

**MITCHELL DEVELOPMENTS SPRING CLASSIC**  
**CANADA GAMES TRACK AND FIELD FACILITY**

Regina, Saskatchewan  
Saturday, May 5, 2018

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

1. **Individual Events:** First two events: \$25.00 per event  
Additional events: \$20.00 per event.

Entry fee for the Pentathlon will be \$30.00 per athlete.

Late entry fee in all individual events will be \$50.00 per event. Late entry fee for Triathlon and Pentathlon competitors will be \$50.00 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 fees for day passes with your meet entry fees. Pay for them when you arrive at the meet.

3. **Age Classes:** Age classes for all events are as follows:

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 later)

Masters: 35 and over as of the day of the meet (born May 5, 1983 or earlier).

4. **Scratches:** Please report scratches in lane races to 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 that is forfeited if the protest is disallowed.

**6. Entry Deadline:** Entries must be postmarked by Friday, April 27, 2018. Entries sent using Hy-Tek or Trackie **must be received** by 9:00 P.M., Monday, April 30, 2018. Absolutely no late entries will be accepted after these deadlines.

**All entries with an e-mail address will be confirmed by return e-mail.** If you do not receive confirmation, be sure to inquire. If entries are sent via e-mail, registration fees can be paid at the Meet Registration Office on the day of the meet. 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

**7. Registration:** Douglas Park Track and Field Facility

11:00 A.M., Saturday, May 5, 2018

First Event: 12:00 P.M.

**8. Meet Hotel: Delta Hotels by Marriott Regina**

1919 Saskatchewan Drive

Regina S4P 4H2

306-565-1666

**9. Meet Structure:** Due to the large number of events and the limited amount of time, events will be run as timed section finals. The only exception will be the 100 metres which may be run with heats and finals depending on the number of entries.

**10. Completing the entry form:** Numbered event codes on the entry form must be used. If a seed time is available, please include it in your entry. Entries without seeds will be placed in slow sections. **Please complete the entry form carefully.** There is very little time during the meet to correct mistakes or make late entries. Regular registration activities will be completed **before** any late entries will be taken.

Event #	Event Name	Event #	Event Name
1	Girls 5-11 60 Meter Dash U12	19	Girls 14-15 200 Meter Dash U16
2	Boys 5-11 60 Meter Dash U12	20	Boys 14-15 200 Meter Dash U16
3	Girls 12-13 80 Meter Dash U14	21	Girls 16-17 200 Meter Dash U18
4	Boys 12-13 80 Meter Dash U14	22	Boys 16-17 200 Meter Dash U18
5	Girls 14-15 100 Meter Dash U16	23	Women 18-19 200 Meter Dash U20
6	Boys 14-15 100 Meter Dash U16	24	Men 18-19 200 Meter Dash U20
7	Girls 16-17 100 Meter Dash U18	25	Women 20-34 200 Meter Dash Senior
8	Boys 16-17 100 Meter Dash U18	26	Men 20-34 200 Meter Dash Senior
9	Women 18-19 100 Meter Dash U20	27	Women 35-99 200 Meter Dash Masters
10	Men 18-19 100 Meter Dash U20	28	Men 35-99 200 Meter Dash Masters
11	Women 20-34 100 Meter Dash Senior	29	Girls 14-15 300 Meter Dash U16
12	Men 20-34 100 Meter Dash Senior	30	Boys 14-15 300 Meter Dash U16
13	Women 35-99 100 Meter Dash Masters	31	Girls 16-17 400 Meter Dash U18

14	Men 35-99 100 Meter Dash Masters	32	Boys 16-17 400 Meter Dash U18
15	Girls 5-11 150 Meter Dash U12	33	Women 18-19 400 Meter Dash U20
16	Boys 5-11 150 Meter Dash U12	34	Men 18-19 400 Meter Dash U20
17	Girls 12-13 150 Meter Dash U14	35	Women 20-24 400 Meter Dash Senior
18	Boys 12-13 150 Meter Dash U14	36	Men 20-24 400 Meter Dash Senior
<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
37	Women 35-99 400 Meter Dash Masters	81	Women 20-34 10000 Meter Run Senior
38	Men 35-99 400 Meter Dash Masters	82	Men 20-34 10000 Meter Run Senior
39	Girls 5-11 600 Meter Run U12	83	Girls 12-13 80 Meter Hurdles .76m U14
40	Boys 5-11 600 Meter Run U12	84	Boys 12-13 80 Meter Hurdles .76m U14
41	Girls 12-13 800 Meter Run U14	85	Girls 14-15 80 Meter Hurdles .76m U16
42	Boys 12-13 800 Meter Run U14	86	Boys 14-15 100 Meter Hurdles .84m U16
43	Girls 14-15 800 Meter Run U16	87	Girls 16-17 100 Meter Hurdles .76m U18
44	Boys 14-15 800 Meter Run U16	88	Boys 16-17 110 Meter Hurdles .91m U18
45	Girls 16-17 800 Meter Run U18	89	Women 18-19 100 Meter Hurdles .84m U20
46	Boys 16-17 800 Meter Run U18	90	Men 18-19 110 Meter Hurdles .99m U20
47	Women 18-19 800 Meter Run U20	91	Women 20-34 100 Meter Hurdles .84m Senior
48	Men 18-19 800 Meter Run U20	92	Men 20-34 110 Meter Hurdles 1.07m Senior
49	Women 20-34 800 Meter Run Senior	93	Women 35-99 100 Meter Hurdles Masters
50	Men 20-34 800 Meter Run Senior	94	Men 35-99 110 Meter Hurdles Masters
51	Women 35-99 800 Meter Run Masters	95	Girls 14-15 200 Meter Hurdles U16
52	Men 35-99 800 Meter Run Masters	96	Boys 14-15 200 Meter Hurdles U16
53	Girls 5-11 1000 Meter Run U12	97	Girls 16-17 400 Meter Hurdles U18
54	Boys 5-11 1000 Meter Run U12	98	Boys 16-17 400 Meter Hurdles U18
55	Girls 12-13 1200 Meter Run U14	99	Women 18-19 400 Meter Hurdles U20
56	Boys 12-13 1200 Meter Run U14	100	Men 18-19 400 Meter Hurdles U20
57	Girls 14-15 1200 Meter Run U16	101	Women 20-34 400 Meter Hurdles Senior
58	Boys 14-15 1200 Meter Run U16	102	Men 20-34 400 Meter Hurdles Senior
59	Girls 16-17 1500 Meter Run U18	103	Girls 5-11 High Jump U12
60	Boys 16-17 1500 Meter Run U18	104	Boys 5-11 High Jump U12
61	Women 18-19 1500 Meter Run U20	105	Girls 12-13 High Jump U14
62	Men 18-19 1500 Meter Run U20	106	Boys 12-13 High Jump U14
63	Women 20-34 1500 Meter Run Senior	107	Girls 14-15 High Jump U16
64	Men 20-34 1500 Meter Run Senior	108	Boys 14-15 High Jump U16
65	Women 35-99 1500 Meter Run Masters	109	Girls 16-17 High Jump U18
66	Men 35-99 1500 Meter Run Masters	110	Boys 16-17 High Jump U18
67	Girls 14-15 2000 Meter Run U16	111	Women 18-19 High Jump U20
68	Boys 14-15 2000 Meter Run U16	112	Men 18-19 High Jump U20
69	Girls 16-17 3000 Meter Run U18	113	Women 20-34 High Jump Senior
70	Boys 16-17 3000 Meter Run U18	114	Men 20-34 High Jump Senior
71	Women 18-19 3000 Meter Run U20	115	Women 35-99 High Jump Masters
72	Men 18-19 3000 Meter Run U20	116	Men 35-99 High Jump Masters
73	Women 20-34 3000 Meter Run Senior	117	Girls 14-15 Pole Vault U16
74	Women 35-99 3000 Meter Run Masters	118	Boys 14-15 Pole Vault U16
75	Men 35-99 3000 Meter Run Masters	119	Girls 16-17 Pole Vault U18

76 Women 18-19 5000 Meter Run U20  
77 Men 18-19 5000 Meter Run U20  
78 Women 20-34 5000 Meter Run Senior  
79 Men 20-34 5000 Meter Run Senior  
80 Men 18-19 10000 Meter Run U20

**Event # Event Name**

125 Women 35-99 Pole Vault Masters  
126 Men 35-99 Pole Vault Masters  
127 Girls 5-11 Long Jump U12  
128 Boys 5-11 Long Jump U12  
129 Girls 12-13 Long Jump U14  
130 Boys 12-13 Long Jump U14  
131 Girls 14-15 Long Jump U16  
132 Boys 14-15 Long Jump U16  
133 Girls 16-17 Long Jump U18  
134 Boys 16-17 Long Jump U18  
135 Women 18-19 Long Jump U20  
136 Men 18-19 Long Jump U20  
137 Women 20-34 Long Jump Senior  
138 Men 20-34 Long Jump Senior  
139 Women 35-99 Long Jump Masters  
140 Men 35-99 Long Jump Masters  
141 Girls 12-13 Triple Jump U14  
142 Boys 12-13 Triple Jump U14  
143 Girls 14-15 Triple Jump U16  
144 Boys 14-15 Triple Jump U16  
145 Girls 16-17 Triple Jump U18  
146 Boys 16-17 Triple Jump U18  
147 Women 18-19 Triple Jump U20  
148 Men 18-19 Triple Jump U20  
149 Women 20-34 Triple Jump Senior  
150 Men 20-34 Triple Jump Senior  
151 Women 35-99 Triple Jump Masters  
152 Men 35-99 Triple Jump Masters  
153 Girls 5-11 Shot Put 6lb U12  
154 Boys 5-11 Shot Put 6lb U12  
155 Girls 12-13 Shot Put 3kg U14  
156 Boys 12-13 Shot Put 3kg U14  
157 Girls 14-15 Shot Put 3kg U16  
158 Boys 14-15 Shot Put 4kg U16  
159 Girls 16-17 Shot Put 3kg U18  
160 Boys 16-17 Shot Put 5kg U18  
161 Women 18-19 Shot Put 4kg U20  
162 Men 18-19 Shot Put 6kg U20  
163 Women 20-34 Shot Put 4kg Senior

120 Boys 16-17 Pole Vault U18  
121 Women 18-19 Pole Vault U20  
122 Men 18-19 Pole Vault U20  
123 Women 20-34 Pole Vault Senior  
124 Men 20-34 Pole Vault Senior

**Event # Event Name**

169 Girls 14-15 Javelin Throw 500g U16  
170 Boys 14-15 Javelin Throw 600g U16  
171 Girls 16-17 Javelin Throw 500g U18  
172 Boys 16-17 Javelin Throw 700g U18  
173 Women 18-19 Javelin Throw 600g U20  
174 Men 18-19 Javelin Throw 800g U20  
175 Women 20-34 Javelin Throw 600g Senior  
176 Men 20-34 Javelin Throw 800g Senior  
177 Women 35-99 Javelin Throw Masters  
178 Men 35-99 Javelin Throw Masters  
179 Girls 14-15 Discus Throw 750g U16  
180 Boys 14-15 Discus Throw 1kg U16  
181 Girls 16-17 Discus Throw 1kg U18  
182 Boys 16-17 Discus Throw 1.5kg U18  
183 Women 18-19 Discus Throw 1kg U20  
184 Men 18-19 Discus Throw 1.75kg U20  
185 Women 20-34 Discus Throw 1kg Senior  
186 Men 20-34 Discus Throw 2kg Senior  
187 Women 35-99 Discus Throw Masters  
188 Men 35-99 Discus Throw Masters  
189 Girls 14-15 Hammer Throw 3kg U16  
190 Boys 14-15 Hammer Throw 4kg U16  
191 Girls 16-17 Hammer Throw 3kg U18  
192 Boys 16-17 Hammer Throw 5kg U18  
193 Women 18-19 Hammer Throw 4kg U20  
194 Men 18-19 Hammer Throw 6kg U20  
195 Women 20-34 Hammer Throw 4kg Senior  
196 Men 20-34 Hammer Throw 7.26kg Senior  
197 Women 35-99 Hammer Throw Masters  
198 Men 35-99 Hammer Throw Masters  
199 Girls 14-15 Outdoor Pentathlon U16  
200 Boys 14-15 Outdoor Pentathlon U16  
201 Girls 10-11 4x100 Meter Relay U12  
202 Boys 10-11 4x100 Meter Relay U12  
203 Girls 12-13 4x100 Meter Relay U14  
204 Boys 12-13 4x100 Meter Relay U14  
205 Girls 14-15 4x100 Meter Relay U16  
206 Boys 14-15 4x100 Meter Relay U16  
207 Girls 16-17 4x100 Meter Relay U18

- |     |                                    |     |                                      |
|-----|------------------------------------|-----|--------------------------------------|
| 164 | Men 20-34 Shot Put 7.26kg Senior   | 208 | Boys 16-17 4x100 Meter Relay U18     |
| 165 | Women 35-99 Shot Put Masters       | 209 | Girls 18-19 4x100 Meter Relay U20    |
| 166 | Men 35-99 Shot Put Masters         | 210 | Boys 18-19 4x100 Meter Relay U20     |
| 167 | Girls 12-13 Javelin Throw 400g U14 | 211 | Girls 20-34 4x100 Meter Relay Senior |
| 168 | Boys 12-13 Javelin Throw 400g U14  | 212 | Boys 20-34 4x100 Meter Relay Senior  |

11. **Tentative Schedule of Events:** A meet schedule will be forwarded to all coaches prior to the meet if an e-mail address is included with their entry form.

### 2018 Tentative Schedule

#### Track Events

12:00pm	600m	Pee Wee Men
	600m	Pee Wee Women
12:10pm	800m	Bantam Men
	800m	Bantam Women
12:20pm	800m	Midget Men
	800m	Masters Men
12:25pm	800m	Midget Women
	800m	Masters Women
12:30pm	800m	Youth Men
	800m	Junior Men
	800m	Senior Men
12:35pm	800m	Youth Women
	800m	Junior Women
	800m	Senior Women
12:45pm	60m	Pee Wee Men
	60m	Pee Wee Women
12:55pm	80m	Bantam Men
	80m	Bantam Women
1:05pm	100m	Midget Men
	100m	Youth Men
	100m	Masters Men

#### Field Events

#### High Jump Competitions

2:00pm	Midget Women
	Youth Women
	Junior Women
	Senior Women
3:00pm	Bantam Women
	Bantam Men
	Masters Women
	Masters Men
	Pee Wee Women
	Pee Wee Men
4:30pm	Midget Men
	Youth Men
	Junior Men
	Senior Men

#### Pole Vault Competitions

12:30pm	Midget Men
	Youth Men
	Junior Men
	Senior Men
2:00pm	Masters Men
	Midget Women
	Youth Women
	Junior Women
	Senior Women
	Masters Women

#### Long Jump Competitions

12:10pm	Pee Wee Women
	Pee Wee Men
2:00pm	Midget Men
	Youth Men
	Junior Men
	Senior Men

1:10pm	100m	Senior Men
	100m	Junior Men
1:15pm	100m	Midget Women
	100m	Youth Women
	100m	Junior Women
	100m	Senior Women
1:20pm	100m	Masters Women
1:30pm	80m H	Bantam Women
	80m H	Bantam Men
	80m H	Midget Women
1:35pm	100m H	Youth Women
	100m H	Junior Women
	100m H	Senior Women
	100m H	Midget Men
1:50pm	110m H	Youth Men
	110m H	Junior Men
	110m H	Senior Men
2:00pm	2000m	Midget Men
	2000m	Midget Women
2:10pm	3000m	Youth Men
	3000m	Junior Men
	3000m	Youth Women
	3000m	Junior Women
2:25pm	300m	Midget Men
	300m	Midget Women
2:35pm	400m	Youth Men
	400m	Junior Men
	400m	Senior Men
	400m	Masters Men

### Triple Jump Competitions

1:00pm	Bantam Women
	Bantam Men
2:00pm	Midget Women
	Youth Women
	Junior Women
	Senior Women
	Masters Women
	Masters Men
3:00pm	Midget Men
	Youth Men
	Junior Men
	Senior Men

### Discus Competitions

12:00pm	Midget Women
	Youth Women
	Junior Women
	Senior Women
	Masters Women
	Masters Men
	Midget Men
	Youth Men
	Junior Men
	Senior Men

4:00pm	Bantam Women
	Bantam Men
	Masters Women
	Masters Men
5:30pm	Midget Women
	Youth Women
	Junior Women
	Senior Women

### Hammer Throw Competitions

5:30pm	Midget Men
	Youth Men
	Junior Men
	Senior Men
	Midget Women
	Youth Women
	Junior Women
	Senior Women
	Masters Women
	Masters Men

2:45pm	400m	Youth Women
	400m	Junior Women
	400m	Senior Women
	400m	Masters Women
	200mH	Midget Women
	200mH	Midget Men
3:00pm	400mH	Youth Women
	400mH	Junior Women
	400mH	Senior Women
3:10pm	400mH	Youth Men
3:15pm	400mH	Junior Men
	400mH	Senior Men
3:20pm	1000m	Pee Wee Men
	1000m	Pee Wee Women
3:30pm	1200m	Bantam Men
	1200m	Midget Men
3:55pm	1200m	Bantam Women
	1200m	Midget Women
4:00pm	1500m	Youth Men
	1500m	Junior Men
	1500m	Senior Men
	1500m	Youth Women
	1500m	Junior Women
	1500m	Senior Women
	1500m	Masters Men
	1500m	Masters Women
4:25pm	150m	Pee Wee Men
	150m	Pee Wee Women
4:30pm	150m	Bantam Men

### Shot Put Competitions

1:30pm	Pee Wee Men
	Pee Wee Women
	Bantam Men
	Bantam Women
	Masters Women
	Masters Men
3:00pm	Midget Men
	Youth Men
	Junior Men
	Senior Men
3:45pm	Midget Women
	Youth Women
	Junior Women
	Senior Women

### Javelin Competitions

12:45pm	Midget Men
	Youth Men
	Junior Men
	Senior Men
2:15pm	Midget Women
	Youth Women
	Junior Women
	Senior Women
3:45pm	Masters Women
	Masters Men
	Bantam Men
	Bantam Women



	150m	Bantam Women
4:40pm	200m	Midget Men
	200m	Youth Men
4:50pm	200m	Junior Men
	200m	Senior Men
	200m	Masters Men
5:00pm	200m	Midget Women
	200m	Youth Women
	200m	Masters Women
5:10pm	200m	Junior Women
	200m	Senior Women
5:20pm	5000m	All Men and Women
5:40pm	10000m	All Men and Women

**MITCHELL DEVELOPMENTS SPRING CLASSIC  
DOUGLAS PARK TRACK AND FIELD FACILITY**

Regina, Saskatchewan

Saturday, May 5, 2018

CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

TELEPHONE \_\_\_\_\_

FAX NO. \_\_\_\_\_

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

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)  
Fax #: (306) 543-3104

