

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

Regina, Saskatchewan  
Saturday, May 6, 2017

Sponsored by: Excel Athletika  
Sanctioned by: Saskatchewan Athletics

1. **Entry Fee:** The entry fee for all individual events will be \$20.00 per event. The entry fee for Pentathlon competitors will be \$30.00 per athlete. Relay teams are \$5.00 per team regardless of age. Late entry fee in all individual events will be \$30.00 per event. Late entry fee for Pentathlon competitors will be \$40.00 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, 2017 (born 1997 or earlier)  
Junior: Under 20 as of Dec. 31, 2017 (born 1998 or 1999)  
Youth: Under 18 as of Dec. 31, 2017 (born 2000 or 2001)  
Midget: Under 16 as of Dec. 31, 2017 (born 2002 or 2003)  
Bantam: Under 14 as of Dec. 31, 2016 (born 2004 or 2005)  
Pee Wee: Under 12 as of Dec. 31, 2016 (born 2006 or later)  
Masters: 35 and over as of the day of the meet (born May 6, 1982 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 28, 2017. Entries sent using the Hy-Tek program **must be received** by 9:00 P.M., Monday, May 1, 2017. 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 6, 2017  
First Event: 12:00 P.M.

8. **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.

9. **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 Pee Wee	20	Boys 14-15 200 Meter Dash Midget
2	Boys 5-11 60 Meter Dash Pee Wee	21	Girls 16-17 200 Meter Dash Youth
3	Girls 12-13 80 Meter Dash Bantam	22	Boys 16-17 200 Meter Dash Youth
4	Boys 12-13 80 Meter Dash Bantam	23	Women 18-19 200 Meter Dash Junior
5	Girls 14-15 100 Meter Dash Midget	24	Men 18-19 200 Meter Dash Junior
6	Boys 14-15 100 Meter Dash Midget	25	Women 20-34 200 Meter Dash Senior
7	Girls 16-17 100 Meter Dash Youth	26	Men 20-34 200 Meter Dash Senior
8	Boys 16-17 100 Meter Dash Youth	27	Women 35-99 200 Meter Dash Masters
9	Women 18-19 100 Meter Dash Junior	28	Men 35-99 200 Meter Dash Masters
10	Men 18-19 100 Meter Dash Junior	29	Girls 14-15 300 Meter Dash Midget
11	Women 20-34 100 Meter Dash Senior	30	Boys 14-15 300 Meter Dash Midget
12	Men 20-34 100 Meter Dash Senior	31	Girls 16-17 400 Meter Dash Youth
13	Women 35-99 100 Meter Dash Masters	32	Boys 16-17 400 Meter Dash Youth
14	Men 35-99 100 Meter Dash Masters	33	Women 18-19 400 Meter Dash Junior
15	Girls 5-11 150 Meter Dash Pee Wee	34	Men 18-19 400 Meter Dash Junior
16	Boys 5-11 150 Meter Dash Pee Wee	35	Women 20-24 400 Meter Dash Senior
17	Girls 12-13 150 Meter Dash Bantam	36	Men 20-24 400 Meter Dash Senior
18	Boys 12-13 150 Meter Dash Bantam	37	Women 35-99 400 Meter Dash Masters
19	Girls 14-15 200 Meter Dash Midget	38	Men 35-99 400 Meter Dash Masters

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
39	Girls 5-11 600 Meter Run Pee Wee	83	Girls 14-15 80 Meter Hurdles .76m Midget
40	Boys 5-11 600 Meter Run Pee Wee	84	Boys 14-15 100 Meter Hurdles .84m Midget
41	Girls 12-13 800 Meter Run Bantam	85	Girls 16-17 100 Meter Hurdles .76m Youth
42	Boys 12-13 800 Meter Run Bantam	86	Boys 16-17 110 Meter Hurdles .91m Youth
43	Girls 14-15 800 Meter Run Midget	87	Women 18-19 100 Meter Hurdles .84m Junior
44	Boys 14-15 800 Meter Run Midget	88	Men 18-19 110 Meter Hurdles .99m Junior
45	Girls 16-17 800 Meter Run Youth	89	Women 20-34 100 Meter Hurdles .84m Senior
46	Boys 16-17 800 Meter Run Youth	90	Men 20-34 110 Meter Hurdles 1.07m Senior
47	Women 18-19 800 Meter Run Junior	91	Girls 5-11 High Jump Pee Wee
48	Men 18-19 800 Meter Run Junior	92	Boys 5-11 High Jump Pee Wee
49	Women 20-34 800 Meter Run Senior	93	Girls 12-13 High Jump Bantam
50	Men 20-34 800 Meter Run Senior	94	Boys 12-13 High Jump Bantam
51	Women 35-99 800 Meter Run Masters	95	Girls 14-15 High Jump Midget
52	Men 35-99 800 Meter Run Masters	96	Boys 14-15 High Jump Midget
53	Girls 5-11 1000 Meter Run Pee Wee	97	Girls 16-17 High Jump Youth
54	Boys 5-11 1000 Meter Run Pee Wee	98	Boys 16-17 High Jump Youth
55	Girls 12-13 1200 Meter Run Bantam	99	Women 18-19 High Jump Junior
56	Boys 12-13 1200 Meter Run Bantam	100	Men 18-19 High Jump Junior
57	Girls 14-15 1200 Meter Run Midget	101	Women 20-34 High Jump Senior
58	Boys 14-15 1200 Meter Run Midget	102	Men 20-34 High Jump Senior
59	Girls 16-17 1500 Meter Run Youth	103	Women 35-99 High Jump Masters
60	Boys 16-17 1500 Meter Run Youth	104	Men 35-99 High Jump Masters
61	Women 18-19 1500 Meter Run Junior	105	Girls 14-15 Pole Vault Midget
62	Men 18-19 1500 Meter Run Junior	106	Boys 14-15 Pole Vault Midget
63	Women 20-34 1500 Meter Run Senior	107	Girls 16-17 Pole Vault Youth
64	Men 20-34 1500 Meter Run Senior	108	Boys 16-17 Pole Vault Youth
65	Women 35-99 1500 Meter Run Masters	109	Women 18-19 Pole Vault Junior
66	Men 35-99 1500 Meter Run Masters	110	Men 18-19 Pole Vault Junior
67	Girls 14-15 2000 Meter Run Midget	111	Women 20-34 Pole Vault Senior
68	Boys 14-15 2000 Meter Run Midget	112	Men 20-34 Pole Vault Senior
69	Girls 16-17 3000 Meter Run Youth	113	Women 35-99 Pole Vault Masters
70	Boys 16-17 3000 Meter Run Youth	114	Men 35-99 Pole Vault Masters
71	Women 18-19 3000 Meter Run Junior	115	Girls 5-11 Long Jump Pee Wee
72	Men 18-19 3000 Meter Run Junior	116	Boys 5-11 Long Jump Pee Wee
73	Women 20-34 3000 Meter Run Senior	117	Girls 12-13 Long Jump Bantam
74	Women 18-19 5000 Meter Run Junior	118	Boys 12-13 Long Jump Bantam
75	Men 18-19 5000 Meter Run Junior	119	Girls 14-15 Long Jump Midget
76	Women 20-34 5000 Meter Run Senior	120	Boys 14-15 Long Jump Midget
77	Men 20-34 5000 Meter Run Senior	121	Girls 16-17 Long Jump Youth
78	Men 18-19 10000 Meter Run Junior	122	Boys 16-17 Long Jump Youth
79	Women 20-34 10000 Meter Run Senior	123	Women 18-19 Long Jump Junior
80	Men 20-34 10000 Meter Run Senior	124	Men 18-19 Long Jump Junior
81	Girls 12-13 80 Meter Hurdles .76m Bantam	125	Women 20-34 Long Jump Senior
82	Boys 12-13 80 Meter Hurdles .76m Bantam	126	Men 20-34 Long Jump Senior

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
127	Women 35-99 Long Jump Masters	167	Girls 16-17 Discus Throw 1kg Youth
128	Men 35-99 Long Jump Masters	168	Boys 16-17 Discus Throw 1.5kg Youth
129	Girls 12-13 Triple Jump Bantam	169	Women 18-19 Discus Throw 1kg Junior
130	Boys 12-13 Triple Jump Bantam	170	Men 18-19 Discus Throw 1.75kg Junior
131	Girls 14-15 Triple Jump Midget	171	Women 20-34 Discus Throw 1kg Senior
132	Boys 14-15 Triple Jump Midget	172	Men 20-34 Discus Throw 2kg Senior
133	Girls 16-17 Triple Jump Youth	173	Women 35-99 Discus Throw Masters
134	Boys 16-17 Triple Jump Youth	174	Men 35-99 Discus Throw Masters
135	Women 18-19 Triple Jump Junior	175	Girls 14-15 Hammer Throw 3kg Midget
136	Men 18-19 Triple Jump Junior	176	Boys 14-15 Hammer Throw 4kg Midget
137	Women 20-34 Triple Jump Senior	177	Girls 16-17 Hammer Throw 4kg Youth
138	Men 20-34 Triple Jump Senior	178	Boys 16-17 Hammer Throw 5kg Youth
139	Women 35-99 Triple Jump Masters	179	Women 18-19 Hammer Throw 4kg Junior
140	Men 35-99 Triple Jump Masters	180	Men 18-19 Hammer Throw 6kg Junior
141	Girls 5-11 Shot Put 6lb Pee Wee	181	Women 20-34 Hammer Throw 4kg Senior
142	Boys 5-11 Shot Put 6lb Pee Wee	182	Men 20-34 Hammer Throw 7.26kg Senior
143	Girls 12-13 Shot Put 3kg Bantam	183	Women 35-99 Hammer Throw Masters
144	Boys 12-13 Shot Put 3kg Bantam	184	Men 35-99 Hammer Throw Masters
145	Girls 14-15 Shot Put 4kg Midget	185	Girls 14-15 Outdoor Pentathlon Midget
146	Boys 14-15 Shot Put 4kg Midget	186	Boys 14-15 Outdoor Pentathlon Midget
147	Girls 16-17 Shot Put 4kg Youth	187	Girls 10-11 4x100 Meter Relay Pee Wee
148	Boys 16-17 Shot Put 5kg Youth	188	Boys 10-11 4x100 Meter Relay Pee Wee
149	Women 18-19 Shot Put 4kg Junior	189	Girls 12-13 4x100 Meter Relay Bantam
150	Men 18-19 Shot Put 6kg Junior	190	Boys 12-13 4x100 Meter Relay Bantam
151	Women 20-34 Shot Put 4kg Senior	191	Girls 14-15 4x100 Meter Relay Midget
152	Men 20-34 Shot Put 7.26kg Senior	192	Boys 14-15 4x100 Meter Relay Midget
153	Women 35-99 Shot Put Masters	193	Girls 16-17 4x100 Meter Relay Youth
154	Men 35-99 Shot Put Masters	194	Boys 16-17 4x100 Meter Relay Youth
155	Girls 14-15 Javelin Throw 600g Midget	195	Girls 18-19 4x100 Meter Relay Junior
156	Boys 14-15 Javelin Throw 600g Midget	196	Boys 18-19 4x100 Meter Relay Junior
157	Girls 16-17 Javelin Throw 600g Youth	197	Girls 20-34 4x100 Meter Relay Senior
158	Boys 16-17 Javelin Throw 700g Youth	198	Boys 20-34 4x100 Meter Relay Senior
159	Women 18-19 Javelin Throw 600g Junior	199	Girls 14-15 200 Meter Hurdles Midget
160	Men 18-19 Javelin Throw 800g Junior	200	Boys 14-15 200 Meter Hurdles Midget
161	Women 20-34 Javelin Throw 600g Senior	201	Girls 16-17 400 Meter Hurdles Youth
162	Men 20-34 Javelin Throw 800g Senior	202	Boys 16-17 400 Meter Hurdles Youth
163	Women 35-99 Javelin Throw Masters	203	Women 18-19 400 Meter Hurdles Junior
164	Men 35-99 Javelin Throw Masters	204	Men 18-19 400 Meter Hurdles Junior
165	Girls 14-15 Discus Throw 750g Midget	205	Women 20-34 400 Meter Hurdles Senior
166	Boys 14-15 Discus Throw 1kg Midget	206	Men 20-34 400 Meter Hurdles Senior

10. **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.

### 2017 Tentative Schedule

<b>Track Events</b>			<b>Field Events</b>			
12:00pm	600m	Pee Wee Men Pee Wee Women	<b>High Jump Competitions</b>		<b>Pole Vault Competitions</b>	
12:10pm	800m	Bantam Men Bantam Women	2:00pm	Midget Women Youth Women	1:30pm	Midget Men Youth Men
12:20pm		Midget Men Masters Men		Junior Women Senior Women		Junior Men Senior Men
12:25pm		Midget Women Masters Women	3:00pm	Bantam Women Bantam Men		Masters Men Midget Women
12:30pm		Youth Men Junior Men Senior Men		Masters Women Masters Men Pee Wee Women		Youth Women Junior Women Senior Women
12:35pm		Youth Women Junior Women Senior Women	4:30pm	Pee Wee Men Midget Men Youth Men Junior Men Senior Men		Masters Women
12:45pm	60m	Pee Wee Men Pee Wee Women			<b>Long Jump Competitions</b>	
12:55pm	80m	Bantam Men Bantam Women			12:10pm	Pee Wee Women Pee Wee Men
1:05pm	100m	Midget Men Youth Men Masters Men	<b>Triple Jump Competitions</b>		2:00pm	Midget Men Youth Men Junior Men Senior Men
1:10pm		Senior Men Junior Men	1:00pm	Bantam Women Bantam Men		
			2:00pm	Midget Women Youth Women	4:00pm	Bantam Women Bantam Men

1:15pm		Midget Women Youth Women Junior Women Senior Women		Junior Women Senior Women Masters Women Masters Men		Masters Women Masters Men
1:20pm		Masters Women	3:00pm	Midget Men	5:30pm	Midget Women Youth Women Junior Women
1:30pm	80m H	Bantam Women Bantam Men Midget Women		Youth Men Junior Men Senior Men		Senior Women
1:35pm	100m H	Youth Women Junior Women Senior Women				
			<b>Discus Competitions</b>		<b>Hammer Throw Competitions</b>	
1:50pm	110m H	Midget Men Youth Men Junior Men Senior Men	12:00pm	Midget Women Youth Women Junior Women Senior Women	5:30pm	Midget Men Youth Men Junior Men Senior Men
2:00pm	2000m	Midget Men Midget Women		Masters Women Masters Men		Midget Women Youth Women
2:10pm	3000m	Youth Men Junior Men Youth Women Junior Women		Midget Men Youth Men Junior Men Senior Men		Junior Women Senior Women Masters Women Masters Men
2:25pm	300m	Midget Men Midget Women				
			<b>Shot Put Competitions</b>		<b>Javelin Competitions</b>	
2:35pm	400m	Youth Men Junior Men Senior Men Masters Men	1:30pm	Pee Wee Men Pee Wee Women Bantam Men Bantam Women	12:45pm	Midget Men Youth Men Junior Men
2:45pm		Youth Women Junior Women	3:00pm	Midget Men		Senior Men

		Senior Women		Youth Men	2:15pm	Midget Women
		Masters Women		Junior Men		Youth Women
	200mH	Midget Women		Senior Men		Junior Women
3:00pm	400mH	Midget Men	3:45pm	Midget Women		Senior Women
		Youth Women		Youth Women		Masters Women
		Junior Women		Junior Women		Masters Men
		Senior Women		Senior Women		
3:10pm	400mH	Youth Men		Masters Women		
3:15pm	400mH	Junior Men		Masters Men		
		Senior Men				
3:20pm	1000m	Pee Wee Men				
		Pee Wee Women				
3:30pm	1200m	Bantam Men				
		Midget Men				
3:55pm		Bantam Women				
		Midget Women				
4:10pm	1500m	Youth Men				
		Junior Men				
		Senior Men				
		Youth Women				
		Junior Women				
		Senior Women				
		Masters Men				
		Masters Women				
4:25pm	150m	Pee Wee Men				
		Pee Wee Women				
4:30pm		Bantam Men				
		Bantam Women				
4:40pm	200m	Midget Men				

4:50pm		Youth Men Junior Men Senior Men
5:00pm		Masters Men Midget Women Youth Women Masters Women
5:10pm		Junior Women 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 6, 2017

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

