

SOLE-stice Classic Regional Track and Field Meet

HUMBOLDT: SUNDAY, MAY 26 @ Glenn Hall Park

Register **ONLINE** at solesticeclassic.com.

Deadline for Registration: May 23

1. Athletes could possibly compete in a maximum of four events at the regional meet.
2. Relays do not count as an event; relay teams will be made on site at the meet.
3. The schedule for the meet has been included.
4. All events will be hand timed; not photo timed. We will do our best to ensure accuracy.
5. Athletes **cannot** wear spikes or shoes where spikes can be inserted (soccer cleats are not allowed).
6. Athletes **cannot** use starting blocks.
7. Athletes will be given only 3 attempts in the field events (long jump and softball throw).
8. Top 3 ribbons will be awarded after the completion of each event.
9. The top 2 competitors in their event have qualified for the “**SOLE-stice – Provincial Finals**” in Saskatoon on Sat June 22nd.
10. You **must** enter your own athlete into the “**SOLE-stice – Provincial Finals**” using the on-line computer entry format.
11. The regional meet director **does not enter** the athletes into the provincial finals.
12. Go to the website www.solesticeclassic.com to complete the entry into the “SOLE-stice Provincial Finals”.

Athletes can COMPETE in a maximum of four events (does not include the relay)

Meteors – Born 2010/11	Comets – Born 2008/09	Stars – Born 2006/07
Standing Long Jump	Running Long Jump	Running Long Jump
Softball Throw	Softball Throw	Softball Throw
50m Dash (no blocks)	60m Dash (no blocks)	80m Dash (no blocks)
100m Dash (no blocks)	150m Dash (no blocks)	150m Dash (no blocks)
	600m Run	800m Run
4 x 100m Relay	4 x 100m Relay	4 x 100m Relay

SOLE-STICE CLASSIC – POSSIBLE REGIONAL SCHEDULE

BE PREREPARED TO COMPETE EARLY

Track	Event	Age	Field	Event	Age
12:30pm	Warm Up / Announcements				
1:00pm	50 Heats	Meteor G	1:00pm	Ball Throw	Stars G
	50 Heats	Meteor B		Long Jump	Stars B
	50 Final	Meteor G			
	50 Final	Meteor B	1:20pm	Ball Throw	Meteors G
1:30pm	60 Heats	Comet G		Long Jump	Meteors B
	60 Heats	Comet B			
	60 Final	Comet G			
	60 Final	Comet B			
2:00pm	80 Heats	Stars G	2:00pm	Ball Throw	Comets B
	80 Heats	Stars B		Long Jump	Comets G
	80 Final	Stars G			
	80 Final	Stars B			
2:15pm	100m Final	Meteors G			
	100m Final	Meteors B	2:30pm	Ball Throw	Stars B
				Long Jump	Stars G
			2:50pm	Ball Throw	Meteors B
3:00pm	600m Final	Comet G		Long Jump	Meteors G
	600m Final	Comet B			
3:20pm	800m Final	Stars G			
	800m Final	Stars B	3:30pm	Ball Throw	Comets G
3:45pm	150m Timed Finals	Comets G		Long Jump	Comets B
	150m Timed Finals	Comets B			
4:00pm	150m Timed Finals	Stars G			
	150m Timed Finals	Stars B			
4:30pm	Relays 4 x 100	Meteors G/B Comets G/B Stars G/B			

Announcement Notes:

Athletes will all be pre-registered online.

Please be sure you are at the track 30 minutes before your first event.

Warm-Ups are up to the athlete.