“SOLE-stice Classic” – Nokomis Regional Entry – June 4

The **“SOLE-stice Classic**” is a series of meets for young athletes to get involved in running, jumping and throwing competitions. This program is being sponsored by Aboriginal Track & Field of Saskatchewan and Saskatchewan Athletics.
The term “SOLE-stice” comes from the idea that the “final meet” will be held near the longest day of the year. The meets are geared for younger athletes who may not get many opportunities to compete against others their age in their region or from across the province.
To get involved; select the regional meet nearest to where you live. Then complete the computer online entry process. The best part is that no entry fees are charged to participate. The “**Top 2**” athletes from each regional meet can advance to the “**SOLE-stice Classic – Provincial Finals**” in Saskatoon on Sat. June 17th.
The emphasis of the meets is to have fun while getting young athletes to be active through competition.

Age group classifications are determined by the participant’s YEAR OF BIRTH

Athletes can possibly qualify 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	Long Jump	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

Computer Online entries for “SOLE-stice Classic – Regional Meet”

1. Go to the following website: www.solesticeclassic.com
2. Choose the “Regional Meet” that is closest to where you live.
3. To enter an athlete, fill out the appropriate information.
4. Type in the “first and last name” and “town/city”. Add a contact “email address”
5. Click the correct “gender”, “age category” and “event(s)”.
6. Do **NOT** use the “ENTRY” key until you have finished filling out the form.
7. To quickly move from field to field use the “**TAB**” key.
8. When you are done adding the athlete and their events, click the “**SUBMIT**” button.
9. Once you have submitted the entry, scroll down to make sure the athlete is entered **correctly**.
10. This is your confirmation that the athlete is entered into the meet.
11. If you make a mistake, you can “**EDIT**” the competitor’s name, town, gender, age, and event(s).
12. Relay teams are not entered here; they will enter prior to the relay start time.
13. A schedule of the meet is included
14. Entries are due June 2 at 4pm

Notes:

1. Athletes could possibly compete in a maximum of four events at the regional meet.
2. Relays do not count as an event; relay entries 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 17th.
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 to complete the entry into the "Sole-stice Provincial Finals".

SOLE-STICE CLASSIC – NOKOMIS REGIONAL SCHEDULE

ALL TIMES ARE APPROXIMATE
BE PRERPARED TO COMPETE EARLY

Track	Event	Age	Field	Event	Age
4:00pm	50 Final (in field)	Meteor G	Start Time	Ball Throw	Stars G
	50 Final (in field)	Meteor B		Long Jump	Stars B
	60 Heats	Comet G			
	60 Heats	Comet B			
	60 Final	Comet G			
	60 Final	Comet B			
30 min later	80 Heats	Stars G	30 min later	Ball Throw	Meteors G
	80 Heats	Stars B		Long Jump	Meteors B
	80 Final	Stars G			
	80 Final	Stars B			
	600m Final	Comet G			
1 hour later	600m Final	Comet B	1 hour later	Ball Throw	Stars B
	800m Final	Stars G		Long Jump	Stars G
	800m Final	Stars B			
	Kids & Parent Fun Run				
1.5 hours later	100m Final (in field)	Meteors G	1.5 hours later	Ball Throw	Comets G
	100m Final (in field)	Meteors B		Long Jump	Comets B
	150m Timed Finals	Stars G			
2 hours later	150m Timed Finals	Stars B	2 hours later	Ball Throw	Meteors B
				Long Jump	Meteors G
2.5 hours later	150m Timed Finals	Comets G	2.5 hour later	Ball Throw	Comets B
				Long Jump	Comets G
	150m Timed Finals	Comets B			