

2023 Saskatchewan Track & Field Championships

Presented by The Bob Adams Foundation

Gordie Howe Sports Complex

July 14 - 16, 2023

Sponsored by: The Bob Adams Foundation & The Saskatoon Track & Field Club

Sanctioned by: Saskatchewan Athletics

The right to reject any entry is reserved.

Please direct all inquiries to the **Meet Director, Kyle Williams** (kwill1701@gmail.com)

Entries close **NOON July 6, 2023**.

Please use the **ONLINE FORM** on the Trackie website – Coming Soon

Entry Fees: \$30.00 per event

NOTE: A late entry fee double the original fee will be charged on entries received after noon July 6, 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 July 10th will be charged \$100.00 per event.**

All competitors must hold a **Saskatchewan Athletics membership**, day pass, or equivalent. Contact Laura Young at Saskatchewan Athletics to purchase a day pass or membership (306-664-6744).

Club packages can be picked up at the tent by the Awards area on the north side of the track area, just beyond the finish line. **One club representative** is to pick up the entire package for their club.

Marshaling for all track events will be at the tent near the warmup strip on the outside of the 200m start line. Field event marshaling will be at the event location.

Spectators are welcome to enjoy the meet free of charge from the stands outside of the main building. Only **actively completing athletes, officials** and **coaches in designated coaching boxes** are allowed on the infield. The main building is closed to the public (athletes, coaches, spectators).

AWARDS: Medals will be presented to the top three finishers in each event. Please be available shortly after your event for awards. The awards area will be on the north side of the facility, past the finish line.

All Saskatchewan Athletics [Hurdle and Throws specifications](#) will be followed.

First Aid will be available beside the Awards area.

Athletes should compete in their **own age class only**. The sanctioning body, Saskatchewan Athletics, follows Athletics Canada's Long-Term Athlete Development framework.

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. The warm-up area is in the southwest corner of the facility. **Warming up is not allowed on the infield.**

Meet Hotels:

Recommendations available from the meet director.

2023 Official Event Offerings

U12: 60m, 150m, 600m, 1000m, 60mH, LJ, HJ, SP, Ball Throw, 4x100m

U14: 80m, 150m, 800m, 1200m, 80mH, LJ, TJ, HJ, SP, Discus, Ball Throw, 4x100m

U16: 100m, 200m, 300m, 800m, 1200m, 2000m, Sprint Hurdles (80/100), 200mH, 1500 S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m

U18: 100m, 200m, 400m, 800m, 1500m, 3000m, Sprint Hurdles (100/110), 400mH, 2000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m

U20: 100m, 200m, 400m, 800m, 1500m, 3000m(w), 5000m(m), Sprint Hurdles (100/110), 400mH, 3000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m

Senior: 100m, 200m, 400m, 800m, 1500m, 5000m, Sprint Hurdles (100/110), 400mH, 3000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m

Master (35 yrs of age): 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, Sprint Hurdles (80/100/110), 300mH/400mH, 2000 S/C / 3000 S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer (*When registering, be sure to select the appropriate specifications for your age*).

Special "O": 100m, 200m

Wheelchair: 100m, 400m, 1500m, Seated Shot Put, Seated Discus

- 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>
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