



2023 Knights of Columbus Indoor Games Presented by Paslawski Enterprises

Saskatoon Fieldhouse
January 26 - 28, 2023



Sponsored by: Saskatchewan Knights of Columbus &
Paslawski Enterprises

Sanctioned by: Saskatchewan Athletics

1. The right to reject any entry is reserved.
2. Entries close NOON January 20, 2023.
Please use the ONLINE FORM on the Trackie website – <http://Trackiereg.com/2023kofcgames>

Entry Fees: \$25.00 per event

NOTE: A late entry fee double the original fee will be charged on entries received after noon January 20, 2023. This is to encourage accurate, on-time entries, allowing the organizing committee to prepare for the meet appropriately. **All changes from the submitted entry form will be treated as late entries. Entries after January 22nd will be charged \$100.00 per event.**

3. All competitors must hold a **Saskatchewan Athletics membership**, day pass, or equivalent
4. Club packages can be picked up on the infield at the meet information table (beside the announcer's table). This is also where questions can be asked. The tables with all the computers are the timers who do not have the answers to your questions.

COACHES MUST PAY REMAINING ENTRY FEES AND REGISTER THEIR ENTIRE CLUB.

5. **AWARDS:** Medals will be presented to the top three finishers in each event. Please be available shortly after your event for awards.
6. All Saskatchewan Athletics Hurdle and Throws specifications will be followed.
7. It is the individual's responsibility to understand the City of Saskatoon's facility entry requirements, the Covid-19 protocols set by the City officials to enter the building will be enforced by City employees. Here is the LINK for up to date information.
8. Athletes should compete in their own age class only. The sanctioning body, Saskatchewan Athletics, follows Athletics Canada's Long Term Athlete Development framework.
9. **Warm-up:** When you are warming up, please be aware of your surroundings as there are other athletes also warming up. By entering the track area, you are assuming the risks and responsibilities of being in the area.
10. **Meet Hotel:**

Sheraton Cavalier 612 Spadina Cres. E. Saskatoon, SK, S7K 3G9 (306) 652 – 6770	Holiday Inn Express & Suites East - University, 1838 College Drive Saskatoon, SK, S7N 2Z8 (306) 954-1250
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2023 Official Event Offerings

U12 (2012 or later): 60m, 600m, Standing LJ, SP (all Saturday Morning)

U14 (2010/11): 60m, 800m, 60mH, Standing LJ, SP, HJ

U16 (2008/09): 60m, 200m, 800m, 1200m, 60mH, HJ, PV, LJ (only three [3] jumps will be provided), SP (only three [3] throws will be provided)

U18 (2006/07): 60m, 200m, 800m, 1500m, 60mH, HJ, LJ, SP

U20/Senior (2005 or earlier): 60m, 200m, 400m, 800m, 1500m, 60mH, HJ, PV, LJ, TJ, SP, WT

(Master's athletes are eligible to enter Senior events, as they are born earlier than 2004.)

Master (35 yrs of age): 60m, 800m, 1000m, 1500m, SP, LJ

Special "O": 60m, LJ, SP

Wheelchair: 60m, 200m, 400m, Seated SP

Notes:

- U20 Men's 60H and SP will also be offered as a courtesy (located on Senior list). No awards will be made for these events.
- Awards will only be presented in the officially offered events.
- The only official master's events are the 60m, 800m, SP, and LJ. Master's athletes are eligible to compete as a senior, but will NOT be provided additional opportunities beyond the use of their age specific weight in throws or heights in hurdles.
 - Masters athletes will only receive three [3] throws in SP and WT.
- Please be sure to look at tentative schedule and do not enter in multiple events that are scheduled to occur at the same time. Events will not be delayed or adjusted. If you are in high jump and leave to complete another event, the bar will not be lowered upon return. If you are in long jump and miss the round, you will not be given an additional jump.
- Times listed on the schedule are event start times. Warm ups must occur 15-30min prior to this time (45min for Pole Vault). Officials will be told to start the event at the designated start time.

Tentative 2023 Schedule

- The TENTATIVE schedule is available on the <http://prathletics.com> website.
- Stay tuned to <http://prathletics.com> for changes.
- Have the information sent to you by following us on Facebook/Twitter/Instagram:
 - <http://www.facebook.com/prathletics>
 - <http://twitter.com/prathletics>
 - <https://www.instagram.com/prathletics/>

