

## “SOLEstice Classic” – Tisdale Regional Entry

The “SOLEstice Classic” is series of meets designed to replace the Hershey Meets. These meets are grass roots meets for young athletes to get involved in running, jumping and throwing competitions. This program is being sponsored by the Aboriginal Track and Field of Saskatchewan plus 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 involve, go the website [www.solesticeclassic.com](http://www.solesticeclassic.com) ; click on “**Events Page**”, then select the “**Tisdale Regional Meet**”. The Tisdale Meet is being held on **Monday, May 29<sup>th</sup>**. Complete the computer online entry process as shown below. The best part is that no entry fees are charged to participate. The “**Top 2**” athletes from each regional meet can advance to the “**SOLEstice Classic – Provincial Finals**” in **Saskatoon on Sat. June 17<sup>th</sup>**.

The emphasis of the meets is to have fun while getting young athletes to be active through competition. Pass this information onto anyone you know who have athletes that could be involved.

### WHO CAN PARTICIPATE?

Boys and girls between ages 8 to 13.

Age group classifications are determined by the participant’s Year of Birth.

Athletes can possibly qualify in a maximum of four events.

| Meteors - Born 2008-2009 | Comets - Born 2006-2007    | Stars - Born 2004-2005             |
|--------------------------|----------------------------|------------------------------------|
| Standing Long Jump       | Long Jump (floating board) | Running Long Jump (standard board) |
| 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 “SOLEstice Classic – Regional Meet”

1. Go to the following website: [www.solesticeclassic.com](http://www.solesticeclassic.com). Click on “**Events Page**”
2. Choose the “**Tisdale Regional Meet**”.
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, email, 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 **Friday May 26<sup>st</sup> at 6 pm**.

**Notes:**

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

**SOLESTICE CLASSIC – TISDLE REGIONAL SCHEDULE**

**Monday, May 29<sup>th</sup>. Brownridge Field at TMSS School, Tisdale.**

**ALL TIMES ARE APPROXIMATE START TIMES; BE PREPARED TO COMPETE EARLY!!**

| <b>Track</b> | <b>Event</b>          | <b>Age</b> | <b>Field</b> | <b>Event</b> | <b>Age</b> |
|--------------|-----------------------|------------|--------------|--------------|------------|
| 5:00         | 50 Final (in field)   | Meteor G   | 5:00         | Ball Throw   | Stars G    |
|              | 50 Final (in field)   | Meteor B   |              | Long Jump    | Stars B    |
|              | 60 Final (in field)   | Comet G    |              |              |            |
|              | 60 Final (in field)   | Comet B    |              |              |            |
|              |                       |            |              |              |            |
| 5:30         | 80 Heats (in field)   | Stars G    | 5:30         | Ball Throw   | Meteors G  |
|              | 80 Heats (in field)   | Stars B    |              | Long Jump    | Meteors B  |
|              |                       |            |              |              |            |
| 6:00         | 600m Final            | Comet G    | 6:00         | Ball Throw   | Stars B    |
|              | 600m Final            | Comet B    |              | Long Jump    | Stars G    |
|              | 800m Final            | Stars G    |              |              |            |
|              | 800m Final            | Stars B    |              |              |            |
|              | Kids Fun Race         |            |              |              |            |
|              | Parents Fun Race      |            |              |              |            |
|              |                       |            |              |              |            |
| 6:30         | 100m Final (in field) | Meteors G  | 6:30         | Ball Throw   | Comets G   |
|              | 100m Final (in field) | Meteors B  |              | Long Jump    | Comets B   |
|              |                       |            |              |              |            |
| 7:00         | 150m Finals           | Stars G    | 7:00         | Ball Throw   | Meteors B  |
|              | 150m Finals           | Stars B    |              | Long Jump    | Meteors G  |
|              | 150m Finals           | Comets G   |              |              |            |
|              | 150m Finals           | Comets B   |              |              |            |
| 7:30         |                       |            | 7:30         | Ball Throw   | Comets B   |
|              |                       |            |              | Long Jump    | Comets G   |