

## **LARMER FRIENDSHIP GAMES**

REGINA SPORTSPLEX  
1717 Elphinstone Street  
Regina, Saskatchewan  
Saturday, December 2, 2017

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

1. **Entry Fee:** The entry fee for individual events is \$20.00 per event. Entry fee for the triathlon is \$30.00 per athlete. Cheques and money orders should be made payable to:

### **Excel Athletika**

The late entry fee will be \$30.00 per individual event and \$40.00 per triathlon athlete.

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, are available at the meet office.

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 – 1999)

Youth: Under 18 as of Dec. 31, 2017 (born 2000 - 2001)

Midget: Under 16 as of Dec. 31, 2017 (born 2002 - 2003)

Bantam: Under 14 as of Dec. 31, 2017 (born 2004 – 2005)

Pee Wee: Under 12 as of Dec. 31, 2017 (born 2006 or later)

Masters: 35 years and older as of the day of the meet

4. **Awards:**

Ribbons to the top three finishers in each event including finishers in each individual triathlon event.

5. **Entries:**

Entries must be made using the event codes attached. Accurate seed times are useful to place athletes in the appropriate section. Athletes without seed times are placed the slowest sections.

**Manual Entry Deadline: 6:00 P.M., Friday, November 24, 2017**

Teams submitting entries with **Hy-Tek's Team Manager** may use a deadline extension until 9:00 P.M., Monday, November 27, 2017. Teams with more than five or six entries should be using Team Manager to submit their entries. If you need assistance using Team Manager, please give me a call.

Send entries to:

James Langen  
744 Dalgliesh Drive  
Regina, Saskatchewan  
S4R 6G2  
E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net) (preferred)  
Home: (306) 545-7759  
Fax #: (306) 543-3104

**All faxed and e-mailed entries will be confirmed by return e-mail.**

6. **Registration:** Regina Fieldhouse  
1:00 P.M., Saturday, December 2, 2017  
First Event: 2:00 P.M.

6. **Tentative Schedule of Events:**

<b><u>Track</u></b>	<b><u>Long Jump/Triple Jump</u></b>
2:00 PW & Bant 4 x 100	2:00 Bantam Girls and Boys Triathlon
2:15 Jr & Sr Women 60m Heats	3:30 Pee Wee Girls and Boys Triathlon
2:20 Jr & Sr Men 60m Heats	4:30 Mid., Youth, Jr., Sr., Masters Men
2:15 Midget Girls 60m	6:30 Mid, Youth, Jr., Sr., Masters Women
2:20 Midget Boys 60m	7:30 Triple Jump - All
2:25 Youth Girls 60m	
2:30 Youth Boys 60m	
2:45 Masters 60m	<b><u>High Jump/Pole Vault</u></b>
2:50 Sr Women 60m Final	2:00 Mid., Youth, Jr., Sr., Women
2:55 Sr Men 60m Final	3:00 Mid., Youth Men
3:05 Men and Women 3Km	3:45 Jr., Sr., Men
3:35 Sr. Men 60mH-Heats	4:30 Pole Vault - All
3:45 Jr. Men 60mH	6:30 P.W. & Bantam Boys and Girls
3:55 Youth Men 60mH	
4:05 Jr. & Sr. Women 60mH-Heats	<b><u>Weight Throw/Shot Put</u></b>
4:10 Midget Men 60mH	2:00 Weight Throw - All
4:20 Midget Girls 60mH	3:15 Bantam Boys & Girls Triathlon
4:25 Youth Girls 60mH	4:15 Mid., Youth, Jr., Sr., Masters Women
4:35 Bantam Girls and Boys 60mH	5:00 Pee Wee Boys & Girls Triathlon
4:50 Sr. Men 60mH-Final	7:00 Mid., Youth, Jr., Sr., Masters Men

5:00 Sr. Women 60mH-Final  
 5:05 Sr. Women 600m  
 5:10 Sr. Men 600m  
 5:15 Masters & Midget Girls 800m  
 5:25 Bant. Girls & Boys Triathlon 800m  
 5:35 Bant. Girls & Boys Triathlon 60m  
**5:45 Supper Break**  
 6:30 Midget Boys 800m  
 6:40 Youth Girls 800m  
 6:50 Youth Boys 800m  
 7:00 Jr. & Sr. Women 800m  
 7:10 Jr. & Sr. Men 800m  
 7:20 Midget Girls 200m  
 7:25 Midget Boys 200m  
 7:30 Youth Girls 200m  
 7:35 Youth Boys 200m  
 7:40 Jr. & Sr. Women 200m  
 7:45 Jr. & Sr. Men 200m  
 7:50 Masters 200m  
 7:55 PW Girls & Boys Triathlon 60m  
 8:00 PW Girls & Boys Triathlon 600m  
 8:10 PW Girls & Boys 1000m  
 8:20 Bant. Girls & Boys 1200m  
 8:30 Mid. Girls & Boys 1200m  
 8:40 Masters & Youth Girls 1500m  
 8:50 Youth Boys 1500m  
 9:00 Jr. & Sr. Women 1500m  
 9:10 Jr. & Sr. Men 1500m  
 9:20 Sprint Medley Relays (200-100-100-400)

The final schedule will be **e-mailed** to all clubs and individual athletes registered with the meet on Wednesday, November 29, 2017. Please ensure an active e-mail address is included with your entry form.

**8. Multiple Events:**

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

**Triathlon Endurance:** 600/800 metres, long jump, shot put

**9. Events:**

Please use event codes when making your entries. Please insure that your athlete names are identical to those in the Sask Athletics database. If you are not sure, get a copy of your database from Janine at Sask Athletics.

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
1	Girls 14-15 60 Meter Dash Midget	45	Women 35-99 800 Meter Run Masters
2	Boys 14-15 60 Meter Dash Midget	46	Men 35-99 800 Meter Run Masters
3	Girls 16-17 60 Meter Dash Youth	47	Girls 1-11 1000 Meter Run Pee Wee
4	Boys 16-17 60 Meter Dash Youth	48	Boys 1-11 1000 Meter Run Pee Wee
5	Women 18-19 60 Meter Dash Junior	49	Girls 12-13 1200 Meter Run Bantam
6	Men 18-19 60 Meter Dash Junior	50	Boys 12-13 1200 Meter Run Bantam
7	Women 20-34 60 Meter Dash Senior	51	Girls 14-15 1200 Meter Run Midget
8	Men 20-34 60 Meter Dash Senior	52	Boys 14-15 1200 Meter Run Midget
9	Women 35-99 60 Meter Dash Masters	53	Girls 16-17 1500 Meter Run Youth
10	Men 35-99 60 Meter Dash Masters	54	Boys 16-17 1500 Meter Run Youth
11	Girls 14-15 200 Meter Dash Midget	55	Women 18-19 1500 Meter Run Junior
12	Boys 14-15 200 Meter Dash Midget	56	Men 18-19 1500 Meter Run Junior
13	Girls 16-17 200 Meter Dash Youth	57	Women 20-34 1500 Meter Run Senior
14	Boys 16-17 200 Meter Dash Youth	58	Men 20-34 1500 Meter Run Senior
15	Women 18-19 200 Meter Dash Junior	59	Women 35-99 1500 Meter Run Masters
16	Men 18-19 200 Meter Dash Junior	60	Men 35-99 1500 Meter Run Masters
17	Women 20-34 200 Meter Dash Senior	61	Women 20-34 3000 Meter Run Senior
18	Men 20-34 200 Meter Dash Senior	62	Men 20-34 3000 Meter Run Senior
19	Women 35-99 200 Meter Dash Masters	63	Girls 1-11 High Jump Pee Wee
20	Men 35-99 200 Meter Dash Masters	64	Boys 1-11 High Jump Pee Wee
21	Girls 12-13 60 Meter Hurdles .76m Bantam	65	Girls 12-13 High Jump Bantam
22	Boys 12-13 60 Meter Hurdles .76m Bantam	66	Boys 12-13 High Jump Bantam
23	Girls 14-15 60 Meter Hurdles .76m Midget	67	Girls 14-15 High Jump Midget
24	Boys 14-15 60 Meter Hurdles .84m Midget	68	Boys 14-15 High Jump Midget
25	Girls 16-17 60 Meter Hurdles .76m Youth	69	Girls 16-17 High Jump Youth
26	Boys 16-17 60 Meter Hurdles .91m Youth	70	Boys 16-17 High Jump Youth
27	Women 18-19 60 Meter Hurdles .84m Junior	71	Women 18-19 High Jump Junior
28	Men 18-19 60 Meter Hurdles .99m Junior	72	Men 18-19 High Jump Junior
29	Women Open 60 Meter Hurdles .84m Senior	73	Women 20-34 High Jump Senior
30	Men Open 60 Meter Hurdles 1.07m Senior	74	Men 20-34 High Jump Senior
31	Girls 10-11 600 Meter Run Pee Wee	75	Women 35-99 High Jump Masters
32	Boys 10-11 600 Meter Run Pee Wee	76	Men 35-99 High Jump Masters
33	Men 20-34 600 Meter Run Senior	77	Girls 14-15 Long Jump Midget
34	Women 20-34 600 Meter Run Senior	78	Boys 14-15 Long Jump Midget
35	Girls 12-13 800 Meter Run Bantam	79	Girls 16-17 Long Jump Youth
36	Boys 12-13 800 Meter Run Bantam	80	Boys 16-17 Long Jump Youth
37	Girls 14-15 800 Meter Run Midget	81	Women 18-19 Long Jump Junior
38	Boys 14-15 800 Meter Run Midget	82	Men 18-19 Long Jump Junior
39	Girls 16-17 800 Meter Run Youth	83	Women 20-34 Long Jump Senior
40	Boys 16-17 800 Meter Run Youth	84	Men 20-34 Long Jump Senior
41	Women 18-19 800 Meter Run Junior	85	Women 35-99 Long Jump Masters
42	Men 18-19 800 Meter Run Junior	86	Men 35-99 Long Jump Masters
43	Women 20-34 800 Meter Run Senior	87	Girls 6-15 Triple Jump Midget
44	Men 20-34 800 Meter Run Senior	88	Boys 6-15 Triple Jump Midget

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
89	Girls 16-17 Triple Jump Youth	116	Men 35-99 Shot Put Masters
90	Boys 16-17 Triple Jump Youth	117	Girls 16-17 Weight Throw 16lb Youth
91	Women 18-19 Triple Jump Junior	118	Boys 16-17 Weight Throw 20lb Youth
92	Men 18-19 Triple Jump Junior	119	Women 18-19 Weight Throw 20lb Junior
93	Women 20-34 Triple Jump Senior	120	Men 18-19 Weight Throw 25lb Junior
94	Men 20-34 Triple Jump Senior	121	Women 20-34 Weight Throw 20lb Senior
95	Women 35-99 Triple Jump Masters	122	Men 20-34 Weight Throw 35lb Senior
96	Men 35-99 Triple Jump Masters	123	Women 35-99 Weight Throw Masters
97	Girls 6-15 Pole Vault Midget	124	Men 35-99 Weight Throw Masters
98	Boys 6-15 Pole Vault Midget	125	Girls 6-11 Triathlon Speed Pee Wee
99	Girls 16-17 Pole Vault Youth	126	Boys 6-11 Triathlon Speed Pee Wee
100	Boys 16-17 Pole Vault Youth	127	Girls 12-13 Triathlon Speed Bantam
101	Women 18-19 Pole Vault Junior	128	Boys 12-13 Triathlon Speed Bantam
102	Men 18-19 Pole Vault Junior	129	Girls 6-11 Triathlon Endurance Pee Wee
103	Women 20-34 Pole Vault Senior	130	Boys 6-11 Triathlon Endurance Pee Wee
104	Men 20-34 Pole Vault Senior	131	Girls 12-13 Triathlon Endurance Bantam
105	Women 35-99 Pole Vault Masters	132	Boys 12-13 Triathlon Endurance Bantam
106	Men 35-99 Pole Vault Masters	133	Mixed 10-11 4x100 Meter Relay Pee Wee
107	Girls 14-15 Shot Put 3kg Midget	134	Mixed 12-13 4x100 Meter Relay Bantam
108	Boys 14-15 Shot Put 4kg Midget	135	Girls 10-11 800 Sprint Medley Pee Wee
109	Girls 16-17 Shot Put 3kg Youth	136	Boys 10-11 800 Sprint Medley Pee Wee
110	Boys 16-17 Shot Put 5kg Youth	137	Girls 12-13 800 Sprint Medley Bantam
111	Women 18-19 Shot Put 4kg Junior	138	Boys 12-13 800 Sprint Medley Bantam
112	Men 18-19 Shot Put 6kg Junior	139	Girls 14-15 800 Sprint Medley Midget
113	Women 18-34 Shot Put 4kg Senior	140	Boys 14-15 800 Sprint Medley Midget
114	Men 18-34 Shot Put 7.26kg Senior	141	Girls 16-17 800 Sprint Medley Youth
115	Women 35-99 Shot Put Masters	142	Boys 16-17 800 Sprint Medley Youth

**REGINA FRIENDSHIP GAMES**

REGINA SPORTSPLEX  
1717 Elphinstone Street  
Regina, Saskatchewan  
Saturday, December 2, 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)

