

REGINA SPRING CLASSIC
CANADA GAMES TRACK AND FIELD FACILITY
Regina, Saskatchewan
Saturday, May 11, 2019

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

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

Late entry fee in all events will be \$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 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, 2019 (born 1999 or earlier)
U20: Under 20 as of Dec. 31, 2019 (born 2000 or 2001)
U18: Under 18 as of Dec. 31, 2019 (born 2002 or 2003)
U16: Under 16 as of Dec. 31, 2019 (born 2004 or 2005)
U14: Under 14 as of Dec. 31, 2019 (born 2006 or 2007)
U12: Under 12 as of Dec. 31, 2019 (born 2008 or later)
Masters: 35 and over as of the day of the meet (born May 11, 1984 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 \$50.00 deposit that is forfeited if the protest is disallowed.
- 6. Entry Deadline:** Entries must be postmarked by Friday, May 3, 2019. Entries sent using Hy-Tek or Trackie **must be received** by 9:00 P.M., Monday, May 6, 2019. Late entries after

these deadlines will only be accepted at the track and only if space permits. Lanes will not be re-drawn.

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:

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

or

James Langen
744 Dalglish Drive
Regina, Saskatchewan
S4R 6G2

7. Registration: Douglas Park Track and Field Facility
11:00 A.M., Saturday, May 11, 2019
First Event: 12:00 P.M.

8. Meet Hotel: Wyndham by Wingate
1700 Broad Street
1-800-228-1000
1-306-584-7400

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	14	Men 35-99 100 Meter Dash Masters
2	Boys 5-11 60 Meter Dash U12	15	Girls 5-11 150 Meter Dash U12
3	Girls 12-13 80 Meter Dash U14	16	Boys 5-11 150 Meter Dash U12
4	Boys 12-13 80 Meter Dash U14	17	Girls 12-13 150 Meter Dash U14
5	Girls 14-15 100 Meter Dash U16	18	Boys 12-13 150 Meter Dash U14
6	Boys 14-15 100 Meter Dash U16	19	Girls 14-15 200 Meter Dash U16
7	Girls 16-17 100 Meter Dash U18	20	Boys 14-15 200 Meter Dash U16
8	Boys 16-17 100 Meter Dash U18	21	Girls 16-17 200 Meter Dash U18
9	Women 18-19 100 Meter Dash U20	22	Boys 16-17 200 Meter Dash U18
10	Men 18-19 100 Meter Dash U20	23	Women 18-19 200 Meter Dash U20
11	Women 20-34 100 Meter Dash Senior	24	Men 18-19 200 Meter Dash U20
12	Men 20-34 100 Meter Dash Senior	25	Women 20-34 200 Meter Dash Senior
13	Women 35-99 100 Meter Dash Masters	26	Men 20-34 200 Meter Dash Senior

Event #	Event Name	Event #	Event Name
27	Women 35-99 200 Meter Dash Masters	71	Women 18-19 3000 Meter Run U20
28	Men 35-99 200 Meter Dash Masters	72	Men 18-19 3000 Meter Run U20
29	Girls 14-15 300 Meter Dash U16	73	Women 20-34 3000 Meter Run Senior
30	Boys 14-15 300 Meter Dash U16	74	Women 35-99 3000 Meter Run Masters
31	Girls 16-17 400 Meter Dash U18	75	Men 35-99 3000 Meter Run Masters
32	Boys 16-17 400 Meter Dash U18	76	Women 18-19 5000 Meter Run U20
33	Women 18-19 400 Meter Dash U20	77	Men 18-19 5000 Meter Run U20
34	Men 18-19 400 Meter Dash U20	78	Women 20-34 5000 Meter Run Senior
35	Women 20-24 400 Meter Dash Senior	79	Men 20-34 5000 Meter Run Senior
36	Men 20-24 400 Meter Dash Senior	80	Men 18-19 10000 Meter Run U20
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 .76m U16
52	Men 35-99 800 Meter Run Masters	96	Boys 14-15 200 Meter Hurdles .76m U16
53	Girls 5-11 1000 Meter Run U12	97	Girls 16-17 400 Meter Hurdles .76m U18
54	Boys 5-11 1000 Meter Run U12	98	Boys 16-17 400 Meter Hurdles .84m U18
55	Girls 12-13 1200 Meter Run U14	99	Women 18-19 400 Meter Hurdles .76m U20
56	Boys 12-13 1200 Meter Run U14	100	Men 18-19 400 Meter Hurdles .91m U20
57	Girls 14-15 1200 Meter Run U16	101	Women 20-34 400 Meter Hurdles .76m Senior
58	Boys 14-15 1200 Meter Run U16	102	Men 20-34 400 Meter Hurdles .91m 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

Event #	Event Name	Event #	Event Name
115	Women 35-99 High Jump Masters	159	Girls 16-17 Shot Put 3kg U18
116	Men 35-99 High Jump Masters	160	Boys 16-17 Shot Put 5kg U18
117	Girls 14-15 Pole Vault U16	161	Women 18-19 Shot Put 4kg U20
118	Boys 14-15 Pole Vault U16	162	Men 18-19 Shot Put 6kg U20
119	Girls 16-17 Pole Vault U18	163	Women 20-34 Shot Put 4kg Senior
120	Boys 16-17 Pole Vault U18	164	Men 20-34 Shot Put 7.26kg Senior
121	Women 18-19 Pole Vault U20	165	Women 35-99 Shot Put Masters
122	Men 18-19 Pole Vault U20	166	Men 35-99 Shot Put Masters
123	Women 20-34 Pole Vault Senior	167	Girls 12-13 Javelin Throw 400g U14
124	Men 20-34 Pole Vault Senior	168	Boys 12-13 Javelin Throw 400g U14
125	Women 35-99 Pole Vault Masters	169	Girls 14-15 Javelin Throw 500g U16
126	Men 35-99 Pole Vault Masters	170	Boys 14-15 Javelin Throw 600g U16
127	Girls 5-11 Long Jump U12	171	Girls 16-17 Javelin Throw 500g U18
128	Boys 5-11 Long Jump U12	172	Boys 16-17 Javelin Throw 700g U18
129	Girls 12-13 Long Jump U14	173	Women 18-19 Javelin Throw 600g U20
130	Boys 12-13 Long Jump U14	174	Men 18-19 Javelin Throw 800g U20
131	Girls 14-15 Long Jump U16	175	Women 20-34 Javelin Throw 600g Senior
132	Boys 14-15 Long Jump U16	176	Men 20-34 Javelin Throw 800g Senior
133	Girls 16-17 Long Jump U18	177	Women 35-99 Javelin Throw Masters
134	Boys 16-17 Long Jump U18	178	Men 35-99 Javelin Throw Masters
135	Women 18-19 Long Jump U20	179	Girls 14-15 Discus Throw 750g U16
136	Men 18-19 Long Jump U20	180	Boys 14-15 Discus Throw 1kg U16
137	Women 20-34 Long Jump Senior	181	Girls 16-17 Discus Throw 1kg U18
138	Men 20-34 Long Jump Senior	182	Boys 16-17 Discus Throw 1.5kg U18
139	Women 35-99 Long Jump Masters	183	Women 18-19 Discus Throw 1kg U20
140	Men 35-99 Long Jump Masters	184	Men 18-19 Discus Throw 1.75kg U20
141	Girls 12-13 Triple Jump U14	185	Women 20-34 Discus Throw 1kg Senior
142	Boys 12-13 Triple Jump U14	186	Men 20-34 Discus Throw 2kg Senior
143	Girls 14-15 Triple Jump U16	187	Women 35-99 Discus Throw Masters
144	Boys 14-15 Triple Jump U16	188	Men 35-99 Discus Throw Masters
145	Girls 16-17 Triple Jump U18	189	Girls 14-15 Hammer Throw 3kg U16
146	Boys 16-17 Triple Jump U18	190	Boys 14-15 Hammer Throw 4kg U16
147	Women 18-19 Triple Jump U20	191	Girls 16-17 Hammer Throw 3kg U18
148	Men 18-19 Triple Jump U20	192	Boys 16-17 Hammer Throw 5kg U18
149	Women 20-34 Triple Jump Senior	193	Women 18-19 Hammer Throw 4kg U20
150	Men 20-34 Triple Jump Senior	194	Men 18-19 Hammer Throw 6kg U20
151	Women 35-99 Triple Jump Masters	195	Women 20-34 Hammer Throw 4kg Senior
152	Men 35-99 Triple Jump Masters	196	Men 20-34 Hammer Throw 7.26kg Senior
153	Girls 5-11 Shot Put 6lb U12	197	Women 35-99 Hammer Throw Masters
154	Boys 5-11 Shot Put 6lb U12	198	Men 35-99 Hammer Throw Masters
155	Girls 12-13 Shot Put 3kg U14	199	Girls 10-11 4x100 Meter Relay U12
156	Boys 12-13 Shot Put 3kg U14	200	Boys 10-11 4x100 Meter Relay U12
157	Girls 14-15 Shot Put 3kg U16	201	Girls 12-13 4x100 Meter Relay U14
158	Boys 14-15 Shot Put 4kg U16	202	Boys 12-13 4x100 Meter Relay U14

Event #	Event Name
203	Girls 14-15 4x100 Meter Relay U16
204	Boys 14-15 4x100 Meter Relay U16
205	Girls 16-17 4x100 Meter Relay U18
206	Boys 16-17 4x100 Meter Relay U18

Event #	Event Name
207	Girls 18-19 4x100 Meter Relay U20
208	Boys 18-19 4x100 Meter Relay U20
209	Girls 20-34 4x100 Meter Relay Senior
210	Boys 20-34 4x100 Meter Relay Senior

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 11, 2019

CLUB _____

ADDRESS _____

CITY _____ POSTAL CODE _____

COACH'S NAME _____

TELEPHONE _____

FAX NO. _____

E-MAIL _____

Total Entry Fee Enclosed: _____

E-mail entries to: jflangen@sasktel.net

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

