

LARMER FRIENDSHIP GAMES

REGINA SPORTSPLEX
1717 Elphinstone Street
Regina, Saskatchewan
Saturday, December 10, 2022

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

1. **Entry Fee:** First event: \$25.00
Second event: \$25.00
Additional events: \$20.00 per event
Triathlon: \$30.00

2. **Eligibility:** Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sports governing body in their province. Saskatchewan athletes may obtain a membership by:
 1. E-mail: <https://www.saskathletics.ca/> or
 2. Phone: Saskatchewan Athletics @ 306-664-6744 or
 3. Writing to: Saskatchewan Athletics
2020 College Drive
Saskatoon, Saskatchewan S7N 2W4

- Athletes without an Athletics Canada number **MUST** apply to Saskatchewan Athletics for a day pass. Day passes will not be available at the meet office and you cannot compete without one.

3. **Age Classes:**
Senior: 20 and older as of Dec. 31, 2022 (born 2002 or earlier)
U20: Under 20 as of Dec. 31, 2022 (born 2003 - 2004)
U18: Under 18 as of Dec. 31, 2022 (born 2005 - 2006)
U16: Under 16 as of Dec. 31, 2022 (born 2007 - 2008)
U14: Under 14 as of Dec. 31, 2022 (born 2009 - 2010)
U12: Under 12 as of Dec. 31, 2022 (born 2011 or later)
Masters: 35 years and older as of the day of the meet

4. **Awards:** Ribbons to the top three finishers in each event including finishers in each individual triathlon event.

5. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.

6. **Protests:** Protests must be submitted in writing to the meet office no later than one-half hour following the official posting of results. Protests must be accompanied by a \$50.00 deposit which is forfeited if the protest is disallowed.

7. **Meet Hotel:** **ROYAL HOTEL**
4025 Albert Street
Rate: \$119.00 plus tax per night includes breakfast and parking
To book online, e-mail: <http://www.royalhotelregina.ca/>
Quote block code: 121022GRA
Book Direct: (306) 586-6755
8. **Registration:** Regina Fieldhouse
1:00 P.M., Saturday, December 10, 2022
First Event: 2:00 P.M.
9. **Entry Deadline:** 6:00 PM CST, Monday, December 5, 2022

PLEASE NOTE

Entries: All entries **MUST** be made online using the **Trackie registration system.**

Payment must be made on line when registering.

10. **Trackie Registration:** Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/larmer-friendship-games/483331/>

Entries will not be accepted from e-mails. **Late entries or changes will not be accepted.**

Direct inquiries to: jflangen@sasktel.net

or

(306) 550-7080

11. **Event Registration:**

Triathlon: Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.

Triathlon Speed: 60 metres, long jump, shot put

Triathlon Endurance: 600m(U12)/800m(U14), long jump, shot put

Please insure that the spelling of your athlete names and club names are identical to those in the Sask Athletics database. If you are not sure, get a copy of your database from Laura at Sask Athletics.

EVENTS

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	39	Girls 14-15 800 Meter Run U16
2	Boys 14-15 60 Meter Dash U16	40	Boys 14-15 800 Meter Run U16
3	Girls 16-17 60 Meter Dash U18	41	Girls 16-17 800 Meter Run U18
4	Boys 16-17 60 Meter Dash U18	42	Boys 16-17 800 Meter Run U18
5	Women 18-19 60 Meter Dash U20	43	Women 18-19 800 Meter Run U20
6	Men 18-19 60 Meter Dash U20	44	Men 18-19 800 Meter Run U20
7	Women 20-34 60 Meter Dash Senior	45	Women 20-34 800 Meter Run Senior
8	Men 20-34 60 Meter Dash Senior	46	Men 20-34 800 Meter Run Senior
9	Women 35-99 60 Meter Dash Masters	47	Women 35-99 800 Meter Run Masters
10	Men 35-99 60 Meter Dash Masters	48	Men 35-99 800 Meter Run Masters
11	Girls 14-15 200 Meter Dash U16	49	Girls 6-11 1000 Meter Run U12
12	Boys 14-15 200 Meter Dash U16	50	Boys 6-11 1000 Meter Run U12
13	Girls 16-17 200 Meter Dash U18	51	Girls 12-13 1200 Meter Run U14
14	Boys 16-17 200 Meter Dash U18	52	Boys 12-13 1200 Meter Run U14
15	Women 18-19 200 Meter Dash U20	53	Girls 14-15 1200 Meter Run U16
16	Men 18-19 200 Meter Dash U20	54	Boys 14-15 1200 Meter Run U16
17	Women 20-34 200 Meter Dash Senior	55	Girls 16-17 1500 Meter Run U18
18	Men 20-34 200 Meter Dash Senior	56	Boys 16-17 1500 Meter Run U18
19	Women 35-99 200 Meter Dash Masters	57	Women 18-19 1500 Meter Run U20
20	Men 35-99 200 Meter Dash Masters	58	Men 18-19 1500 Meter Run U20
21	Girls 12-13 60 Meter Hurdles .76m U14	59	Women 20-34 1500 Meter Run Senior
22	Boys 12-13 60 Meter Hurdles .76m U14	60	Men 20-34 1500 Meter Run Senior
23	Girls 14-15 60 Meter Hurdles .76m U16	61	Women 35-99 1500 Meter Run Masters
24	Boys 14-15 60 Meter Hurdles .84m U16	62	Men 35-99 1500 Meter Run Masters
25	Girls 16-17 60 Meter Hurdles .76m U18	63	Girls 6-11 High Jump U12
26	Boys 16-17 60 Meter Hurdles .91m U18	64	Boys 6-11 High Jump U12
27	Women 18-19 60 Meter Hurdles .84m U20	65	Girls 12-13 High Jump U14
28	Men 18-19 60 Meter Hurdles .99m U20	66	Boys 12-13 High Jump U14
29	Women 20-34 60 Meter Hurdles .84m Senior	67	Girls 14-15 High Jump U16
30	Men 20-34 60 Meter Hurdles 1.07m Senior	68	Boys 14-15 High Jump U16
31	Women 35-99 60 Meter Hurdles Masters	69	Girls 16-17 High Jump U18
32	Men 34-99 60 Meter Hurdles Masters	70	Boys 16-17 High Jump U18
33	Girls 10-11 600 Meter Run U12	71	Women 18-19 High Jump U20
34	Boys 10-11 600 Meter Run U12	72	Men 18-19 High Jump U20
35	Men 20-34 600 Meter Run Senior	73	Women 20-34 High Jump Senior
36	Women 20-34 600 Meter Run Senior	74	Men 20-34 High Jump Senior
37	Girls 12-13 800 Meter Run U14	75	Women 35-99 High Jump Masters
38	Boys 12-13 800 Meter Run U14	76	Men 35-99 High Jump Masters

Event #	Event Name	Event #	Event Name
77	Girls 14-15 Long Jump U16	105	Women 35-99 Pole Vault Masters
78	Boys 14-15 Long Jump U16	106	Men 35-99 Pole Vault Masters
79	Girls 16-17 Long Jump U18	107	Girls 14-15 Shot Put 3kg U16
80	Boys 16-17 Long Jump U18	108	Boys 14-15 Shot Put 4kg U16
81	Women 18-19 Long Jump U20	109	Girls 16-17 Shot Put 3kg U18
82	Men 18-19 Long Jump U20	110	Boys 16-17 Shot Put 5kg U18
83	Women 20-34 Long Jump Senior	111	Women 18-19 Shot Put 4kg U20
84	Men 20-34 Long Jump Senior	112	Men 18-19 Shot Put 6kg U20
85	Women 35-99 Long Jump Masters	113	Women 20-34 Shot Put 4kg Senior
86	Men 35-99 Long Jump Masters	114	Men 20-34 Shot Put 7.26kg Senior
87	Girls 14-15 Triple Jump U16	115	Women 35-99 Shot Put Masters
88	Boys 14-15 Triple Jump U16	116	Men 35-99 Shot Put Masters
89	Girls 16-17 Triple Jump U18	117	Girls 16-17 Weight Throw 16lb U18
90	Boys 16-17 Triple Jump U18	118	Boys 16-17 Weight Throw 20lb U18
91	Women 18-19 Triple Jump U20	119	Women 18-19 Weight Throw 20lb U20
92	Men 18-19 Triple Jump U20	120	Men 18-19 Weight Throw 35lb U20
93	Women 20-34 Triple Jump Senior	121	Women 20-34 Weight Throw 20lb Senior
94	Men 20-34 Triple Jump Senior	122	Men 20-34 Weight Throw 35lb Senior
95	Women 35-99 Triple Jump Masters	123	Women 35-99 Weight Throw Masters
96	Men 35-99 Triple Jump Masters	124	Men 35-99 Weight Throw Masters
97	Girls 14-15 Pole Vault U16	125	Girls 6-11 Triathlon Speed U12
98	Boys 14-15 Pole Vault U16	126	Boys 6-11 Triathlon Speed U12
99	Girls 16-17 Pole Vault U18	127	Girls 12-13 Triathlon Speed U14
100	Boys 16-17 Pole Vault U18	128	Boys 12-13 Triathlon Speed U14
101	Women 18-19 Pole Vault U20	129	Girls 6-11 Triathlon Endurance U12
102	Men 18-19 Pole Vault U20	130	Boys 6-11 Triathlon Endurance U12
103	Women 20-34 Pole Vault Senior	131	Girls 12-13 Triathlon Endurance U14
104	Men 20-34 Pole Vault Senior	132	Boys 12-13 Triathlon Endurance U14

9. Tentative Schedule of Events:

The final schedule will be posted on the Excel Athletika and Sask. Athletics website on Wednesday, December 7, 2022.

Time	Event	Time	Event
2:00	U20 & Sr Women 60m Heats		<u>Long Jump/Triple Jump</u>
2:10	U20 & Sr Men 60m Heats	2:00	U14 Girls and Boys Triathlon
2:20	U16 Girls 60m	3:30	U12 Girls and Boys Triathlon
2:30	U16 Boys 60m	4:30	U16, U18, U20, Sr., Masters Men
2:35	U18 Girls 60m	6:30	U16, U18, U20, Sr., Masters Women
2:45	U18 Boys 60m	7:30	Triple Jump - All
2:50	Masters 60m		
2:55	U20 & Sr Women 60m Final		

3:05 U20 & Sr Men 60m Final
 3:15 U20 & Sr. Men 60mH-Heats
 3:25 U18 Men 60mH
 3:35 U20 & Sr. Women 60mH-Heats
 3:45 U16 Boys 60mH
 3:55 U16 Girls 60mH
 4:05 U18 Girls 60mH
 4:10 U14 Girls and Boys 60mH
 4:15 Sr. Men 60mH-Final
 4:25 Sr. Women 60mH-Final
 4:30 Sr. Women 600m
 4:35 Sr. Men 600m
 4:40 Masters & U16 Girls 800m
 4:45 U14 Girls & Boys Triathlon 800m
 4:55 U14 Girls & Boys Triathlon 60m
5:00 Supper Break
 6:00 U16 Boys 800m
 6:10 U18 Girls 800m
 6:15 U18 Boys 800m
 6:20 U20 & Sr. Women 800m
 6:25 U20 & Sr. Men 800m
 6:35 U12 Girls & Boys Triathlon 60m
 6:40 U12 Girls & Boys Triathlon 600m
 6:45 U16 Girls 200m
 6:50 U16 Boys 200m
 6:55 U18 Girls 200m
 7:00 U18 Boys 200m
 7:05 U20 & Sr. Women 200m
 7:10 U20 & Sr. Men 200m
 7:15 Masters 200m
 7:25 U12 Girls & Boys 1000m
 7:35 U14 Girls & Boys 1200m
 7:45 U16 Girls & Boys 1200m
 7:55 Masters & U18 Girls 1500m
 8:05 U18 Boys 1500m
 8:15 U20 & Sr. Women 1500m
 8:20 U20 & Sr. Men 1500m

High Jump/Pole Vault

2:00 U16, U18, U20, Sr., Women
 3:00 U16, U18 Men
 3:30 Pole Vault - All
 3:45 U20, Sr., Men
 4:45 Masters Men & Women
 5:30 U12 Boys and Girls
 6:30 U14 Boys and Girls

Shot Put/Weight Throw

2:00 U12 Boys & Girls Triathlon
 3:15 U16, U18, U20, Sr., Masters Women
 4:15 U14 Boys & Girls Triathlon
 5:00 U16, U18, U20, Sr., Masters Men
 7:00 Weight Throw - All