83	Boys 14-15 Pole Vault Midget
84	Girls 16-17 Pole Vault Youth
85	Boys 16-17 Pole Vault Youth
86	Women 18-34 Pole Vault Senior
87	Men 18-34 Pole Vault Senior
88	Women 35-99 Pole Vault Masters
89	Men 35-99 Pole Vault Masters
90	Girls 14-15 Long Jump Midget
91	Boys 14-15 Long Jump Midget
92	Girls 16-17 Long Jump Youth
93	Boys 16-17 Long Jump Youth
94	Women 18-34 Long Jump Senior
95	Men 18-34 Long Jump Senior
96	Women 35-99 Long Jump Masters
97	Men 35-99 Long Jump Masters
98	Girls 14-15 Triple Jump Midget
99	Boys 14-15 Triple Jump Midget
100	Girls 16-17 Triple Jump Youth
101	Boys 16-17 Triple Jump Youth
102	Women 18-34 Triple Jump Senior
103	Men 18-34 Triple Jump Senior

<b>Event #</b>	<b>Event Name</b>
104	Women 35-99 Triple Jump Masters
105	Men 35-99 Triple Jump Masters
106	Girls 14-15 Shot Put 3kg Midget
107	Boys 14-15 Shot Put 4kg Midget
108	Girls 16-17 Shot Put 3kg Youth
109	Boys 16-17 Shot Put 5kg Youth
110	Men 18-19 Shot Put 6kg Junior
111	Women 18-34 Shot Put 4kg Senior
112	Men 20-34 Shot Put 7.26kg Senior
113	Women 35-99 Shot Put Masters
114	Men 35-99 Shot Put Masters
115	Girls 16-17 Weight Throw 16lb Youth
116	Boys 16-17 Weight Throw 20lb Youth
117	Women 18-34 Weight Throw 20lb Senior
118	Men 18-34 Weight Throw 35lb Senior
119	Women 35-99 Weight Throw 20lb Masters
120	Men 35-99 Weight Throw 20lb Masters
121	Girls 10-11 Triathlon Speed Pee Wee
122	Boys 10-11 Triathlon Speed Pee Wee
123	Girls 12-13 Triathlon Speed Bantam
124	Boys 12-13 Triathlon Speed Bantam
125	Girls 10-11 Triathlon Endurance Pee Wee
126	Boys 10-11 Triathlon Endurance Pee Wee
127	Girls 12-13 Triathlon Endurance Bantam
128	Boys 12-13 Triathlon Endurance Bantam
129	Girls 10-11 4x100 Meter Relay Pee Wee
130	Boys 10-11 4x100 Meter Relay Pee Wee
131	Girls 12-13 4x100 Meter Relay Bantam
132	Boys 12-13 4x100 Meter Relay Bantam
133	Girls 14-15 800 Sprint Medley Midget
134	Boys 14-15 800 Sprint Medley Midget
135	Girls 16-17 800 Sprint Medley Youth
136	Boys 16-17 800 Sprint Medley Youth
137	Women 18-34 300 Meter Dash Senior
138	Men 18-34 300 Meter Dash Senior
139	Women 35-99 300 Meter Dash Masters
140	Men 35-99 300 Meter Dash Masters
141	Women 18-34 600 Meter Run Senior
142	Men 18-34 600 Meter Run Senior
143	Women 18-34 1000 Meter Run Senior
144	Men 18-34 1000 Meter Run Senior
145	Women 18-34 Indoor Pentathlon Senior
146	Men 18-34 Indoor Pentathlon Senior
147	Women 18-34 4x200 Meter Relay Senior
148	Men 18-34 4x200 Meter Relay Senior
149	Women 18-34 4x400 Meter Relay Senior
150	Men 18-34 4x400 Meter Relay Senior
151	Women 18-34 4x800 Meter Relay Senior
152	Men 18-34 4x800 Meter Relay Senior



## **2013 Queen City Kinsmen Indoor Games**

Regina Sportsplex

Regina, Saskatchewan

February 8 & 9, 2013

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

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

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

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

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

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

Mail entries to: James Langen  
744 Dalgliesh 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 1, 2013

