

# SOLE-stice Classic Regional Track and Field Meet

HUMBOLDT MAY 27 @ Glenn Hall Park

Register **ONLINE** at [solesticeclassic.com](http://solesticeclassic.com).

Deadline for Registration: May 24

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. It is suggested not to enter athletes in events that occur at or near the same time.
4. The schedule for the meet has been included.
5. All events will be hand timed; not photo timed.
6. Athletes **cannot** wear spikes or shoes where spikes can be inserted (soccer cleats are not allowed).
7. Athletes **cannot** use starting blocks.
8. Athletes will be given only 3 attempts in the field events (long jump and softball throw).
9. Top 3 ribbons will be awarded after the completion of each event.
10. The top 2 competitors in their event have qualified for the “**Sole-stice – Provincial Finals**” in Saskatoon on Sat June 18<sup>th</sup>.
11. You **must** enter your own athlete into the “**Sole-stice – Provincial Finals**” using the on-line computer entry format.
12. The regional meet director **does not enter** the athletes into the provincial finals.
13. Go to the website [www.solesticeclassic.com](http://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 2008/09	Comets – Born 2006/07	Stars – Born 2004/05
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 PREPARED TO COMPETE EARLY**

<b>Track</b>	<b>Event</b>	<b>Age</b>	<b>Field</b>	<b>Event</b>	<b>Age</b>
10:00am	Registration				
10:30:00 AM	50 Heats	Meteor G	10:30:00 AM	Ball Throw	Stars G
	50 Heats	Meteor B		Long Jump	Stars B
	50 Final	Meteor G			
	50 Final	Meteor B			
11:00:00 AM	60 Heats	Comet G	10:50.00 AM	Ball Throw	Meteors G
	60 Heats	Comet B		Long Jump	Meteors B
	60 Final	Comet G			
	60 Final	Comet B			
11:30:00 AM	80 Heats	Stars G	11:30:00 AM	Ball Throw	Comets B
	80 Heats	Stars B		Long Jump	Comets G
	80 Final	Stars G			
	80 Final	Stars B			
11:45:00AM	100m Final	Meteors G			
	100m Final	Meteors B			
12:00:00 PM	600m Final	Comet G	12:00:00 PM	Ball Throw	Stars B
	600m Final	Comet B		Long Jump	Stars G
12:20:00 PM	800m Final	Stars G			
	800m Final	Stars B	12:20:00 PM	Ball Throw	Meteors B
12:45:00 PM	150m Timed Finals	Comets G		Long Jump	Meteors G
	150m Timed Finals	Comets B			
01:00:00 PM	150m Timed Finals	Stars G	01:00:00 PM	Ball Throw	Comets G
	150m Timed Finals	Stars B		Long Jump	Comets B
01:30:00 PM	Relays 4 x 100	Meteors G/B Comets G/B Stars G/B			