



## **SaskPunjabi Athletic Clinics and Meet**

These clinics and meet is open for everyone to participate.

**Instructional Clinics: Here is an opportunity to learn how to do the events.**

**Sun May 7 11 am - 12 noon**, Sport Field #6 at Lowe Rd and Ludlow Str (Across from Sikh Temple)

**Fri May 19 6:30 pm – 7:30 pm**, Sport Field #6 at Lowe Rd and Ludlow Str (Across from Sikh Temple)

**Track Meet: An opportunity to compete in various events at a fun meet.**

**Sun May 21** Sports Field #6 at Lowe Rd and Ludlow Str (Across from the Sikh Temple)

**9:00 Registration and Instructions**

**9:30 Meet Begins**

Age Groups:	Events:
Grade 1, 2	50, 100, Standing Long Jump, Ball Throw
Grade 3, 4, 5	50, 100, 200, Standing Long Jump, Ball Throw
Grade 6, 7, 8	50, 100, 200, 400, Standing Long Jump, Ball Throw
Grade 9, 10, 11, 12 , 12+	50, 100, 200, 400, Standing Long Jump, Ball Throw

### **Schedule:**

Time	Track Event	Ball Throw 1	Ball Throw 2	Long Jump 1	Long Jump2
<b>9:30</b>	50 (Grade 9-12+, Grade 6-8, Grade 3-5, Grade 1-2)				
<b>9:45</b>	Preschool Kids 50	Grade 9-12+ Girls	Grade 9-12+ Boys	Grade 6-8 Girls	Grade 6-8 Boys

<b>10:00</b>	Parent / Celebrity / Seniors 50				
<b>10:15</b>	100 (Grade 9-12+, Grade 6-8, Grade 3-5, Grade 1-2)				
<b>10:30</b>		Grade 3-5 Girls	Grade 3-5 Boys	Grade 1-2 Girls	Grade 1-2 Boys
<b>10:45</b>					
<b>11:00</b>	200 (Grade 9-12+, Grade 6-8, Grade 3-5)				
<b>11:15</b>		Grade 6-8 Girls	Grade 6-8 Boys	Grade 9-12+ Girls	Grade 9-12+ Boys
<b>11:30</b>					
<b>11:45</b>	400 (Grade 9-12+, Grade 6-8, )				
<b>12:00</b>		Grade 1-2 Girls	Grade 1-2 Boys	Grade 3-5 Girls	Grade 3-5 Boys
<b>12:15</b>					
<b>12:30</b>	<b>Medal Presentations to all athletes</b>				

Athletes born 2004-2009 who are interested in other track competitions should check out [www.solesticeclassic.com](http://www.solesticeclassic.com). Athletes of all ages interested in track and field competitions can check out the Saskatchewan Athletics website.

See entry form on the next page.

### **Registration:**

Instructions for registering for the meet. Athletes do not have to register for the clinics. The clinics and the meet are totally free. Show up for the clinics and meet ready to participate.

To register do only one of the following:

1. Complete this entry form on Sundays 11-2 pm at either Saskatoon Sikh Temple at the provided registration table.
2. Email the information on this entry form to [saskpunjabi2017@gmail.com](mailto:saskpunjabi2017@gmail.com)
3. Complete this entry form and hand in at one of the clinics on May 7<sup>th</sup> or May 19<sup>th</sup>.
4. Complete this entry form and hand in at the registration table the morning of the meet on May 21<sup>st</sup>.

Athlete Name \_\_\_\_\_ Date of Birth (Year/Mn/Day)

\_\_\_\_\_

Address \_\_\_\_\_ City/Town

\_\_\_\_\_

Parent's cell/phone/email

\_\_\_\_\_

Events competing at the meet: \_\_\_\_\_ 50 \_\_\_\_\_ 100 \_\_\_\_\_ 200 \_\_\_\_\_ 400

\_\_\_\_\_ standing long jump \_\_\_\_\_ ball throw

Competition Number # \_\_\_\_\_

Note: There are no entry fees for the clinics or meet, but donations from businesses or individuals are gladly accepted. Cash or cheque payable to the SaskPunjabi Athletic Club Inc. are accepted.

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