

EXECUTIVE DIRECTOR

It was very rewarding to get out of the office and represent the association at different events throughout the province. I was impressed with the commitment of small communities pulling together to make events such as the WCSG that were held in Swift Current a great event. Also, Meadow Lake when it came to hosting the Tony Cote Games.

We kept our spending down which led us to a healthy surplus to end the year off. This surplus will continue to grow for the future needs of the association. In addition, we again had a number of encouraging self-help initiatives. Our major sponsors; Brainsport, Jones-Konihowski Enterprises, and Track and Trail once again provided valuable support in enabling Saskatchewan Athletics to conduct a number of essential programs.

We continue to work hard for you the membership, as we work for the common goal of promoting our sport of Athletics. Congratulations to: Carla Nicholls, Jessica Frotten, and Rick Reelie on your participation at the World Para Championships. Courtney Hufsmith on your Bronze medal at FISU. Jason Reindl on being the Head Coach at Pan AM Juniors for Canada. Congratulations, to all the Masters athletes that attended the Indoor, Outdoor Championships/NACAC Championships in Toronto.

To Michelle Dezell and Sask Sport, I say thank you for all the financial help we received during the year. Saskatchewan Athletics has also partnered with the Indigenous Sport Enhancement Program. This grant program focuses on the coordinated development of aboriginal athletes, coaches and officials in our province as they prepare for the North American Indigenous Games in Halifax.

The volunteer base remains strong but we must continue to expand and strengthen this area in Saskatchewan Athletics. We had some excellent achievements this past year and we should congratulate them on their success. Savannah Sutherland (Borden) was the recipient for Female Youth Athlete of the Year Award. Ted Rowan (Martensville) won the master Athlete of the Year. Derek Rope (Saskatoon) Volunteer and Loretta Lyons (Outlook) Official of the Year. We celebrated the Bob Adams / Sask Athletics awards banquet on Oct 19 in Regina, this was the 36th year for Bob Adams. It was the celebration of life as we honored the passing of Bob Adams this past year. Marg and family were here to share their memories of Bob. This continues to be a highlight in recognizing the outstanding contributions of our members. Johnny Marciniuk (official) was inducted into the Saskatoon Sports Hall of Fame on Nov 2. To all the recipients this year, congratulations and continued success for years to come.

Our two new employees have done a great job this past year and we look forward to more growth and leadership from Paul and Tanika as they settle in with us. During the summer Janine decided it was time to retire. I can't say enough good things about this lady, she was a tremendous employee for the association and someone who cared for its members. We wish her much happiness as she runs into retirement. Not saying she has big shoes to fill but please welcome Laura Young. Laura is no stranger to our sport having served on the Board for SA and the Saskatoon Track and Field club. Her kids are still in athletics. I wish to thank all our members for being involved in our sport and making it the best sport in Saskatchewan.

SASKATCHEWN PROGRAMS

SASK EXCELLENCE

A total of 80 athletes were invited to join the program; and 67 (32 U16, 35 U18) joined the program. This number is a slight decrease from 2018 where 68 athletes joined the program. These athletes were comprised of up to the top 3 U16 and U18 performances in each event from the 2018 outdoor/indoor rankings. Each athlete received a t-shirt, cinch bag and a certificate for joining the program. A total of 27 U16 and 30 U18 athletes committed to representing Team Sask at the Tri Province Meet.

Sask Excellence Training

Once again, a discount was offered to attend Spring Camp for registered Sask Excellence athletes. 9 athletes took advantage of this training opportunity and attended camp.

PROVINCIAL TEAM COMPETITIONS

2019 Tri Province Meet – July 12 - 14 – Regina, Saskatchewan

U16 Team: The top performers in a variety of events from the trials meet in Prince Albert June 15 & 16 were invited to be part of the Saskatchewan team competing against Alberta and Manitoba. A total of 59 athletes and 6 team staff attended the meet in Regina. Team Saskatchewan placed 2nd with a combined score of 434 points, 4 points behind Alberta (438 points – AB, 434 points – SK, 268 points - MB). Team Sask won a total of 44 medals. A total of 27 athletes in the Sask Excellence Program attended the trip.

U18 Team: The top performers in a variety of events from the trials meet in Regina June 22 & 23 were invited to be part of the Saskatchewan team competing against Alberta and Manitoba. A total of 62 athletes and 6 team staff attended the meet in Regina. Team Saskatchewan placed 1st with a combined score of 403 (403 – SK, 402 – AB, 329 points - MB). Team Sask won a total of 37 medals. A total of 30 athletes in the Sask Excellence Program attended the trip.

Western Canada Summer Games Team: Team trials were held in Prince Albert June 15 & 16. The top 3 performers across several events were chosen to represent the province. The team competed in a Dual pre-competition to the Western Canada Summer Games. Most of the team competed at the Dual competition in Regina. Team Saskatchewan placed first ahead of Manitoba with a combined men's and women's score of 650 points. A total of 85 medals were won.

ATHLETE ASSISTANCE

2019 – 31 athletes attained standard (19 tier I, 12 tier II)
2018 – 32 athletes attained standard (21 Tier I, 11 Tier II)
2017 – 26 athletes attained standard (9 Tier I, 17 Tier II)
2016 – 33 athletes attained standard (12 Tier I, 21 Tier II)
2015 – 10 athletes attained standard (9 Tier I, 1 Tier II)
2014 – 23 athletes attained standard (12 Gold, 6 Silver, 5 Bronze)
2013 – 24 athletes attained standard (12 Gold, 6 Silver, 6 Bronze) 2012 – 44 athletes attained standard (19 Gold, 11 Silver, 14 Bronze)

SASKATCHEWN PROGRAMS

2011 – 38 athletes attained standard (13 Gold, 10 Silver, 15 Bronze)
2010 – 41 athletes attained standard (14 Gold, 11 Silver, 16 Bronze)
2009 – 39 athletes attained standard (16 Gold, 13 Silver, 10 Bronze)
2008 – 42 athletes attained standard (15 Gold, 8 Silver, 19 Bronze)
2007 – 34 athletes attained standard (16 Gold, 9 Silver, 9 Bronze)
2006 – 42 athletes attained standard (12 Gold, 10 Silver, 20 Bronze)
2005 – 35 athletes attained standard (10 Gold, 8 Silver, 17 Bronze)
2004 – 42 athletes attained standard (15 Gold, 14 Silver, 13 Bronze)
2003 – 39 athletes attained standard (14 Gold, 14 Silver, 11 Bronze)
2002 – 39 athletes attained standard (14 Gold, 14 Silver, 11 Bronze)
2001 – 46 athletes attained standard (16 Gold, 13 Silver, 17 Bronze)
2000 – 36 athletes attained standard (13 Gold, 12 Silver, 11 Bronze)
1999 – 39 athletes attained standard (8 Gold, 15 Silver, 16 Bronze)
1998 – 31 athletes attained standard (9 Gold, 10 Silver, 12 Bronze)
1997 – 32 athletes attained standard (11 Gold, 11 Silver, 10 Bronze)
1996 – 35 athletes attained standard (10 Gold, 6 silver, 19 Bronze)

CARDED ATHLETES

Five Saskatchewan Athletics members were carded this year:

Travia Jones – Unattached

Julianne Labach – Saskatoon Track & Field Club

Courtney Hufsmith – Saskatoon Track & Field Club

Jessica Frotten – Cyclones Athletics

Janz Stein – Excel Athletika

AWARDS

Sask Sport Awards 2018:

Savannah Sutherland (Borden) was the recipient for Youth Female Athlete of the Year Award. Ted Rowan (Martensville) was the recipient for Master Athlete of the Year Award. Loretta Lyons (Outlook) was the recipient for Female Official Award. Derek Rope (Saskatoon) was a recipient of the Volunteer Dedication Award.

Athletics Canada Awards 2018:

Julianne Labach (Saskatoon) was a finalist the Dr. Fred Tees Memorial Trophy for Top Canadian University Athlete of the year.

University of Saskatchewan Track & Field Awards/ Huskie Salute

Julianne Labach – Mary Ethel Cartwright – Female Athlete of the Year (Huskie Salute)

Julianne Labach – Diane Jones Konihowski – Most Outstanding Female Track & Field Athlete

Kieran Johnston – John Konihowski - Most Outstanding Male Track & Field Athlete

Jake Neufeld – Cyprian Enweani – Male Rookie of the Year

Nicole Ostertag – Joanne McTaggart -Female Rookie of the Year

Courtney Hufsmith & Jared Welsh – Most Outstanding Cross-Country Athlete

SASKATCHEWN PROGRAMS

University of Regina Track & Field Awards/42nd Annual Athletics Awards Night

Greg Hetterley – University of Regina President’s Award
 Joely Welburn – Women’s Track & Field Team MVP
 Greg Hetterley – Men’s Track & Field Team MVP

World Masters Awards 2018

Carol LaFayette Boyd – Female Athlete of the Year

Canadian Masters Awards 2018

Carol Lafayette-Boyd – Olga Kotelko Award – Individual Field Events
 Ted Rowan – Ian Hume Award – Combined Events

CHAMPIONSHIPS

Saskatchewan athletes and coaches had a very successful year competing at both International Championships and National Championship, as the following will illustrate:

International Championships:

30th Summer Universiade (FISU), Naples, Italy, July 3-14:

Courtney Hufsmith	1500m	Bronze (4:11.81)	UOFS
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Pan American U20 Athletics Championships, San Jose, Costa Rica, July 19-21:

Jason Reindl	Coach		UOFS
Payne Wylie	110m Hurdles	5 th (13.74)	UNSK

Parapan American Games, Lima, Peru, August 23-September 1:

Carla Nicholls	Coach		EXCL
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World Para Athletics Championships, Dubai, United Arab Emirates, November 7-15:

Carla Nicholls	Coach		EXCL
Rick Reelie	Coach		CRTC

2018 Cross Country:

Canada West Cross-Country Championships, Kingston, Ontario November 10:

BRONZE	Courtney Hufsmith	UOFS	1 st Team All-Star
17 th	Courtney Moffat	UOFS	
27 th	Greg Hetterley	UOFR	
30 th	Kaila Neigum	UOFR	
30 th	Brayden Mytopher	UOFR	
5 th	UofS Women’s Team		
6 th	UofR Women’s Team		
7 th	UofR Men’s Team		

SASKATCHEWN PROGRAMS

USPORT Cross-Country Championships, Kingston, Ontario, November 10:

11 th	Courtney Hufsmith	UOFS	Second Team All-Canadian
59 th	Courtney Moffat	UOFS	
71 st	Greg Hetterley	UOFR	
83 rd	Brayden Mytopher	UOFR	
17 th	UofS Women's Team		
19 th	UofR Women's Team		

Canadian Cross-Country Championships, Kingston, ON, November 24:

GOLD	Ron MacLean	U18 Men	UOFR
4 th	Moktar Said	U18 Men	RIVA
14 th	Tyra Dickson	Masters Women 35-39	UNSK
30 th	Benjamin Seshadri	U18 Men	RIVA
GOLD	U18 Men		TMSK

2019 Indoor Championships:

Medalists at Hershey Canadian Indoor Championships, Montreal, QC, March 16-17:

GOLD	Brandon Chilagan	U18 Men's Pole Vault (4.10m)	STFC
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Medalists at Canada West Championships, Edmonton, AB, February 22-23, 2019:

Women

GOLD	Julianne Labach	600m (1:31.09)	UOFS
GOLD	Julianne Labach	1000m (2:47.67)	UOFS
GOLD	Courtney Hufsmith	1500m (4:26.95)	UOFS
GOLD	Courtney Hufsmith	3000m (9:52.93)	UOFS
GOLD	Michelle Harrison	60mH (8.36)	UOFS
GOLD	Joely Welburn	High Jump (1.73m)	UOFR
GOLD	Reagan Fedak	Weight Throw (17.32m)	UOFR
GOLD	Michelle Harrison	4x200m Relay	UOFS
GOLD	Ashlyn Mooney	4x200m Relay	UOFS
GOLD	Kendra Farmer	4x200m Relay	UOFS
GOLD	Mackenzie Kleiter	4x200m Relay	UOFS
SILVER	Ashlyn Mooney	300m (39.48)	UOFS
SILVER	Michaela Allen	600m (1:34.18)	UOFS
SILVER	Courtney Hufsmith	1000m (2:49.35)	UOFS
SILVER	Julianne Labach	1500m (4:33.91)	UOFS
SILVER	Katelyn Lehner	60mH (8.39)	UOFS
SILVER	Joely Welburn	Long Jump (5.79m)	UOFR
SILVER	Mackenzie Kleiter	4x400m Relay	UOFS
SILVER	Kendra Farmer	4x400m Relay	UOFS
SILVER	Leadon Chartier	4x400m Relay	UOFS
SILVER	Julianne Labach	4x400m Relay	UOFS
BRONZE	Nicole Ostertag	Pentathlon (3661)	UOFS
BRONZE	Michelle Harrison	60m (7.63)	UOFS
BRONZE	Amou Madol	High Jump (1.70m)	UOFR

SASKATCHEWN PROGRAMS

BRONZE	Skylar Smith	4x400m Relay	UOFR
BRONZE	Michaela Allen	4x400m Relay	UOFR
BRONZE	Laura Huck	4x400m Relay	UOFR
BRONZE	Joely Welburn	4x400m Relay	UOFR

Men

GOLD	Kieran Johnston	Heptathlon (5102)	UOFS
GOLD	Gregory Hetterley	1500m (3:57.67)	UOFR
GOLD	Kieran Johnston	60mH (8.25)	UOFS
GOLD	Brennan Degenhardt	Shot Put (16.21m)	UOFS
SILVER	Karson Lehner	60m (6.94)	UOFS
SILVER	Karson Lehner	300m (33.98)	UOFS
SILVER	Gregory Hetterley	1000m (2:27.79)	UOFR
SILVER	Josh Websdale	Pole Vault (4.47m)	UOFS
SILVER	Kieran Johnston	Long Jump (7.00m)	UOFS
BRONZE	Brendan Ritchie	Heptathlon (4398)	UOFS
BRONZE	Landon Gill	60m (6.97)	UOFS
BRONZE	Jonah Branning	300m (35.06)	UOFS
BRONZE	Jared Welsh	1000m (2:27.98)	UOFS
BRONZE	Scott McKerracher	Pole Vault (4.32m)	UOFS
BRONZE	Tyrell Sawatzky	Shot Put (15.39m)	UOFS
BRONZE	Jonah Branning	4x200m Relay	UOFR
BRONZE	Shane Patmore	4x200m Relay	UOFR
BRONZE	Dawson Bentz	4x200m Relay	UOFR
BRONZE	Bryden Trakalo	4x200m Relay	UOFR
BRONZE	Shane Patmore	4x400m Relay	UOFR
BRONZE	Hunter Bosch	4x400m Relay	UOFR
BRONZE	Jonah Branning	4x400m Relay	UOFR
BRONZE	Ret Brailsford	4x400m Relay	UOFR
BRONZE	Alexander McBride	4x800m Relay	UOFR
BRONZE	Ret Brailsford	4x800m Relay	UOFR
BRONZE	Jacob Smith	4x800m Relay	UOFR
BRONZE	Matthew Johnson	4x800m Relay	UOFR

Note: Gold and Silver medalist were also named Canada West First Team & Second Team

Women's Standings - U of S – 1st – 160 points

U of R – 4th – 75 points

Men's Standings - U of S – 1st – 145 points

U of R – 6th – 67 points

Awards

Julianne Labach – Can West Female Track Athlete of the Year - UOFS

Kieran Johnston – Can West Male Field Athlete of the Year – UOFS

Joely Welburn – Can West Female Rookie of the Year - UOFR

Jason Reindl – Men's and Womens Can West Coach of the Year - UOFS

SASKATCHEWN PROGRAMS

Medalists at USports Championship, Winnipeg, MB, March 7-9:

Women

GOLD	Julianne Labach	600m (1:28.70)	UOFS - SA Rec.
GOLD	Michelle Harrison	60mH (8.27)	UOFS
SILVER	Julianne Labach	1000m (2:42.23)	UOFS
SILVER	Courtney Hufsmith	1500m (4:18.66)	UOFS - SA Rec.
SILVER	Katelyn Lehner	Long Jump (5.81m)	UOFS
SILVER	Michelle Harrison	4x200m Relay	UOFS
SILVER	Ashlyn Mooney	4x200m Relay	UOFS
SILVER	Kendra Farmer	4x200m Relay	UOFS
SILVER	Katelyn Lehner	4x200m Relay	UOFS
SILVER	Kendra Farmer	4x400m Relay	UOFS (3:45.56)
SILVER	Michelle Harrison	4x400m Relay	UOFS (3:45.56)
SILVER	Leadan Chartier	4x400m Relay	UOFS (3:45.56)
SILVER	Julianne Labach	4x400m Relay	UOFS (3:45.56)
BRONZE	Courtney Hufsmith	3000m (9:29.63)	UOFS
BRONZE	Katelyn Lehner	60mH (8.41)	UOFS
BRONZE	Joely Welburn	High Jump (1.71m)	UOFR
BRONZE	Nicole Ostertag	Pentathlon (3756)	UOFS - SA Rec.

Men

GOLD	Kieran Johnston	Heptathlon (5104)	UOFS
BRONZE	Gregory Hetterley	1000m (2:25.87)	UOFR
BRONZE	Brennan Degenhardt	Shot Put (16.35m)	UOFS
BRONZE	Landon Gill	Heptathlon (4881)	UOFS

Note: Gold and Silver medalist were also named USport First Team & Second Team

Women Standings: U of S – 2nd Place - 99 points

U of R -16th Place - 12 points

Men's Standings: U of S - 8th Place - 39 points

U of R -16th Place - 15 points

Awards

Julianne Labach – U Sports Female Track Athlete of the Year - UOFS

Joely Welburn – U Sports Female Rookie of the Year – UOFR

Canadian Masters Indoor Championships, Edmonton, AB, March 8-10:

Women

GOLD	Kelly Silcox	W50 60m (8.67)	EXCL
GOLD	Carol LaFayette-Boyd	W75 60m (9.51)	EXCL
GOLD	Sandi Arnason	W45 200m (30.81)	RIVA
GOLD	Kelly Silcox	W50 200m (28.99)	EXCL
GOLD	Carol LaFayette-Boyd	W75 200m (32.26)	EXCL - */%/SA
Rec.			
GOLD	Judy Warick	W70 800m (3:37.83)	SCTM - SA Rec.
GOLD	Judy Warick	W70 1500m (7:28.09)	SCTM - SA Rec.
GOLD	Sandi Arnason	W45 High Jump (1.18m)	RIVA

SASKATCHEWN PROGRAMS

GOLD	Alison Klassen	W50 High Jump (1.18m)	RIVA - SA Rec.
GOLD	Carol LaFayette-Boyd	W75 Long Jump (3.51)	EXCL
GOLD	Carol LaFayette-Boyd	W75 Triple Jump (7.88m)	EXCL
SILVER	Roland Delhomeau	M70 Pentathlon (2027)	SCTM
SILVER	Sandi Arnason	W45 60m (9.25)	RIVA
SILVER	Valerie Hardy	W50 60m (9.07)	RIVA
SILVER	Valerie Hardy	W50 200m (30.33)	RIVA
SILVER	Jan Smith	W55 800m (3:01.00)	STFC
SILVER	Jan Smith	W55 1500m (6:16.32)	STFC - SA Rec.
SILVER	Sandi Arnason	W46 Triple Jump (8.68)	RIVA
SILVER	Alison Klassen	W50 Shot Put (8.56)	RIVA
BRONZE	Sandi Arnason	W45 Long Jump (3.96)	RIVA

Men

GOLD	Ian Munro	M35 400m (58.87)	EXCL
GOLD	Colin Ellis	M50 400m (1:03.06)	EXCL
GOLD	Keith Meszaros	M60 400m (1:08.19)	SCTM
GOLD	Harvey Weber	M50 800m (2:31.95)	TEMW
GOLD	Keith Meszaros	M60 800m (2:37.73)	SCTM
GOLD	Doug Renwick	M75 Pole Vault (1.80)	SCTM
GOLD	Dale Lawrence	M60 Long Jump (4.31)	UNSK
GOLD	Brian Lewchuk	M50 Triple Jump (9.63)	RIVA
GOLD	Dale Lawrence	M60 Triple Jump (9.39)	UNSK
GOLD	Roland Delhomeau	M70 Triple Jump (7.43)	SCTM
SILVER	Collin Ellis	M50 60m (8.12)	EXCL
SILVER	Randy Warick	M65 60m (10.16)	SCTM
SILVER	Ian Munro	M35 200m (26.58)	EXCL
SILVER	Randy Warick	M65 200m (34.44)	SCTM
SILVER	Doug Renwick	M75 400m (1:24.52)	SCTM
SILVER	Erroll Simington	M70 800m (3:02.60)	TEMW
SILVER	Dave Olsen	M60 1500m (5:50.49)	UNSK
SILVER	Dale Lawrence	M60 High Jump (1.40)	UNSK
SILVER	Brian Lewchuk	M50 Long Jump (4.58)	RIVA
SILVER	Michael Ehr	M35 Shot Put (10.34)	EXCL
SILVER	Dale Lawrence	M60 Shot Put (10.22)	UNSK
SILVER	Michael Her	M35 Weight Throw (10.45)	EXCL
SILVER	Roland Delhomeau	M70 Pentathlon (2027)	SCTM
BRONZE	Mike Taylor	M35 60m (7.35)	PAAC
BRONZE	Tim Sebulsky	M40 60m (7.76)	UNSK
BRONZE	Neil Mackay	M60 800m (3:02.99)	STFC
BRONZE	Doug Renwick	M75 Long Jump (3.17)	SCTM
BRONZE	Brian Berquist	M65 Shot Put (9.93)	RIVA - SA Rec.
BRONZE	Brian Berquist	M65 Weight Throw (9.12)	RIVA
BRONZE	Roland Delhomeau	M70 Weight Throw (11.38)	SCTM

* New Canadian Masters Record; % New World Record

SASKATCHEWN PROGRAMS

2019 Outdoors:

Canadian Combined Events Championships, Toronto, ON, June 15-16:

Women

GOLD	Nicole Ostertag	U20 Heptathlon (5297)	UOFS
SILVER	Alyson Edwards	U20 Heptathlon (4579)	UOFR

Canadian Junior & Senior Championships, Montreal, QC, July 25-28:

Women

GOLD	Jessica Frotten	T34-53 400m (1:01.04)	CRTC
SILVER	Jessica Frotten	T53-54 1500m (3:59.83)	CRTC
SILVER	Jessica Frotten	T34-52 100m (17.82)	CRTC
SILVER	Savannah Sutherland	U20 100mH (13.73)	STFC - SA Rec.
SILVER	Paige Willems	U20 4x100m	STFC
SILVER	Savannah Sutherland	U20 4x100m	STFC
SILVER	Nicole Ostertag	U20 4x100m	STFC
SILVER	Brianna Andrews	U20 4x100m	STFC
SILVER	Brianna Andrews	U20 4x400m	STFC
SILVER	Nicole Ostertag	U20 4x400m	STFC
SILVER	Savannah Sutherland	U20 4x400m	STFC
SILVER	Courtney Dembrowski	U20 4x400m	STFC
BRONZE	Michelle Harrison	Senior 100mH (13.309)	STFC
BRONZE	Savannah Sutherland	U20 200m (24.46)	STFC

Men

GOLD	Vaughn Taylor	U20 400m (48.02)	EXCL
GOLD	Payne Wylie	U20 110mH (13.96)	UNSK
BRONZE	Janz Stein	Para Ambulatory Long Jump (5.58m)	EXCL

Canadian Masters Championship, St. Therese, QC, July 5-7:

Men

GOLD	Hylke Van Der Wal	Masters 80-84 Pentathlon (785 points)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 80mH (38.24)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 2000m SC (20:21.00)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 400m (2:39.19)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 200mH (1:26.72)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 Shot Put 3kg (6.10m)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 800m (6:26.66)	UNSK
GOLD	Hylke Van Der Wal	Masters 80-84 200m (49.65)	UNSK
SILVER	Hylke Van Der Wal	Masters 80-84 Discus (12.93m)	UNSK
SILVER	Hylke Van Der Wal	Masters 80-84 Long Jump (1.87m)	UNSK

National Youth Championships, Sydney, Nova Scotia, August 9-11:

Women

GOLD	Savannah Sutherland	U18 100mH (13.99)	TMSK
GOLD	Savannah Sutherland	U18 400mH (1:01.48)	TMSK

SASKATCHEWN PROGRAMS

GOLD	Avery Pearson	U18 800m (2:08.71)	TMSK-SA Record
GOLD	Shelaine Pritchard	U16 Pentathlon (3150)	TMSK
GOLD	Paige Willems	U18 4x400m	TMSK - SA Record
GOLD	Savannah Sutherland	U18 4x400m	TMSK - SA Record
GOLD	Rachel Albertson	U18 4x400m	TMSK - SA Record
GOLD	Avery Pearson	U18 4x400m	TMSK - SA Record
SILVER	Avery Pearson	U18 400m (55.35)	TMSK
SILVER	Jenna McFadyen	U18 2000m SC (6:57.97)	TMSK
SILVER	Alexis Lewans	U16 800m (2:14.65)	RIVA
SILVER	Lexi Derenoski	U16 4x100m	TMSK
SILVER	Josie Seabrook	U16 4x100m	TMSK
SILVER	Kendyl Dziadyk	U16 4x100m	TMSK
SILVER	Sheliane Pritchard	U16 4x100m	TMSK
SILVER	Paige Willems	U18 4x100m	TMSK
SILVER	Savannah Sutherland	U18 4x100m	TMSK
SILVER	Emily Cole-Johnson	U18 4x100m	TMSK
SILVER	Timi Adelugba	U18 4x100m	TMSK
BRONZE	Alexis Lewans	U16 2000m (6:34.88)	RIVA

Men

SILVER	Ryder Hardy	U16 100m (11.36)	TMSK
SILVER	Ryder Hardy	U16 200m (22.70)	TMSK - SA Record
SILVER	Ryder Hardy	U16 300m (36.42)	TMSK
SILVER	Dawson Klinger	U18 200m (22.07)	TMSK
SILVER	Abraham Makaby	U16 1500m SC (4:31.82)	RIVA - SA Record
SILVER	James Thomas	U18 4x100m (42.53)	TMSK - SA Record
SILVER	Dawson Klinger	U18 4x100m (42.53)	TMSK - SA Record
SILVER	Jayce Janzen	U18 4x100m (42.53)	TMSK - SA Record
SILVER	Ryder Hardy	U18 4x100m (42.53)	TMSK - SA Record
BRONZE	Mesele Klassen	U16 100m (11.594)	RIVA
BRONZE	Hunter Wallster	U18 Discus (50.04m)	TMSK

Western Canada Summer Games, Swift Current, Saskatchewan August 15-18:

Point Standings

1. Saskatchewan 2,161.0
2. Alberta 1,852.0
3. Manitoba 1,396.0
4. Northwest Territories 410.0
5. Yukon Territory 330.0
6. Nunavut 0.0

Women

GOLD	Kendra Farmer	200m (25.62)	TMSK
GOLD	Kendra Farmer	400m (57.04)	TMSK
GOLD	Jasmine Fehr	800m (2:12.76)	TMSK
GOLD	Jasmine Fehr	1500m (4:29.18)	TMSK
GOLD	Kaila Neigum	3000m (10:18.37)	TMSK

SASKATCHEWN PROGRAMS

GOLD	Nicole Ostertag	100mH (14.27)	TMSK
GOLD	Nicole Kramchynsky	Javelin (37.15m)	TMSK
GOLD	Kendra Farmer	Distance Medley (4:02.07)	TMSK - SA Record
GOLD	Brianna Andrews	Distance Medley (4:02.07)	TMSK - SA Record
GOLD	Ojamale Attah	Distance Medley (4:02.07)	TMSK - SA Record
GOLD	Jasmine Fehr	Distance Medley (4:02.07)	TMSK - SA Record
SILVER	Ojamale Attah	200m (25.86)	TMSK
SILVER	Skylar Smith	400m (57.90)	TMSK
SILVER	Kaitlyn Harrison	300m (10:26.24)	TMSK
SILVER	Kaylee Tymo	500m (18:55.40)	TMSK
SILVER	Skylar Smith	400mH (1:02.52)	TMSK
SILVER	Ayva Delainey	200m WC (1:03.62)	TMSK
SILVER	Mackinley Gader	100m Special O (17.49)	TMSK
SILVER	Mackinley Gader	200m Special O (34.18)	TMSK
SILVER	Mackinley Gader	Long Jump Special O (3.15m)	TMSK
SILVER	Alyson Edwards	Heptathlon (4549)	TMSK
SILVER	Taylor De Jong	Pole Vault (2.90m)	TMSK
SILVER	Danielle Fedak	Discus (36.75m)	TMSK
SILVER	Kaylee Ilinisky	4x100m (47.91)	TMSK
SILVER	Ojamale Attah	4x100m (47.91)	TMSK
SILVER	Nicole Ostertag	4x100m (47.91)	TMSK
SILVER	Brianna Andrews	4x100m (47.91)	TMSK
SILVER	Kendra Farmer	4x400m (3:52.23)	TMSK
SILVER	Skylar Smith	4x400m (3:52.23)	TMSK
SILVER	Courtney Dembrowski	4x400m (3:52.23)	TMSK
SILVER	Jasmine Fehr	4x400m (3:52.23)	TMSK
BRONZE	Kaylee Ilinisky	100m (12.41)	TMSK
BRONZE	Courtney Dembrowski	800m (2:16.81)	TMSK
BRONZE	Kaitlyn Harrison	1500m (4:40.33)	TMSK
BRONZE	Rebecca Barkway	100mH (14.53)	TMSK
BRONZE	Ayva Delainey	400m WC (2:03.81)	TMSK
BRONZE	Madison Lawrence	100m (29.68)	TMSK
BRONZE	Madalyn Gramiak	200m Special O (38.40)	TMSK
BRONZE	Madalyn Gramiak	Long Jump Special O (2.75m)	TMSK
BRONZE	Mackinley Gader	Shot Put Special O (5.15m)	TMSK
BRONZE	Nicole Ostertag	Heptathlon (4370)	TMSK
BRONZE	Kathryn Guenter	Pole Vault (2.40m)	TMSK
BRONZE	Kaylee Ilinisky	Long Jump (5.46m)	TMSK
BRONZE	Danielle Fedak	Hammer Throw (44.79m)	TMSK
BRONZE	Alyson Edwards	Javelin (36.81m)	TMSK
BRONZE	Nicole Kramchynsky	Shot Put (11.60m)	TMSK
 Men			
GOLD	Ron MacLean	800m (1:52.99)	TMSK
GOLD	Ron MacLean	1500m (3:58.16)	TMSK
GOLD	Payne Wylie	110mH (14.23)	TMSK - SA Record
GOLD	Yousif Kaed	200m WC (46.02)	TMSK

SASKATCHEWN PROGRAMS

GOLD	Yousif Kaed	400m WC (1:26.30)	TMSK
GOLD	Yousif Kaed	100m WC (21.54)	TMSK
GOLD	Bradyn Giraudier	200m Special O (26.22)	TMSK
GOLD	Bradyn Giraudier	Shot Put Special O (10.92m)	TMSK
GOLD	Jake Neufeld	Decathlon (5327)	TMSK
GOLD	Scott Joseph	Long Jump (6.85m)	TMSK
GOLD	Scott Joseph	Triple Jump (13.88m)	TMSK
GOLD	Brett Lachance	Discus (43.44m)	TMSK
GOLD	Brett Lachance	Shot Put (14.80m)	TMSK
SILVER	Jonah Branning	200m (21.97)	TMSK
SILVER	Vaugh Taylor	400m (48.52)	TMSK
SILVER	Matthew Exner	800m (1:54.14)	TMSK
SILVER	Brayden Mytopher	1500m (3:59.64)	TMSK
SILVER	Payne Wylie	400mH (54.59)	TMSK
SILVER	Hunter Berg	200m WC (47.15)	TMSK
SILVER	Hunter Berg	400m WC (1:31.41)	TMSK
SILVER	Bradyn Giraudier	100m Special O (12.49)	TMSK
SILVER	Bradyn Giraudier	Long Jump Special O (5.24m)	TMSK
SILVER	Jordan Dasiuk	Decathlon (5009)	TMSK
SILVER	Logan Fettes	Triple Jump (13.72m)	TMSK
SILVER	Erik Salamon	Discus (42.26m)	TMSK
SILVER	Landon Kohle	Javelin (56.82m)	TMSK
SILVER	Scott Joseph	4x100m (41.29)	TMSK
SILVER	Dami Ogunbiyi	4x100m (41.29)	TMSK
SILVER	Dawson Bentz	4x100m (41.29)	TMSK
SILVER	Jonah Branning	4x100m (41.29)	TMSK
SILVER	Dawson Bentz	4x400m (3:15.95)	TMSK
SILVER	Matthew Exner	4x400m (3:15.95)	TMSK
SILVER	Jonah Branning	4x400m (3:15.95)	TMSK
SILVER	Vaughn Taylor	4x400m (3:15.95)	TMSK
BRONZE	Brayden Mytopher	800m (1:55.28)	TMSK
BRONZE	Thomas Haidl	100mH (15.58)	TMSK
BRONZE	Hunter Berg	100m WC (22.38)	TMSK
BRONZE	Kyle Giraudier	100m Special O (13.32)	TMSK
BRONZE	Kyle Giraudier	200m Special O (27.24)	TMSK
BRONZE	Kyle Giraudier	Long Jump Special O (4.85m)	TMSK
BRONZE	Kyle Giraudier	Shot Put Special O (8.38m)	TMSK
BRONZE	Asad Hussain	Decathlon (4027)	TMSK
BRONZE	Jonah Murray	Pole Vault (4.00m)	TMSK
Mixed			
GOLD	Mackinley Gader	4x100m Special O (57.92)	TMSK
GOLD	Kyle Giraudier	4x100m Special O (57.92)	TMSK
GOLD	Madalyn Gramiak	4x100m Special O (57.92)	TMSK
GOLD	Bradyn Giraudier	4x100m Special O (57.92)	TMSK

SASKATCHEWN PROGRAMS

North & Central America & Caribbean Region Masters Championship, Toronto, ON, July 18-21:

Women

GOLD	Sandi Arnason	W45 Pentathlon (2352)	RIVA - SA Record (1.30m in High Jump is new SA Record)
SILVER	Carol LaFayette-Boyd	W75 100m (16.10)	EXCL
SILVER	Carol LaFayette-Boyd	W75 200m (35.29)	EXCL
BRONZE	Kelly Silcox	W50 100m (13.59)	EXCL - SA Record
BRONZE	Sandi Arnason	W45 80mH (15.76)	RIVA
BRONZE	Sandi Arnason	W45 High Jump (1.25m)	RIVA
BRONZE	Sandi Arnason	W45 Triple Jump (7.57m)	RIVA

Men

GOLD	Hylke Van Der Wal	M80 Pentathlon (597)	UNSK
GOLD	Hylke Van Der Wal	M80 2000m SC (19:58.89)	UNSK
SILVER	Hylke Van Der Wal	M80 80mH (31.94)	UNSK - SA Record
BRONZE	Hylke Van Der Wal	M80 Long Jump (1.81m)	UNSK
BRONZE	Hylke Van Der Wal	M80 200mH (1:15.14)	UNSK

CLINICS

The staff and clinicians of Saskatchewan Athletics took part in providing 32 clinics throughout the province. Comparatively in 2018, 41 clinics were organized; 36 clinics were held in 2017; 30 clinics were held in 2016; 26 clinics were held in 2015, and 28 clinics in 2014. Clinics are held year-round, but are most prevalent during the months of April and May. This year's clinic outreach included seven out of the nine provincial sport, culture, and recreation districts. Clinics focused on technical aspects and served in helping develop the sport of athletics across the province for

middle-years, and high school levels. Thank you to the clinicians and the schools and communities who participated (Beechy, Bellevue, Borden, Colonsay, Davidson, Dalmeny, Dinsmore, Hanley, Hazlet, Hepburn, Hodgeville, Humboldt, Imperial, Langham, Loreburn, Maymont, Osler, Outlook, Prince Albert, Punnichy, Quill Lake, Rocanville, Rosthern, Saskatoon, and Waldheim).

COACHING

Sask Athletics Web Site, Newsletter & Social Media

Our website continues to be our primary tool for communication with members and non-members. This year, we started providing monthly correspondence electronically through a newsletter. Anyone can subscribe to the electronic newsletter by emailing the office. We use two social media platforms; Twitter & Instagram. Both accounts use the username @SaskAthletics. We use the social media platforms for news and information. Suggestions and feedback regarding our website and social media accounts are welcomed.

Coaching Development

NCCP coaching courses were conducted in Saskatchewan this past year. This remains a priority within Coaching Development, as the knowledge gained and shared among coaches is important for the development of athletes in our province.

SASKATCHEWN PROGRAMS

Sport Coach NCCP Coaching Course Delivery

Annually we seek to host one Sport Coach Course held in the southern half of the province (typically Regina), and one in the northern half (typically Saskatoon). Courses are also held when a community, club, or school requests the delivery of a course. This year Saskatchewan Athletics was only able to host one Sport Coach course with it being in Saskatoon. There was a course scheduled in Regina but we had to cancel it last minute. Most of those participants were able to make it to the Saskatoon course though to attain their Sport Coach.

- Harvey Weber facilitated the course in Saskatoon at the Saskatoon Fieldhouse on May 3-5, 2019 to 13 coaches.

Club Coach NCCP Coaching Course Delivery

Club Coach Courses are held on a rotational basis and on a necessity basis with some occasional cooperation from the neighboring provinces. Courses are also held when a community, club, or school requests the delivery of a course. This year Saskatchewan Athletics hosted one Club Coach Course:

- Jason Reindl, Harvey Weber, and Dale Upton facilitated the theory portion of the course. Jason Reindl, Harvey Weber, and Dale Upton, facilitated the technical portion of the course in the event areas jumps, sprints/hurdles and distance. The course was delivered in Saskatoon at the Field House April 29-31, 2019. A total of 14 coaches attended the theory portion and 19 coaches attended the technical portion.

Performance Coach (Competition Development) NCCP Coaching Course Delivery

Performance Coach is delivered nationally on a needs basis by Athletics Canada and host provinces. The nine additional Competition Development multi-sport theory modules that are a course requirement is offered to coaches by the Coaching Association of Saskatchewan (CAS). This year support was offered to the following coaches:

- Chad Kichula attended the Performance Coach course April 25-28 in Calgary, AB this year. His event focus was Sprints & Hurdles.
- We provided Pat Somerville with financial support to complete 3 multi-sport modules.
- We continue to provide support for coaches to take the multi-sport modules.

Additional Professional Development Support for Coaches

- Supported coaches Jennifer Tondevold and Terri Ekvall to attend the Manitoba Coaching Seminar April 25-27, 2019

Professional Development for Staff/Coach Developers

- Supported Paul Ayres and Tanika Hutchinson to become trained as a Run, Jump, Throw, Wheel instructor December 22, 2018.
- Supported Paul Ayres and Tanika Hutchinson to complete the Making Ethical Decisions Course and evaluation in January 2019.
- Supported Tanika Hutchinson, Dale Upton, Molly Yungmann, RossAnn Edwards, and Harvey Weber to attend the Sask Athletics Coach Developer course hosted by Jason Reindl February 2, 2019. By taking the course, these coaches completed their content specific training in the NCCP Coach Developer process.
- Supported Dale Upton, Harvey Weber, and RossAnn Edwards to attend to attend the RBC Training Ground in Saskatoon February 23, 2019

SASKATCHEWN PROGRAMS

- Supported Callie Lewry, Doug Opseth, Mackenzie Van Eaton and Nicole Naughton to attend to attend the RBC Training Ground in Saskatoon April 27, 2019

OTHER PROGRAMS/EVENTS

Knight of Columbus Indoor Games

The meet was held in Saskatoon from January 25-26, 2019. Four Saskatchewan Athletics' members received awards were:

- Age Class Athlete of the Meet: Savannah Sutherland (Borden)
- Saskatchewan Athlete of the Meet: Michelle Harrison (Saskatoon)
- Special Olympic Athlete of the Meet : Mark Beatty (Saskatoon)
- Canadian Athlete of the Meet: Astrid Nyame (Saskatoon)

Aboriginal Indoor Championships

The meet was held in Saskatoon from April 5-7, 2019 and involved 520 athletes from across the province. This was the largest turnout of the participants in the history of the event.

Spring Camp

The 2019 Spring Camp was held April 13-14. The camp had 27 athletes attend from across the province. There were five event area coaches (sprints, hurdles, jumps, throws, distance), and two chaperones. The turnout is down from 31 campers that attended the camp in 2018. As a direct result of conducting the camp, 9 new members joined the association. From the Sask Excellence

program, 9 athletes registered for the camp. There was a total of 6 athletes that returned to the camp after attending in 2018.

The camp took place at the Field House for training as well as the Holiday Inn & Suites Saskatoon East – University and Marquis Hall on the University of Saskatchewan campus for accommodations and food. Two technical training sessions were held each day (morning and afternoon) during the camp. In the evening on Saturday, a nutrition and mental performance session were offered from the Sport Medicine Science Council. Evaluations from the camp showed that athletes enjoyed their time and the training sessions benefitted their skills and techniques.

Saskatchewan Legion Camp

The camp was held from July 2-6 in Regina. There were 167 athletes at camp (compared with 127 in 2018, 113 in 2017, 123 in 2016 and 133 in 2015). Some athletes from camp went on to become Saskatchewan Athletics members. Athletes had an opportunity to take part in specialty training and competitive opportunities. 25 athletes and two coaches were selected to attend the National Youth Championships (Legions) in Sydney, Nova Scotia.

Legion Camp Awards:

Leadership Award – Jenna McFadyen (Waseca) and Karsun Burkholder (Lumsden)

Spirit Award – Adrienne Weitzel (Balgonie) and Parker Lavoie (Estevan)

Athletes of the Camp – Savannah Sutherland (Borden) and Ryder Hardy (Saskatoon)

SASKATCHEWN PROGRAMS

National Youth Championships (Legion)

This year's championships were hosted in Sydney, Nova Scotia from August 9-11. Team Sask was led by coaches, Jayden Wiebe and Janelle Morrison and a team of 25 athletes. As well, 5 individual athletes competed in the Championships for Saskatchewan. In total, 16 medals were won by Team Saskatchewan with an additional 2 medals coming from individual athletes. In the past years, 18 medals were won in 2018, 10 in 2017, 6 in 2016, 11 in 2015, and 8 medals in 2014.

SOLE-stice Classic

As the national programming and sponsorship changed a few years ago, Sask Athletics made the decision to continue a Hershey Track & Field Replacement Meet. The meet continues to promote physical fitness and participation for Saskatchewan youth. The philosophy of the new "SOLE-stice" Classic continues to stress participation, fun, fellowship and personal development. It is

aimed at athletes between the ages of 8-13 and is offered at no cost. This marks the 23rd year that Saskatchewan Athletics has been hosting a provincial program and the 5th year of the new SOLE-stice Classic. This year's provincial meet took place in Saskatoon on June 22nd where 209 children participated. Overall, total participation numbers for the 13 regional meets were (A-M): Swift Current (46), Kamsack (70), Humboldt (124), Maidstone (66), Saskatoon (93), Prince Albert (52), Kindersley (83), North Battleford (17), Wynyard (39), Tisdale (142), Raymore (16), Regina (42), Estevan (42). The total number of youth that participated province wide was 1041. In 2018, 241 children attended the provincial meet and 1385 took part province wide.

Tony Cote First Nation Summer Games

Meadow Lake Tribal Council hosted the games that took place in Meadow Lake and Flying Dust from July 14-20. Athletes, coaches, and officials had successful cross country and track and field competition that took place over four days. A total of 13 Tribal Councils/Independent First Nations were represented at the track. Team Battlefords Tribal Council had the most points for athletics.

RUNSASK

Saskatchewan Road Racing Series

The 2019 Saskatchewan Road Racing Series officially ended with the River Run Classic in Saskatoon. The series consisted of eight races in Regina (2), Fort Qu'Appelle, Saskatoon (2), Prince Albert, Moose Jaw and Yorkton. In 2019, the series had a total of 9,122 runners participate. This marks an increase of 8.89% from the previous year. In 2018, the series had 8,403 runners participate. In 2017, the series showed 3,795 runners. In 2016, the series had 5,961 runners. In 2015, there was 5,466 runners. In 2014, 9,288 runners participated.

Congratulations to Elizabeth Tomczak from Regina who won the Women's Series with 72 points and to Michael Middlemiss from Regina who won the Men's Series with 159 points. Age group winners on the men's side are Under 19 – Kal McGillis, Moose Jaw; Under 29 – Michael Middlemiss, Regina; Under 39 – Brian Wicks, Regina; Under 59 – Jim Siemens,

SASKATCHEWN PROGRAMS

Saskatoon; Under 69 – Dave Olsen, Regina; Under 79 – Roland Delhomeau, Saskatoon. Age group winners on the women's side are Under 19 – Kaylee Tymo, Regina; Under 29 – Kaytlyn Criddle, Regina; Under 39 – Elizabeth Tomczak, Regina; Under 79 – Judy Warick, Saskatoon.

The 2019 Provincial 10km Road Provincial Championships was held in Regina on September 7. Kaylee Tymo from Regina and Michael Middlemiss from Regina were this year's champions.

SUMMARY

The aim of Saskatchewan Athletics is to promote and increase visibility of the sport of athletics across the province. The following is a list of highlighted activities over the past year:

- Coordinated 32 clinics across the province covering 7 of the 9 Sask Sport districts. Clinics were coordinated through schools and communities.
- Coordinated the Sask Excellence Program that had 67 athletes join. From those athletes that joined 57 went on to compete at the Tri Province Meet either on the U16 Team or the U18 team. 9 athletes from the Sask Excellence Program took advantage of Spring Camp and the discounted registration cost.
- Organized and coordinated a full coaching staff for both the U16 and U18 Tri Province teams for the Tri Province competition in Regina. A total of 121 athletes attended the Western Canadian Tri Province Championship. Both the U16 and U18 women's teams finished first overall in points with the U18 combined team won the championship over Alberta and Manitoba for the second year in a row.

List of meets, activities, and professional development events:

- PR Athletics First Chance Meet -Saskatoon, December 1
- Run, Jump, Throw Instructor Course – Saskatoon, December 22
- Downtown Sled Dog Meet - Saskatoon, January 11-12
- Knights of Columbus Indoor Games -Saskatoon, January 24-26
- Kinsmen Indoor Games – Saskatoon, March 15-16
- Making Ethical Decisions NCCP Course - Saskatoon, March 27
- Club Coach NCCP Course - Saskatoon, March 29-31
- Aboriginal Indoor Track & Field Championships - Saskatoon, April 5-7
- Spring Camp - Saskatoon, April 13-14
- Sport Coach NCCP Course - Saskatoon, May 3-5
- SPEA Conference Tradeshow -Saskatoon, May 9
- SHSAA High School Provincials – Moose Jaw, June 7-8
- Sask Athletics U12, U14, U16 Provincial Championships and WCSG Trials – Prince Albert, June 15-16
- SOLE-Stice Provincial Meet -Saskatoon, June 22
- Sask Athletics U18, Junior, Senior, Masters Provincial Championship – Regina, June 22-23
- Western Canadian Tri Prov Championship – Regina, July 12-14
- Tony Cote First Nation Summer Games – Meadow Lake, July 15-18

SASKATCHEWN PROGRAMS

Saskatchewan athletes continue to show success by the number of medals won, new records and new personal bests set at competitions in-province and out of province. U16 and U18 aged athletes excelled at Sask Athletics Provincial Championships, Saskatchewan High School Provincials, Tri-Province Meet, and Legion National Championships. Coaches within the province are doing a great job in preparing athletes for national and provincial competition. Our provincial teams/programs and individual athletes continue to receive services from the Sport Medicine and Science Council in preparation for competition. These services continue to be beneficial and enhance athletes' knowledge.

Several Junior and Senior athletes continue to show progress on the national and international scene. There were many noteworthy performances and 12 medals won at the Canadian Junior and Senior National Championships. The Junior and aged athletes on the Western Canada Summer Games team showed leadership and put in great performances at the event and ended up winning the championship over the other provinces and territories. There was a total of five athletes/coaches that represented Canada on international teams. Congratulations to all the athletes and coaches involved with these opportunities on your achievements. Some athletes also received performance enhancement, support services and life services from the National Sport Centre.

The Future Best program supported 8 athletes in 2019. The number of athletes supported in previous years was 9 in 2018, 7 in 2017, 6 in 2016, 5 in 2015, 7 in 2014, 7 in 2013, 7 in 2012, 7 in 2011, 7 in 2010, 8 in 2010, 8 in 2009, 12 in 2008, 13 in 2007 and 2006, 12 in 2005, 9 in 2004, and 11 in 2003. The additional support allows the athletes to maximize their preparation for provincial/national/international competition. I am confident that many of these young athletes will continue to have bright futures in athletics.

This was another great year for Saskatchewan Athletics. We continue to see new coaches join the association and want to build the sport; we also see coaches that have being in the association for many years continue to volunteer their time. Athletes from the U12 to Senior age continue to train, compete, and strive for the highest level of performance. Development in the sport continues to be shown. The volunteer officials and meet organizers continue to provide amazing support and dedication to the sport. As an association we continue to work on improving what we offer to our clubs, athletes, coaches, officials, and volunteers.

As I look back on my first year in the program coordinator position, I was fortunate enough to experience first-hand all the work that goes into a successful organization. Thank you to the staff members for answering any questions that I had and for always willing to assist me. Some things that I enjoyed and am proud of from the past year are helping coordinate the Tri Province teams, coordinating Spring Camp, coordinating the coaching courses, coordinating the middle year and high school clinics, and attending most of the indoor and outdoor meets. I appreciated all the board members, staff, coaches, club members, athletes, and officials that I met for being so friendly and welcoming me into the new role. I also would like to thank all of the clinicians, facilitators, and coaches that stepped up to fill roles in courses, clinics and teams when asked. This past year has allowed me develop and further train my skill as a sports administrator and meet many great people involved in the sport of Athletics. I look forward to the new year and grow on what was done this past year.

RUN JUMP THROW WHEEL

The future for sport development and youth physical literacy programming in Athletics continues to be bright in Saskatchewan. 2019 has been a positive year of growth for our Run Jump Throw Wheel (RJTW) Program. My successful first year comes thanks to our amazing clinicians, facilitators and department staff. We have built brand awareness across multiple-sectors through advertising, tradeshow events, networking and word of mouth. We created and implemented new strategic plans and partnerships, facilitated outreach opportunities and were intentional about sustaining existing events; this afforded the organization the tremendous opportunity to take programming, coach education, and event engagement to new heights for children and youth participants in our province, from the ages of 6 to 14 years (U14/U12/U10).

In 2019, a combined programming number of **13,166** children and youth participants engaged with Saskatchewan's RTJW program. This was achieved with the help of our leaders, community partners, and events including both competitions and Learn-to/Try-it opportunities at year-end. The interim target of Athletics Canada is 12,000 participants. This target was set for the development and execution of a regional plan for First Involvement Programs within Saskatchewan, as part of Athletics Canada's greater objective of engaging with 350,000 kids (aged 6-14 years) annually in Athletics related events.

Moving forward, I believe our sport can remain relevant and attractive to partner with other sports for multi-sport collaboration as a means of building new and supporting existing partnerships across the key sectors of sport, recreation, health, and education. Directions of programming focus can include seeking physical literacy related partnerships and funds (grants, sponsorship, fund-sharing etc) with key partners, creating and connecting leadership pathways for high school leaders, recreation management and staff as well as sport coaches and instructors, primary school teachers and public health staff, and focusing on the 'wheel' component of RJTW via enhanced relationships, programming, and funds within adaptive sport (adaptive and parasport) in Saskatchewan. The overarching aim is a joint effort focused on creating a strong and sustainable Adaptive Sport Strategy that supports the goals and objectives of the 2017-2021 Sask Sport Strategic Plan, notably in the areas of enhanced participation, excellence, capacity and collaboration in Saskatchewan sport.

Program Description

The Athletics Canada First Involvement Program continues as a grassroots Athletics program predominantly driven by RJTW. This functions as a primary vehicle through a network of delivery partners, with the overarching goal to connect with any opportunity to kids to the sport of Athletics. RJTW is considered a quality sport program by Sport for Life Society based on physical literacy and the Long-Term Athlete Development Pathway (LTAD) focused within the FUNdamentals and Learn to Train stages of the pathway. The program directly links to the National Coaching Certification Program (NCCP) with the RJTW coach education program where instructors receive the training and option for certification required to instruct the program in their communities and programs. As a provincial branch, Saskatchewan Athletics has adopted the program and been successful in our province over a decade of programming and community collaboration and impact.

RUN JUMP THROW WHEEL

Annual Spring School RJTW Program Delivery (Saskatoon/Regina):

Program Overview and Participating Schools

During annual spring school RJTW programming, trained NCCP instructors engage elementary students in their schools and communities by teaching them fundamental movement patterns and skills (physical literacy) through the use of track and field lesson plans. The 2019 RJTW Spring School Program was delivered from April 30-June 7, 2019 to participating Saskatoon and Regina elementary schools from public and catholic school divisions.

Program was delivered in 30 schools (15 – Saskatoon with 2 school wait-list; 15 – Regina). Programming offered for students in grades 1-6, in alignment with the critical window for skill development occurring between the ages of 6-12 years.

Program was enhanced in 2018 to offer 3 registration at a subsidized rate of \$75.00 offering three Half-Day school instructional visits (RUN, JUMP, THROW) with hired RJTW program leaders [Molly Yungmann & Alyssa Roslinski – Regina; Kathryn Harrison & Maria Allan – Saskatoon], along with City of Saskatoon grant support which enabled RJTW instruction to reach those most in need of sport opportunity with priority given to Community and Dream Broker Schools (Sask Sport Inc.), and schools who demonstrate representation of Aboriginal people/economically disadvantaged/newcomers as required by our program grant support.

City grants were accessed and received to offset program expenses:

- City of Saskatoon, Sport Participating Grant 2019: Successfully acquired grant approved amount of \$284.74.00 for Project Title: Coaching II: Holding a Course
- City of Saskatoon, Saskatchewan Community Grant 2019: Successfully acquired grant approved amount of \$4,500.00.

Instructor Training

Following our interview process with 22 interviewees, four instructors were hired for 2019 program delivery; two Regina based instructors (1 pair) and two Saskatoon based instructors (1 pair) positioned within participating schools. The four amazing leaders hired were Molly Yungmann & Alyssa Roslinski – Regina; Kathryn Harrison & Maria Allan – Saskatoon.

Annual RJTW NCCP instructor training was held in Saskatoon on March 23, 2019. This was prior to the Spring School Program start date where three hired staff for our spring 6-week school program delivery attended and attained NCCP RJTW trained instructor status. Two of these leaders are working towards becoming RJTW NCCP certified.

Program Numbers

The 2019 delivery format reached **3,622** participants within **30** schools in Regina and Saskatoon utilizing key school contacts from the 2018 Spring School Enhanced Program and promotion to school divisions in both cities of Regina and Saskatoon.

RUN JUMP THROW WHEEL

For comparison in 2018 programming year, Saskatchewan Athletics saw 3,472 participants with 29 schools registered. In 2017 we reached through our Ambassador program 10,247 participants with 41 schools registered. However, we are still above our 2016 numbers, where our program was delivered to 1,202 participants and still exceeds our highest previous participation numbers that came from 2012 program with 2,185 students.

The following schools participated in the program delivered from April 30 – May 7, 2019:

* = Community School # = Dream Broker School

Regina Schools (15):

Regina Catholic:

- École St. Pius X
- *Holy Rosary
- *St. Augustine
- *St. Francis
- St. Peter

Regina Public

- *#Albert
- Dr. George Ferguson
- Dr. L. M. Hanna
- École Massey
- École W.S Hawrylak
- George Lee
- *Glen Elm
- *Kitchener
- MacNeill
- Walker H. Ford

Saskatoon Schools (15):

Saskatoon Catholic:

- Bishop Filevich Ukrainian
- St. Mary Wellness and Education
- #St. Frances
- *#St. Michael

Saskatoon Public:

- *Caroline Robins
- Caswell
- École Lakeview
- École River Heights
- #Howard Coad
- *Mayfair
- North Park Wilson
- #Pleasant Hill
- Prince Philip
- *Princess Alexandra
- Sylvia Fedoruk

Program Review

Evaluations from schools were returned to the office with continuation of good reviews and schools wishing to book the 2020 program again. Here is what some of the schools are saying:

Saskatoon –

“An excellent program that gives students exposure to Track and Field.” – Caroline Robbins
“My students loved the use of equipment we do not have and trying some events that are not offered at the Elementary level. It was so nice to student to take direction from someone new! I want to say thank you and I look forward to this program every year!” – Prince Philip School

RUN JUMP THROW WHEEL

“We loved this program! The activities were engaging and suitable for their ages/abilities. I really liked how we had three half day sessions because it was easy to plan classes around. I look forward to have the program back next year!” – St. Mary Wellness and Education Centre

Regina –

“Molly and Alyssa both presented the activities in a way our students would understand. All the games and activities allowed for 100% participation!” – Kitchener Community School

“The Students loved it! Many said it was the best gym all year. I was impressed that even though we were learning about the same events as last year the activities were different. Thanks for a great workshop!” – Massey School

“Awesome, I love this that we have this program every year!” – Albert Community School

Annual RJTW Provincial Clinic Program Delivery:

Saskatchewan Athletics continues to offer RJTW direct delivery of half and full-day clinics for schools, communities, or within demonstrations and events. A continued focus on training teachers to become RJTW instructors is ongoing to broaden our outreach within schools with teachers and the students they teach. Nationally, the shift and future direction is to continue to partner with schools and teachers, but also to engage in community partnerships in recreation and health sectors.

In 2019, 15 RJTW half and full-day clinics were delivered to the communities of Beechy, Borden, Dinsmore, Hepburn, Hodgeville, Imperial, Langenburg, Martensville, Maymont, Punnichy, Quill Lake, Rosthern, Regina (New Beginnings via University of Regina Summer Camp outreach program), Saskatoon (2 - WP Bates School, Saskatoon Public Physical Literacy Camp), and Weyburn. Comparatively, 15 RJTW half and full-day clinics were delivered in 2019 which is up by 3 from 2018 programming.

Annual RJTW Summer Camp Provincial Delivery:

Regina

- Continued opportunity with University of Regina, Summer Sports School Program with Erin Strueby and Alia Kistner (RJTW leader, summer camp coordinator). In 2019, the opportunity to support camp outreach with New Beginnings was delivered to 25 children ages 7-13 years by trained RJTW instructors Samuel Girgis and Marc Turmel.
- Continued partnership with the University of Regina Cougars (Wade Huber) for the ninth consecutive year and using NCCP RJTW trained instructors, two one-week Cougar RJTW summer sports camps were conducted reaching 61 children ages 6-12 years.

Saskatoon

- Continued partnership with University of Saskatchewan, Campus Recreation with Carey Primeau (Campus Recreation, Recreation Coordinator for the College of Kinesiology) and Danielle Camponi (summer camp coordinator). In 2019, camps were delivered to 190 children ages 6-12 years by in-trained RJTW instructors within the Children’s Activity Camps.

RUN JUMP THROW WHEEL

Additional First Involvement-RJTW Outreach Initiatives/Special Events:

- Indoor competition reaching hundreds of children via First Involvement opportunities (e.g. school relays, age-class competition).
- Outdoor competition reaching thousands of children via First Involvement opportunities, notably via the SOLE-stice Classic provincial regional series and final delivery reaching 233 children/youth participants in 2019.
- Saskatchewan Athletics booth managed by Tanika Hutchinson and Paul Ayres to showcase relevant programming at SPEA Conference Tradeshow, May 9, 2019 in Saskatoon.
- Our first ‘Partners for Physical Literacy’ multi-sport rural Try-It-Days (Nathan Cole – Provincial Sport Consultant, Sask Sport INC). “Buster Community Day” on June 1, 2019 in Martinsville, SK. Managed 5-Station RJTW Play-Grid lead by 5 RJTW Leaders; interacted with 110 children/youth.
- Saskatchewan Marathon, Saskatoon: MaraFun program including RJTW demonstration took place on race day, May 26, 2019 in Saskatoon. In partnership, Sask Athletics connected with 1,600 children (grades k-8) throughout the program duration and engaged with hundreds of children on raceday at large scale RJTW Play-Grid/Obstacle course seeing Saskatoon & Regina RJTW leaders working together (Molly Yungmann, Monique Coutu, Jayden Wiebe, Daniel Yetman, Alyssa Roslinski, Samuel Girgis, Muriel Gieni, Kathryn Harrison, Sydney Connolly, and Maria Allan) under leadership and direction of Program Coordinator (Tanika). Will seek renewal of partnership for 2020.
- Ongoing partnership with Mitch Mecredi (Dream Broker Program, Sask Sport Inc.) with RJTW instruction provided at Alexandra school (Saskatoon) as part of the Saskatoon Public School Literacy Camps on August 6,7,8,13,14,15; 30 children received instruction led by Muriel Gieni.
- Continued partnership with Queen City Marathon at ‘Family Fun Zone’ on September 7, 2019 in Regina. Managed 5-Station RJTW Play-Grid lead by 5 RJTW Leaders; Interacted with 160 children/youth.
- Keeping Girls in Sport event partnership on September 10, 2019 in Langenburg, SK. (Erin Sobkow-Community Consultant Parkland Valley Sport, Cultural & Recreation District, Treaty 4 Territory, Michelle Dezell – Sask Sport, Athlete Services) facilitated by Alyssa Roslinski. (18 girls received instruction)

Annual RJTW NCCP Provincial Coaching Course Delivery:

Overall, 28 coaches/leaders were trained across the RJTW NCCP coaching course deliveries at year-end which represented equity and diversity in a large percentage of female and a higher number of Aboriginal coaches trained across various sectors.

Additionally, make note that RJTW NCCP partial training (movement-based modules) was delivered on July 3-4, 2019 in Saskatoon to 10 leaders (6 women) hired with University of Saskatchewan (Danielle Camponi, Cary Primeau) as part of partnership for summer camp programming.

RUN JUMP THROW WHEEL

Coach Developer – Capacity Building

Coach Developer (CD) task force for roles of Learning Facilitator (LF) and Coach Evaluator (CE) capacity building nearing completion for the RJTW NCCP coach education context.

The intent for capacity building in this area best supports Saskatchewan Athletics with continued success in program enhancement with regards to coaching and expansion of leadership base (i.e. instructors) along with alignment with existing NCCP CD certification pathway.

NCCP RJTW CD Task Force Overview:

- RJTW CD Task Force identified and activated – 2016/17: Monique Coutu (LF/CE - Saskatoon), Jenna McCormick (LF/CE - Saskatoon), Andrea Doepker-Gavidia (LF/CE -Saskatoon), Adam Strueby (LF/CE – Regina), Cole Pedrick (LF/CE).
- 2018-19 updates:
 - a. Step #3 (Co-delivery) in CD Pathway – Molly Yungmann for role of RJTW NCCP Learning Facilitator.
 - b. Step #3 (Co-delivery) in CD Pathway – Tanika Hutchinson for role of RJTW NCCP Learning Facilitator.

REGISTRATION
MEMBERSHIPS 2018/2019

CATEGORY	M	F	TOTAL
U12 (07 & later) (PeeWee)	92	76	168
U14 (06/05) (Bantam)	77	123	200
U16 (04/03) (Midget)	72	144	216
U18 (02/01) (Youth)	83	108	191
U20 (00/99) (Junior)	78	66	144
Senior (98 or earlier)	90	83	173
Masters (35 yrs)	47	37	84
Coaches	80	50	130
Instructors	23	36	59
Officials	81	79	160
Recreational Runners	494	494	988
Sask Athletics Board	7	4	11
Total	1224	1300	2524

CLUBS

CLUBS	A	B	C	D	TOTAL
1999/2000	6	4	18	18	46
2000/2001	6	5	16	19	46
2001/2002	6	7	11	30	54
2002/2003	5	7	19	26	57
2003/2004	5	4	20	25	54
2004/2005	6	5	20	20	51
2005/2006	6	4	18	20	48
2006/2007	5	5	12	21	43
2007/2008	5	4	10	28	47
2008/2009	5	0	13	28	46
2009/2010	5	1	16	20	42
2010/2011	3	2	13	21	39
2011/2012	6	0	11	24	41
2012/2013	6	0	16	19	41
2013/2014	6	0	15	29	50
2014/2015	6	0	13	31	50
2015/2016	6	0	12	21	39
2016/2017	6	0	11	33	50
2017/2018	6	0	12	29	47
2018/2019	6	0	13	17	36

REGISTRATION

HISTORICAL RECORDS

Year	Ath	Rec Runner	Off	Vol	Club Contact	Clubs	Coach	Inst	Sust. Memb.
1982	1016	-	29	-	-	-	-	-	-
1983	1197	-	37	-	-	33	-	-	-
1984	1034	-	29	-	-	26	42	-	-
1985	994	-	72	-	-	27	51	-	-
1986	886	-	42	-	-	33	45	-	360
1987	574	-	38	-	-	27	30	-	632
1988	664	-	83	-	-	32	55	-	795
1989	844	-	109	-	-	43	66	-	477
1990	714	-	94	-	-	49	71	-	449
1991	752	-	79	-	-	48	79	-	327
1992	767	-	73	-	-	44	61	-	603
1993	958	-	73	-	-	60	73	-	429
1994	868	-	58	47	-	57	88	11	619
1995	896	-	65	46	-	62	75	25	759
1996	865	-	71	18	-	50	73	33	842
1997	944	-	58	181	-	40	105	16	594
1998	929	-	71	163	77	46	93	3	626
1999	1164	-	124	79	61	48	108	2	662
2000	1264	-	97	229	69	46	128	5	687
2001	1221	-	192	96	36	46	143	4	824
2002	1396	-	188	63	83	54	154	0	719
2003	1466	-	186	83	82	57	192	7	612
2004	1364	-	253	321	78	54	175	6	494
2005	971	-	177	345	77	51	186	1	583
2006	996	-	141	633	72	48	122	9	130
2007	1138	-	263	307	69	43	126	4	210
2008	987	-	132	1247	59	47	133	11	324
2009	1038	-	148	1233	55	46	109	17	210
2010	977	-	164	1131	29	42	98	8	86
2011	965	-	188	778	33	39	109	3	786
2012	915	1074	204	182	-	41	100	7	190
2013	1198	1117	190	26	--	41	192	6	--
2014	1113	992	166	29	--	50	127	5	--
2015	1052	1570	214	50	--	50	146	8	--
2016	1155	1266	126	-	--	39	165	7	--
2017	1242	1123	159	-	-	50	181	195	-
2018	1174	786	125	-	-	47	115	52	-
2019	1176	988	160	-	-	36	130	59	--

2018-2019 CLUBS

CLUBS WITH VOTING PRIVILEGES

Excel Athletika	Regina	Grant Van Eaton, Kerry Avery
Riversdale Athletics	Saskatoon	Rick Janzen, RossAnn Edwards, Chris Gelineau
Saskatoon Road Runners	Saskatoon	Peter Goode, Theresa Reid-Shea
Saskatoon T & F Club	Saskatoon	Ivan Tam, Scott Rutherford, Jared Olson
University of Regina	Regina	Wade Huber, Megan Talaga
University of Saskatchewan	Saskatoon	Jason Reindl, Adrienne Healey, Shawn Burt
Ace Athletics P.A.	Prince Albert	Arlene Town
Dunamis Athletic Training	Saskatoon	Dale Upton
East Central Track	Watson	Kim Mitchell
Estevan Legion Track	Estevan	Tanya Gibson
Kindersley Athletics Club	Kindersley	Anita Wildman
Moose Jaw Rotary Track	Moose Jaw	Scott Mitchell
North Battleford Legion	N. Battleford	Karen Wharington
PA Athletics	Prince Albert	Ron Poetker
Regina Multisport	Regina	Deborah Bryden
Running Wild Athletics	Saskatoon	Derek Rope
Special Olympics Saskatchewan	Saskatoon	Ruth Exley
Wynyard Bears	Wynyard	Joe Filson
Yorkton Legion Track	Yorkton	Tara McCombs

CLUBS WITHOUT VOTING PRIVILEGES

Albert Community School	Regina	Stacey Laing
Crimps Cycling	Ontario	Cody Murray
Cyclones Athletics	Saskatoon	Tannis Stang
Detachment Dundurn	Dundurn	Daniel Goncalves
Hazlet School	Hazlet	Dixie Anderson
Jaleta Pacers	Regina	Ted Jaleta
Kamsack Track	Kamsack	Chantel Kitchen
Langham Track	Langham	Shawn Huber
U of R Track	Regina	Wade Huber
Lanigan Track	Lanigan	Marlin Kulchyski
Maple Creek Track	Maple Creek	Chris Sharp
North East Track	Naicam	Angelin Comfort
Outlook High School	Outlook	Shannon Stephenson
PR Athletics	Saskatoon	Ivan Tam
Saskatoon Century Track	Saskatoon	Judy Warick
Swift Current Selects	Swift Current	Mandy Tuplin
Team W	Saskatoon	Harvey Weber

