

2023 Regina Indoor Games

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 3 & 4, 2023

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. Entry Fees

Individual Events: 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

3. Entry Deadline: 6:00 PM, Monday, January 30, 2023

PLEASE NOTE

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

Payment must be made online when registering.

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

<https://www.trackie.com/online-registration/register/2023-regina-indoor-games/485015/>

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

Direct inquiries to:

jflangen@sasktel.net

or

(306) 550-7080

5. Bib Pick-up: Regina Sportsplex

1717 Elphinstone Street

4:00 P.M., Friday, February 3, 2023 First Event: 5:00 P.M.

8:00 A.M., Saturday, February 4, 2023 First Event: 9:00 A.M.

6. Age Classes

- Senior: 20 and older as of Dec. 31, 2023 (born 2003 or earlier)
- U20: Under 20 as of Dec. 31, 2023 (born in 2004 or 2005)
- U18: Under 18 as of Dec. 31, 2023 (born in 2006 or 2007)
- U16: Under 16 as of Dec. 31, 2023 (born in 2008 or 2009)
- U14: Under 14 as of Dec. 31, 2023 (born in 2010 or 2011)
- U12: Under 12 as of Dec. 31, 2023 (born in 2012 or later)
- Masters: 35 & over as of the first day of the event.

7. Scratches

Please report scratches in lane races to the meet office as soon as possible.

8. 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.

9. Meet Hotel: ATLAS HOTEL

4177 Albert Street

Rate: \$149.95 per night till Jan 13, 2023 (includes hot breakfast and parking)

To book online, e-mail: guestambassador@atlashotel.com

Quote block code: 020323RIG

Book Direct: (306) 586-3443

10. Awards:

Gold, Silver and Bronze Regina Indoor medallions.

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 ensure 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 information from Laura at Sask Athletics at 306-664-6744.

12. Tentative Schedule of Events: Please remember that times are **subject to change** based on the number of entries received.

Friday, February 3

Track			Field		
5:00pm	U12 Girls	4x100m	5:00pm	U16 Boys	Long Jump
	U12 Boys	4x100m		U20 & Sr. Women	Shot Put
	U14 Girls	4x100m		U18 Girls	Shot Put
	U14 Boys	4x100m			
	U16 Girls	4x100m			
	U16 Boys	4x100m			
5:30pm	U20 & Sr Men	60mH	5:30pm	U16 Girls	Pole Vault
	U18 Boys	60mH		U18 Girls	Pole Vault
	U16 Boys	60mH		Masters W & M	Pole Vault
	U20 & Sr. Women	60mH		U12 Boys	High Jump
	U18 Girls	60mH		U12 Girls	High Jump
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			

Supper Break

7:00pm	U20 & Sr Men	60mH	7:00pm	U20 & Sr. Men	Shot Put
	U18 Boys	60mH		U14 Girls	High Jump
	U16 Boys	60mH		U20 & Sr. Men	Long Jump
	U20 & Sr. Women	60mH		U20 & Sr. Women	Pole Vault
	U18 Girls	60mH			
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			
7:30pm	U12 Girls	1000m	8:00pm	U14 Boys	High Jump
	U12 Boys	1000m		Masters W & M	High Jump
	U14 Girls	1200m		U20 & Sr. Women	Long Jump
	U14 Boys	1200m			
	U16 Girls	1200m			
	U16 Boys	1200m			
8:30pm	U18 Girls	1500m	8:45pm	U16 Girls	High Jump
	U18 Boys	1500m		U16 Girls	Shot Put
	U20 & Sr. Women	1500m		Masters M&W	Shot Put
	U20 & Sr. Men	1500m			
	Masters M & W	1500m			
9:00pm	U16 Girls	200m			

U16 Boys	200m
U18 Girls	200m
U18 Boys	200m
U20 & Sr Women	200m
U20 & Sr. Men	200m
Masters W & M	200m

Saturday, February 4

Track			Field		
9:00am	U16 Girls	60m	9:00am	U18 Girls	Weight Throw
	U16 Boys	60m		Masters M & W	Weight Throw
	Masters W & M	60m		U20 & Sr. Women	Weight Throw
	U18 Girls	60m		U16 Girls	Long Jump
	U18 Boys	60m		Masters W & M	Long Jump
	U20 & Sr. Women	60m		U18 Girls	High Jump
	U20 & Sr. Men	60m		U12 Girls	Long Jump - Triathlon
	Sr. Women	60m Spec O		U20 & Sr. Men	Pole Vault
	Sr. Men	60m Spec O		U16 Men	Pole Vault
10:00am	U16 Girls	800m		U18 Men	Pole Vault
	U16 Boys	800m	9:45am	U18 Boys	Weight Throw
	U18 Girls	800m		U20 & Sr Men	Weight Throw
	U18 Boys	800m	10:00am	U12 Boys	Long Jump - Triathlon
	U20 & Sr Women	800m		U20 & Sr. Women	High Jump
	U20 & Sr. Men	800m			
	Masters W & M	800m	10:30am	U12 Girls	Shot Put - Triathlon
11:00am	U16 Girls	60m	11:00am	U14 Girls	Long Jump - Triathlon
	U16 Boys	60m		U16 Girls	Long Jump - Triathlon
	Masters W & M	60m		U14 Boys	Long Jump - Triathlon
	U18 Girls	60m		U16 Boys	Long Jump - Triathlon
	U18 Boys	60m		U20 & Sr. Men	High Jump
	U20 & Sr. Women	60m	11:30am	Sr. Women	Shot Put - Special O
	U20 & Sr. Men	60m		Sr. Men	Shot Put - Special O

Lunch Break

1:00pm	U12 Girls	60m - Triathlon	1:00pm	U18 Boys	High Jump
	U12 Boys	60m - Triathlon		Sr. Women	Long Jump - Special O
1:10pm	U12 Girls	600m - Triathlon		Sr. Men	Long Jump - Special O
	U12 Girls	600m			
1:20pm	U12 Boys	600m - Triathlon			

	U12 Boys	600m	1:15pm	U12 Boys	Shot Put - Triathlon
	Sr. Women	200m Special O			
	Sr. Men	200m Special O			
1:40pm	U18 Girls	400m			
	U18 Boys	400m			
	U20 & Sr. Men	400m	1:45pm	U14 Girls	Shot Put - Triathlon
	U20 & Sr. Women	400m		U16 Girls	Shot Put - Triathlon
	Masters M & W	400m		U16 Boys	High Jump
2:00pm	U12 Girls	150m	2:00pm	U18 Boys	Long Jump
	U12 Boys	150m			
	U14 Girls	150m			
	U14 Boys	150m			
2:20pm	U16 Girls	300m			
	U16 Boys	300m			
2:30pm	U18 Girls	400m	2:30pm	U14 Boys	Shot Put - Triathlon
	U18 Boys	400m		U16 Boys	Shot Put - Triathlon
	U20 & Sr. Women	400m			
	U20 & Sr. Men	400m			
	Sr. Women	400m Special O			
	Sr. Men	400m Special O			
2:45pm	U16 Girls	2000m	3:00pm	U18 Girls	Long Jump
	U16 Boys	2000m			
3:05pm	U18 Girls	3000m			
	Masters W & M	3000m			
3:15pm	U14 Girls	60m - Triathlon	3:15pm	U18 Boys	Shot Put
	U14 Boys	60m - Triathlon			
	U16 Girls	60m - Triathlon			
	U16 Boys	60m - Triathlon			
	U14 Girls	800m - Triathlon			
	U14 Girls	800m			
	U14 Boys	800m - Triathlon			
	U14 Boys	800m			
	U20 & Sr. Women	3000m			
	U18 Boys	3000m			
	U20 & Sr. Men	3000m			
4:00pm	U18 Girls	4x100m	4:00pm	U16 Boys	Shot Put
	U18 Boys	4x100m			
	U20 & Sr. Women	4x100m			
		4x100m			
	U20 & Sr. Men				

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

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	43	Women 20-34 800 Meter Run Senior
2	Boys 14-15 60 Meter Dash U16	44	Men 20-34 800 Meter Run Senior
3	Girls 16-17 60 Meter Dash U18	45	Women 35-99 800 Meter Run Masters
4	Boys 16-17 60 Meter Dash U18	46	Men 35-99 800 Meter Run Masters
5	Women 18-19 60 Meter Dash U20	47	Girls 10-11 1000 Meter Run U 12
6	Men 18-19 60 Meter Dash U20	48	Boys 10-11 1000 Meter Run U 12
7	Women 20-34 60 Meter Dash Senior	49	Girls 12-13 1200 Meter Run U14
8	Men 20-34 60 Meter Dash Senior	50	Boys 12-13 1200 Meter Run U14
9	Women 35-99 60 Meter Dash Masters	51	Girls 14-15 1200 Meter Run U16
10	Men 35-99 60 Meter Dash Masters	52	Boys 14-15 1200 Meter Run U16
11	Girls 10-11 150 Meter Dash U 12	53	Girls 16-17 1500 Meter Run U18
12	Boys 10-11 150 Meter Dash U 12	54	Boys 16-17 1500 Meter Run U18
13	Girls 12-13 150 Meter Dash U14	55	Women 18-19 1500 Meter Run U20
14	Boys 12-13 150 Meter Dash U14	56	Men 18-19 1500 Meter Run U20
15	Girls 14-15 200 Meter Dash U16	57	Women 20-34 1500 Meter Run Senior
16	Boys 14-15 200 Meter Dash U16	58	Men 20-34 1500 Meter Run Senior
17	Girls 16-17 200 Meter Dash U18	59	Women 35-99 1500 Meter Run Masters
18	Boys 16-17 200 Meter Dash U18	60	Men 35-99 1500 Meter Run Masters
19	Women 18-19 200 Meter Dash U20	61	Girls 14-15 2000 Meter Run U16
20	Men 18-19 200 Meter Dash U20	62	Boys 14-15 2000 Meter Run U16
21	Women 20-34 200 Meter Dash Senior	63	Girls 16-17 3000 Meter Run U18
22	Men 20-34 200 Meter Dash Senior	64	Boys 16-17 3000 Meter Run U18
23	Women 35-99 200 Meter Dash Masters	65	Women 18-19 3000 Meter Run U20
24	Men 35-99 200 Meter Dash Masters	66	Men 18-19 3000 Meter Run U20
25	Girls 16-17 400 Meter Dash U18	67	Women 20-34 3000 Meter Run Senior
26	Boys 16-17 400 Meter Dash U18	68	Men 20-34 3000 Meter Run Senior
27	Women 18-19 400 Meter Dash U20	69	Women 35-99 3000 Meter Run Masters
28	Men 18-19 400 Meter Dash U20	70	Men 35-99 3000 Meter Run Masters
29	Women 20-34 400 Meter Dash Senior	71	Girls 12-13 60 Meter Hurdles .76m U14
30	Men 20-34 400 Meter Dash Senior	72	Boys 12-13 60 Meter Hurdles .76m U14
31	Women 35-99 400 Meter Dash Masters	73	Girls 14-15 60 Meter Hurdles .76m U16
32	Men 35-99 400 Meter Dash Masters	74	Boys 14-15 60 Meter Hurdles .84m U16
33	Girls 10-11 600 Meter Run U 12	75	Girls 16-17 60 Meter Hurdles .76m U18
34	Boys 10-11 600 Meter Run U 12	76	Boys 16-17 60 Meter Hurdles .91m U18
35	Girls 12-13 800 Meter Run U14	77	Women 18-19 60 Meter Hurdles .84m U20
36	Boys 12-13 800 Meter Run U14	78	Men 18-19 60 Meter Hurdles .99m U20
37	Girls 14-15 800 Meter Run U16	79	Women 20-34 60 Meter Hurdles .84m Senior
38	Boys 14-15 800 Meter Run U16	80	Men 20-34 60 Meter Hurdles 1.07m Senior
39	Girls 16-17 800 Meter Run U18	81	Women 35-99 60 Meter Hurdles Masters
40	Boys 16-17 800 Meter Run U18	82	Men 35-99 60 Meter Hurdles Masters
41	Women 18-19 800 Meter Run U20	83	Girls 10-11 High Jump U 12
42	Men 18-19 800 Meter Run U20	84	Boys 10-11 High Jump U 12

Event #	Event Name	Event #	Event Name
85	Girls 12-13 High Jump U14	127	Girls 16-17 Weight Throw 16lb U18
86	Boys 12-13 High Jump U14	128	Boys 16-17 Weight Throw 20lb U18
87	Girls 14-15 High Jump U16	129	Women 18-19 Weight Throw 20lb U20
88	Boys 14-15 High Jump U16	130	Men 18-19 Weight Throw 25lb U20
89	Girls 16-17 High Jump U18	131	Women 20-34 Weight Throw 20lb Senior
90	Boys 16-17 High Jump U18	132	Men 20-34 Weight Throw 35lb Senior
91	Women 18-19 High Jump U20	133	Women 35-99 Weight Throw Masters
92	Men 18-19 High Jump U20	134	Men 35-99 Weight Throw Masters
93	Women 20-34 High Jump Senior	135	Girls 11 & Under Triathlon Speed U 12
94	Men 20-34 High Jump Senior	136	Boys 11 & Under Triathlon Speed U 12
95	Women 35-99 High Jump Masters	137	Girls 12-13 Triathlon Speed U14
96	Men 35-99 High Jump Masters	138	Boys 12-13 Triathlon Speed U14
97	Girls 14-15 Pole Vault U16	139	Girls 14-15 Triathlon Speed U16
98	Boys 14-15 Pole Vault U16	140	Boys 14-15 Triathlon Speed U16
99	Girls 16-17 Pole Vault U18	141	Girls 11 & Under Triathlon Endurance Tri12E
100	Boys 16-17 Pole Vault U18	142	Boys 11 & Under Triathlon Endurance Tri12E
101	Women 18-19 Pole Vault U20	143	Girls 12-13 Triathlon Endurance Tri14E
102	Men 18-19 Pole Vault U20	144	Boys 12-13 Triathlon Endurance Tri14E
103	Women 20-34 Pole Vault Senior	145	Girls 10-11 4x100 Meter Relay U 12
104	Men 20-34 Pole Vault Senior	146	Boys 10-11 4x100 Meter Relay U 12
105	Women 35-99 Pole Vault Masters	147	Girls 12-13 4x100 Meter Relay U14
106	Men 35-99 Pole Vault Masters	148	Boys 12-13 4x100 Meter Relay U14
107	Girls 14-15 Long Jump U16	149	Girls 14-15 4x100 Meter Relay U16
108	Boys 14-15 Long Jump U16	150	Boys 14-15 4x100 Meter Relay U16
109	Girls 16-17 Long Jump U18	151	Girls 16-17 4x100 Meter Relay U18
110	Boys 16-17 Long Jump U18	152	Boys 16-17 4x100 Meter Relay U18
111	Women 18-19 Long Jump U20	153	Women 18-19 4x100 Meter Relay U20
112	Men 18-19 Long Jump U20	154	Men 18-19 4x100 Meter Relay U20
113	Women 20-34 Long Jump Senior	155	Women 20-34 4x100 Meter Relay Senior
114	Men 20-34 Long Jump Senior	156	Men 20-34 4x100 Meter Relay Senior
115	Women 35-99 Long Jump Masters	157	Women 35-99 4x100 Meter Relay Masters
116	Men 35-99 Long Jump Masters	158	Men 35-99 4x100 Meter Relay Masters
117	Girls 14-15 Shot Put 3kg U16	159	Women 20-34 60 Meter Dash Special O Senior
118	Boys 14-15 Shot Put 4kg U16	160	Men 20-34 60 Meter Dash Special O Senior
119	Girls 16-17 Shot Put 3kg U18	161	Women 20-34 200 Meter Dash Special O Senior
120	Boys 16-17 Shot Put 5kg U18	162	Men 20-34 200 Meter Dash Special O Senior
121	Women 18-19 Shot Put 4kg U20	163	Women 20-34 400 Meter Dash Special O Senior
122	Men 18-19 Shot Put 6kg U20	164	Men 20-34 400 Meter Dash Special O Senior
123	Women 20-34 Shot Put 4kg Senior	165	Women 20-34 Long Jump Special O Senior
124	Men 20-34 Shot Put 7.26kg Senior	166	Men 20-34 Long Jump Special O Senior
125	Women 35-99 Shot Put Masters	167	Women 20-34 Shot Put Special O Senior
126	Men 35-99 Shot Put Masters	168	Men 20-34 Shot Put Special O Senior