

**2018 Saskatchewan Provincial Championships**  
**Canada Games Athletic Complex**  
**Regina, Saskatchewan**  
**June 9th & 10th, 2018**

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

**Entry Fee:** First event: \$25.00  
Second event: \$25.00  
Additional events: \$20.00 per event.

Late entry fee: \$50.00 per event.

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 unless you have also included a list of the athletes concerned with their birth date, club affiliation and club address and a separate cheque made out to:

**Saskatchewan Athletics**

3. **Age Classes:**

- **Senior:** 20 and older as of Dec. 31, 2018 (born 1998 or earlier)
- **U20:** Under 20 as of Dec. 31, 2018 (born 1999 or 2000)
- **U18:** Under 18 as of Dec. 31, 2018 (born 2001 or 2002)
- **U16:** Under 16 as of Dec. 31, 2018 (born 2003 or 2004)
- **U14:** Under 14 as of Dec. 31, 2018 (born 2005 or 2006)
- **U12:** Under 12 as of Dec. 31, 2018 (born 2007 or 2008)
- **Masters:** 35 & over as of the day of the event.

4. **Scratches:** Please report scratches the meet office as soon as possible.

5. **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 \$20.00 deposit which is forfeited if the protest is disallowed.

6. **Entry Deadline:** Mailed entries must be postmarked by Friday, June 1, 2018. Clubs returning entries using Hy-Tek's Team Manager or the Trackie registration method will be given an extended entry deadline of 9:00 P.M., Monday, June 4, 2018.

All entries submitted by e-mail and fax will be confirmed by return e-mail.

Return completed forms with payment to:

James Langen  
744 Dalglish Drive  
Regina, Saskatchewan  
S4R 6G2

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

Fax #: (306) 543-3104

7. **Registration:** Canada Games Athletic Complex

10:00 A.M., Saturday, June 9

First Event: 12:00 P.M.

8:00 A.M., Sunday, June 10

First Event: 9:00 A.M.

8. **Awards:** Gold, Silver and Bronze medallions for provincial championship events.

9. **Spike length:** Track – maximum 7mm; Field - maximum 9mm.

**10. Tentative Schedule of Events:**

**Saturday, June 9**

		<b>High Jump</b>	<b>Long Jump</b>	<b>Pole Vault</b>
1:00pm	60m, 80m, 100m Heats	12:00pm	Masters M & W	
2:00pm	300m, 400m Finals	1:00pm	U20, Sr Women	U16, U18 Girls
2:40pm	60m, 80m, 100m Finals	2:30pm	U16 Men	U12 Girls & Boys
2:40pm	1000m, 1200m, 1500m	3:15pm	U16 Women	U20, Sr Men
3:40pm	80mH, 100mH, 110mH	4:00pm	U12 Girls & Boys	U14 Boys & Girls
		5:00pm	U18 Boys	U20, Sr Women
				U16, U18 Boys
<b>Weight Throw</b>		<b>Discus</b>	<b>Javelin</b>	<b>Ball Throw</b>
11:00am	Masters M & W	12:00pm		U14 Boys & Girls
		1:00pm	U20, Sr, Master Men	
		2:30pm	U16, U18 Girls	
		3:15pm	U14 B & G	U12 Girls & Boys
		4:00pm	U16, U18 Boys	
		5:00pm	U20, Sr, Master Women	
				U16, U18 Girls
				U20, Sr, Master Men

**Sunday, June 10**

		<b>High Jump</b>	<b>Triple Jump</b>	<b>Pole Vault</b>
9:00am	5Km, 3Km, 2Km	11:00am	Masters M & W	U16, U18 Boys
10:00am	150m Finals	12:00pm	U14 B & G	U16, U18 Boys
10:30am	200m Heats	1:30pm	U18 Girls	U20, Sr, Master Women
11:00am	600m, 800m Finals	2:15pm	U20, Sr Men	U14 Boys & Girls
1:00pm	200mH, 300mH 400mH	3:00pm		U20, Sr, Masters Men
1:00pm	200mH, 300mH, 400mH			
2:00pm	200m Finals			
3:00pm	2Km S/C, 3Km S/C			
4:00pm	Relays			

**Shot Put**

11:00am U20, Sr, Masters Women  
12:00pm U16, U18 Girls  
1:30pm U14 Boys & Girls  
2:15pm U16, U18 Boys  
3:00pm U20, Sr, Masters Men  
4:00pm U12 Girls & Boys

**Hammer**

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

10. **Completing the entry form:** Numbered event codes **should** be used on the entry form. If a seed time is available, please include it in your entry. Entries without seeds will be placed in slow sections.

Event #	Event Name	Event #	Event Name
1	Women 20-34 100 Meter Dash Senior	44	Men 20-34 400 Meter Dash Wheelchair Senior
2	Men 20-34 100 Meter Dash Senior	45	Women 35-99 400 Meter Dash Masters
3	Women 18-19 100 Meter Dash U20	46	Men 35-99 400 Meter Dash Masters
4	Men 18-19 100 Meter Dash U20	47	Girls 14-15 300 Meter Dash U16
5	Girls 16-17 100 Meter Dash U18	48	Boys 14-15 300 Meter Dash U16
6	Boys 16-17 100 Meter Dash U18	49	Women 20-34 800 Meter Run Senior
7	Girls 14-15 100 Meter Dash U16	50	Men 20-34 800 Meter Run Senior
8	Boys 14-15 100 Meter Dash U16	51	Women 18-19 800 Meter Run U20
9	Mixed 20-34 100 Meter Dash Special O Senior	52	Men 18-19 800 Meter Run U20
10	Women 20-34 100 Meter Dash Wheelchair Senior	53	Girls 16-17 800 Meter Run U18
11	Men 20-34 100 Meter Dash Wheelchair Senior	54	Boys 16-17 800 Meter Run U18
12	Women 35-99 100 Meter Dash Masters	55	Girls 14-15 800 Meter Run U16
13	Men 35-99 100 Meter Dash Masters	56	Boys 14-15 800 Meter Run U16
14	Girls 12-13 80 Meter Dash U14	57	Girls 12-13 800 Meter Run U14
15	Boys 12-13 80 Meter Dash U14	58	Boys 12-13 800 Meter Run U14
16	Girls 10-11 60 Meter Dash U12	59	Women 35-99 800 Meter Run Masters
17	Boys 10-11 60 Meter Dash U12	60	Men 35-99 800 Meter Run Masters
18	Women 35-99 50 Meter Dash Masters	61	Girls 10-11 600 Meter Run U12
19	Men 35-99 50 Meter Dash Masters	62	Boys 10-11 600 Meter Run U12
20	Women 20-34 200 Meter Dash Senior	63	Women 20-34 1500 Meter Run Senior
21	Men 20-34 200 Meter Dash Senior	64	Men 20-34 1500 Meter Run Senior
22	Women 18-19 200 Meter Dash U20	65	Women 18-19 1500 Meter Run U20
23	Men 18-19 200 Meter Dash U20	66	Men 18-19 1500 Meter Run U20
24	Girls 16-17 200 Meter Dash U18	67	Girls 16-17 1500 Meter Run U18
25	Boys 16-17 200 Meter Dash U18	68	Boys 16-17 1500 Meter Run U18
26	Girls 14-15 200 Meter Dash U16	69	Women 20-34 1500 Meter Run Wheelchair Senior
27	Boys 14-15 200 Meter Dash U16	70	Men 20-34 1500 Meter Run Wheelchair Senior
28	Mixed 20-34 200 Meter Dash Special O Senior	71	Women 35-99 1500 Meter Run Masters
29	Women 20-34 200 Meter Dash Wheelchair Senior	72	Men 35-99 1500 Meter Run Masters
30	Men 20-34 200 Meter Dash Wheelchair Senior	73	Girls 14-15 1200 Meter Run U16
31	Women 35-99 200 Meter Dash Masters	74	Boys 14-15 1200 Meter Run U16
32	Men 35-99 200 Meter Dash Masters	75	Girls 12-13 1200 Meter Run U14
33	Girls 12-13 150 Meter Dash U14	76	Boys 12-13 1200 Meter Run U14
34	Boys 12-13 150 Meter Dash U14	77	Girls 10-11 1000 Meter Run U12
35	Girls 10-11 150 Meter Dash U12	78	Boys 10-11 1000 Meter Run U12
36	Boys 10-11 150 Meter Dash U12	79	Women 20-34 100 Meter Hurdles .84m Senior
37	Women 20-34 400 Meter Dash Senior	80	Men 20-34 110 Meter Hurdles 1.07m Senior
38	Men 20-34 400 Meter Dash Senior	81	Women 18-19 100 Meter Hurdles .84m U20
39	Women 18-19 400 Meter Dash U20	82	Men 18-19 110 Meter Hurdles .99m U20
40	Men 18-19 400 Meter Dash U20	83	Girls 16-17 100 Meter Hurdles .76m U18
41	Girls 16-17 400 Meter Dash U18	84	Boys 16-17 110 Meter Hurdles .91m U18
42	Boys 16-17 400 Meter Dash U18	85	Girls 14-15 80 Meter Hurdles .76m U16
43	Women 20-34 400 Meter Dash Wheelchair Senior	86	Boys 14-15 100 Meter Hurdles .84m U16

Event #	Event Name	Event #	Event Name
87	Girls 12-13 80 Meter Hurdles .76m U14	134	Boys 12-13 High Jump U14
88	Boys 12-13 80 Meter Hurdles .76m U14	135	Girls 10-11 High Jump U12
89	Women 35-99 80 Meter Hurdles Masters	136	Boys 10-11 High Jump U12
90	Men 35-99 100 Meter Hurdles Masters	137	Women 35-99 High Jump Masters
91	Women 18-19 3000 Meter Run U20	138	Men 35-99 High Jump Masters
92	Men 18-19 5000 Meter Run U20	139	Women 20-34 Pole Vault Senior
93	Girls 16-17 3000 Meter Run U18	140	Men 20-34 Pole Vault Senior
94	Boys 16-17 3000 Meter Run U18	141	Women 18-19 Pole Vault U20
95	Girls 14-15 2000 Meter Run U16	142	Men 18-19 Pole Vault U20
96	Boys 14-15 2000 Meter Run U16	143	Girls 16-17 Pole Vault U18
97	Women 35-99 3000 Meter Run Masters	144	Boys 16-17 Pole Vault U18
98	Men 35-99 3000 Meter Run Masters	145	Girls 14-15 Pole Vault U16
99	Women 20-34 5000 Meter Run Senior	146	Boys 14-15 Pole Vault U16
100	Men 20-34 5000 Meter Run Senior	147	Women 35-99 Pole Vault Masters
101	Women 35-99 5000 Meter Run Masters	148	Men 35-99 Pole Vault Masters
102	Men 35-99 5000 Meter Run Masters	149	Women 20-34 Long Jump Senior
103	Women 20-34 400 Meter Hurdles 0.76m Senior	150	Men 20-34 Long Jump Senior
104	Men 20-34 400 Meter Hurdles 0.91m Senior	151	Women 18-19 Long Jump U20
105	Women 18-19 400 Meter Hurdles 0.76m U20	152	Men 18-19 Long Jump U20
106	Men 18-19 400 Meter Hurdles 0.91m U20	153	Girls 16-17 Long Jump U18
107	Girls 16-17 400 Meter Hurdles 0.76m U18	154	Boys 16-17 Long Jump U18
108	Boys 16-17 400 Meter Hurdles 0.84m U18	155	Girls 14-15 Long Jump U16
109	Women 35-99 300 Meter Hurdles Masters	156	Boys 14-15 Long Jump U16
110	Men 35-99 300 Meter Hurdles Masters	157	Girls 12-13 Long Jump U14
111	Girls 14-15 200 Meter Hurdles .76m U16	158	Boys 12-13 Long Jump U14
112	Boys 14-15 200 Meter Hurdles .76m U16	159	Girls 10-11 Long Jump No board U12
113	Girls 12-13 200 Meter Hurdles .76m U14	160	Boys 10-11 Long Jump No board U12
114	Boys 12-13 200 Meter Hurdles .76m U14	161	Women 35-99 Long Jump Masters
115	Women 20-34 3000 Meter Steeplechase Senior	162	Men 35-99 Long Jump Masters
116	Men 20-34 3000 Meter Steeplechase Senior	163	Women 20-34 Triple Jump Senior
117	Women 18-19 2000 Meter Steeplechase U20	164	Men 20-34 Triple Jump Senior
118	Men 18-19 3000 Meter Steeplechase U20	165	Women 18-19 Triple Jump U20
119	Girls 16-17 2000 Meter Steeplechase U18	166	Men 18-19 Triple Jump U20
120	Boys 16-17 2000 Meter Steeplechase U18	167	Girls 16-17 Triple Jump U18
121	Women 14-15 1500 Meter Steeplechase No Water Jum U16	168	Boys 16-17 Triple Jump U18
122	Men 14-15 1500 Meter Steeplechase No Water Jum U16	169	Girls 14-15 Triple Jump U16
123	Women 35-99 2000 Meter Steeplechase Masters	170	Boys 14-15 Triple Jump U16
124	Men 35-99 2000 Meter Steeplechase Masters	171	Girls 12-13 Triple Jump U14
125	Women 20-34 High Jump Senior	172	Boys 12-13 Triple Jump U14
126	Men 20-34 High Jump Senior	173	Women 35-99 Triple Jump Masters
127	Women 18-19 High Jump U20	174	Men 35-99 Triple Jump Masters
128	Men 18-19 High Jump U20	175	Girls 12-13 Long Jump Standing U14
129	Girls 16-17 High Jump U18	176	Boys 12-13 Long Jump Standing U14
130	Boys 16-17 High Jump U18	177	Girls 10-11 Long Jump Standing U12
131	Girls 14-15 High Jump U16	178	Boys 10-11 Long Jump Standing U12
132	Boys 14-15 High Jump U16	179	Women 20-34 Discus Throw 1kg Senior
133	Girls 12-13 High Jump U14	180	Men 20-34 Discus Throw 2kg Senior

Event #	Event Name
181	Women 18-19 Discus Throw 1kg U20
182	Men 18-19 Discus Throw 1.75kg U20
183	Girls 16-17 Discus Throw 1 kg U18
184	Boys 16-17 Discus Throw 1.5 kg U18
185	Girls 14-15 Discus Throw 750g U16
186	Boys 14-15 Discus Throw 1 kg U16
187	Girls 12-13 Discus Throw 750g U14
188	Boys 12-13 Discus Throw 750g U14
189	Women 35-99 Discus Throw Masters
190	Men 35-99 Discus Throw Masters
191	Women 20-34 Javelin Throw 600g Senior
192	Men 20-34 Javelin Throw 800g Senior
193	Women 18-19 Javelin Throw 600g U20
194	Men 18-19 Javelin Throw 800g U20
195	Girls 16-17 Javelin Throw 500g U18
196	Boys 16-17 Javelin Throw 700g U18
197	Girls 14-15 Javelin Throw 500g U16
198	Boys 14-15 Javelin Throw 600g U16
199	Women 35-99 Javelin Throw Masters
200	Men 35-99 Javelin Throw Masters
201	Girls 12-13 Other Ball Throw U14
202	Boys 12-13 Other Ball Throw U14
203	Girls 10-11 Other Ball Throw U12
204	Boys 10-11 Other Ball Throw U12
205	Women 20-34 Hammer Throw 4 kg Senior
206	Men 20-34 Hammer Throw 7.26 kg Senior
207	Women 18-19 Hammer Throw 4kg U20
208	Men 18-19 Hammer Throw 6kg U20
209	Girls 16-17 Hammer Throw 3kg U18
210	Boys 16-17 Hammer Throw 5kg U18
211	Girls 14-15 Hammer Throw 3kg U16

Event #	Event Name
212	Boys 14-15 Hammer Throw 4kg U16
213	Women 35-99 Hammer Throw Masters
214	Men 35-99 Hammer Throw Masters
215	Women 20-34 Shot Put 4kg Senior
216	Men 20-34 Shot Put 7.26kg Senior
217	Women 18-19 Shot Put 4kg U20
218	Men 18-19 Shot Put 6kg U20
219	Girls 16-17 Shot Put 3kg U18
220	Boys 16-17 Shot Put 5kg U18
221	Girls 14-15 Shot Put 3kg U16
222	Boys 14-15 Shot Put 4kg U16
223	Girls 12-13 Shot Put 3kg U14
224	Boys 12-13 Shot Put 3kg U14
225	Girls 10-11 Shot Put 6lb U12
226	Boys 10-11 Shot Put 6lb U12
227	Women 35-99 Shot Put Masters
228	Men 35-99 Shot Put Masters
229	Women 35-99 Weight Throw Masters
230	Men 35-99 Weight Throw Masters
231	Girls 10-11 4x100 Meter Relay U12
232	Boys 10-11 4x100 Meter Relay U12
233	Girls 12-13 4x100 Meter Relay U14
234	Boys 12-13 4x100 Meter Relay U14
235	Girls 14-15 4x100 Meter Relay U16
236	Boys 14-15 4x100 Meter Relay U16
237	Girls 16-17 4x100 Meter Relay U18
238	Boys 16-17 4x100 Meter Relay U18
239	Women 18-19 4x100 Meter Relay U20
240	Men 18-19 4x100 Meter Relay U20
241	Women 20-34 4x100 Meter Relay Senior
242	Men 20-34 4x100 Meter Relay Senior

**DO NOT SEND PHOTOS OF THIS FORM**

**USE A SCAN**

**OR**

**E-MAIL YOUR INFORMATION**

**2018 Saskatchewan Provincial Championships**

**Canada Games Athletic Complex**

**Regina, Saskatchewan**

**June 9 & 10, 2018**

CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

FAX #: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

I hereby certify that the information given on the attached forms is correct to the best of my knowledge.

\_\_\_\_\_  
Signature

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

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

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

Fax #: 306 543-3104

ENTRY DEADLINE: Friday, June 1, 2018  
TRACKIE & HYTEK ENTRY DEADLINE: Monday, June 4, 2018



